



THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY

“Mid Week Mastery Annual Soft Tissue Conference 2010”

**CELEBRATING 6 HIGH ACHIEVERS IN THE WORLD OF
SOFT TISSUE RESEARCH & CLINICAL PRACTICE**



***Stuart Buzza, Paula Baird-Cult, Phillip Boland, Amir Takla, Mark Finch and
Priscilla Barker***

WHEN: WEDNESDAY NOVEMBER 24TH 2010

TIME: 6.00 – 9.30 PM





WHERE: MELBOURNE UNIVERSITY HAWTHORN CAMPUS

We are very pleased to announce the first Mid Week Mastery Soft Tissue Conference. We have a fantastic program which includes:

Anatomist [Priscilla Barker](#) PhD (Co-author and medical illustrator of the An@tomedia multimedia program. She was awarded the 2005 Spine Young Investigator of the Year [Stuart Buzza](#) (Myotherapist) and [Paula Baird-Colt](#) (Dance Conditioning Specialist) two of the full time medical support staff of the Australian Ballet Company [Mark Finch](#), Vancouver Canada. Mark is a true expert in the field of Myofascial Therapy from a theoretical and clinical perspective he will be speaking on 4 Ideas from the world of fascia to change the way you think in your practice AND [Phillip Boland & Amir Takla](#) to speak on Maximising the Recovery after Hip Arthroscopy: the Physiotherapy and Soft Tissue Therapy Contributions.

Cost for the evening is \$80 full registration or \$70 for students. We invite you to attend.

The 2010 Mid Week Mastery Conference Program

<p>4 Ideas from the world of fascia to change the way you think in your practice.</p> <ol style="list-style-type: none"> 1. Exploring fascia's different functions – enhanced mobility versus enhance stability 2. Examining interconnectedness – The cavities connected to the extremities 3. Looking at Strain transmission through fascia - it is not linear and consequently forces us to look beyond muscle fibre direction. 4. Can Fascia be the primary pain generator? This presentation will help to bridge the gap between available scientific knowledge on fascia and our clinical assessment and experience. 	 <p style="text-align: center;">Mark Finch Dip Mass. KMI Vancouver Canada</p>	<p>Mark is a soft tissue therapist with certification trainings in Massage Therapy, Structural Integration and Visceral Manipulation. Mark has spent many years teaching Thomas Myer's Anatomy Trains classes and now teaches workshops in his own unique approach to Myofascial assessment and treatment. Mark resides in Vancouver BC where he maintains a busy practice.</p>
<p>Contributing to our understanding of the biomechanical basis for lumbopelvic pain.</p> <p>Our recent fascial research simulating the effects of moderate transversus abdominis contraction on lumbar spine motion reveal that fascial tension through the middle and posterior layers of lumbar fascia can not only transmit substantial tensile forces but also strongly influence lumbar motion- and particularly those components of motion that are known to indicate segmental instability. This is a substantial contribution to our understanding of the biomechanical basis for lumbopelvic pain and provides rationale for what is currently recognised as its most effective clinical management.</p>	 <p style="text-align: center;">Priscilla Barker PhD</p>	<p>Priscilla is Senior Tutor at Monash University, Honorary Research Associate Melbourne University and lecturer and tutor at Victoria University. She is a co-author and medical illustrator on the multimedia anatomy program 'An@tomedia'. She completed her PhD thesis in Anatomy at the University of Melbourne in 2005. Priscilla's research is on the anatomy and biomechanics of the lumbar fasciae and their relation to segmental control. She was awarded the 2005 Spine Young Investigator of the Year.</p>
<p>The Australian Ballet approach to injury prevention and management.</p> <p>The key elements of this very successful program will be discussed. You will discover the important components of establishing a highly functioning mutually respectful support team behind the performance team.</p> <ul style="list-style-type: none"> Communication Screening Risk analysis Preventative programs Exercise prescription Education sessions 	 <p style="text-align: center;">Stuart Buzza, Paul Baird-Cult</p>	<p>Stuart is a Myotherapist and he joined the Physical Therapies Department of the Australian Ballet in 2001 after a long term background in Exercise Therapy. Paula specializes in conditioning for professional dancers. She is a member of the International Association of Dance Medicine & Science and The Australian Pilates Method Association, she has presented Internationally on dancer's Hip Stability.</p>
<p>Maximising the recovery after Hip Arthroscopy: The Physiotherapy and Soft Tissue Therapy contribution.</p> <p>Amir & Phillip have been working closely with some of Australia's best hip surgeons and have developed clear protocols to returning patients to full function. This presentation will discuss:</p> <ul style="list-style-type: none"> A Hip joint Anatomy B Relevant assessment C Pathologies D Pain Referral E Differential Diagnosis F Treatment: The Physiotherapy & Soft tissue Management. 	 <p style="text-align: center;">Phillip Boland & Amir Takla</p>	<p>Amir is a physiotherapist and has also attained his Level III Sport Physiotherapy and Post Graduate Clinical Masters titles. He has been a consultant physiotherapist at the Australian Open since 2003. Phillip has been working as a Remedial Massage Therapist for 10 years in multidisciplinary clinics. Phil has worked with the Australian Cricket Team, Australian Open Tennis and the Melbourne Commonwealth Games. Phil also spent two years as a lecturer in Sports and Remedial Massage.</p>

COST: A\$80 or \$70 for students of the Health and Human Movement Sciences

FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (B) 03 9459 1299 (M) 0417 542723 or email: rlgranter@optusnet.com.au

CHANGE OF PROGRAM:

Although it is not our intension, we may need to change a speaker due to unforeseen circumstances.

PROFESSIONAL EDUCATION POINTS

AAMT have allocated 10 CPE points and IRMA have allocated 3, Category 1 PD points for this important conference.

Mid Week Mastery Annual Soft Tissue Conference 2010

POST TO: ACSTT PO Box 128 HEIDELBERG 3084 **OR** **FAX:** 03 9459 1299

NAME:.....

ADDRESS:.....

.....POSTCODE.....

PHONE: BUSAH / Mobile

PROFESSION:

PROFESSIONAL ASSOCIATION MEMBERSHIP:

EMAIL:

I WISH TO ENROL IN THE MID WEEK MASTERY ANNUAL SOFT TISSUE CONFERENCE

I ENCLOSE \$80.00 FULL PAYMENT **OR**

I ENCLOSE \$70.00 STUDENT RATE. I Confirm that I am enrolled at

_____ (Institution) Studying _____ (Qualification)

PAYMENT DETAILS:

CHEQUE: Please make cheques or money orders payable to "ACSTT"

DIRECT DEPOSIT: Acc Name: Aust College of Soft tissue Therapy
 CBA Rosanna
 BSB: 063 233 Account No: 10136823
 Please ensure you place your name on the deposit description

VISA MASTERCARD

Card no: _____ Expiry: ____ / ____ Payment \$ _____

Name on card:

Cardholders signature: