



THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY

“Excellence in Practice Series - 2012”

PRESENTS
A POST GRADUATE COURSE FOR
REMEDIAL MASSAGE THERAPISTS & MYOTHERAPISTS
ASSESSMENT & TREATMENT OF NECK PAIN & HEADACHE
THE SOFT TISSUE PERSPECTIVE

PRESENTED BY
ROBERT GRANTER BSocSci(Deakin)AdvDipRemMass(MyotherapyRMIT)

WHEN:

FRIDAY
SATURDAY

APRIL 20TH
APRIL 21ST

6.00 PM – 9.00 PM
9.00 AM – 5.00 PM

WHERE:

MELBOURNE CBD, VICTORIA

WHAT:

Do you want to provide the best possible service to your patients / clients?
Do you want to immediately advance your knowledge & skill in treating acute & chronic neck problems of a soft tissue nature?
Do you want more confidence in treating difficult cervical conditions?
Do you want to learn advanced techniques such as Muscle Energy technique to restore mobility to the cervical joints if their function is restricted by soft tissue dysfunction?
Do you want more knowledge of surface anatomy of this region which will allow you to become much more specific with your treatment?
Do you want to advance your Soft Tissue treatment skills to include simultaneous spinal movement?
Do you want to learn in a fun, relaxed environment and get greater satisfaction from your clinical work?
Do you want the confidence that you can positively change all the layers of soft tissue from superficial to the deep.
If you answered YES to any of these questions then this course is for you.

This course will significantly alter the way you see, assess and treat the head and neck region.

COST: **\$235 (30% reduction for those wishing to repeat the course)**

COURSE CONTENT:

Anatomy: **The 4 myofascial layers. Extrinsic to Intrinsic.**
 Knowing our key surface anatomical reference points

Subjective Assessment
 Clarification – When to treat when to refer (knowing the red flags)
 Irritability – a vital factor

Objective Assessment
 Key postural reference points
 Active Range Of Motion – the best indicator of function / dysfunction
 The Scapula Offload test – gives clarity to the direction of treatment

Passive Range of Motion – A window to assess segmental function

Strategy of Treatment

Addressing causative factors

**Reducing Neuromuscular Holding Patterns - recognition of protective guarding
Extrinsic and Intrinsic**

Addressing Dysfunction in Extrinsic Myofascia – adding functional movements

Upper Trapezius

Levator Scapula

Sterno-cleido-mastoid

Stretching: Purpose – Focus – Precision

Contract – Relax (Direct & Indirect) & Active Assisted techniques

Addressing Dysfunction in Intrinsic Myofascia

Clarification of terms C0 – C7

**Segmental biomechanics – know the 3 categories A. (C0/1) B. (C1/2) &
C. (C2/3 – 6/7)**

Intrinsic segmental assessment – to the 3 categories

Principles of Muscle Energy Technique

Application to the Cervico-thoracic junction

Application to assessed segmental dysfunction

Preparatory direct hands-on techniques

Group C (C2/3 to C6/7) & Group B (C1/2)

Introducing Intrinsic management - The suite of Treatment options

C0/1

C1/2

C 2/3 to C6/7

Patient exercises for consolidation of treatment

Extrinsic and Intrinsic

Upper cervical flexion supine

Putting it all together

COURSE PRESENTER: Robert Granter.

Rob has had 25 Years experience in Remedial Massage / Soft tissue therapy within clinical sports medicine practice and currently teaches in the Myotherapy program at RMIT University. Rob is regarded as one of the key figures in seeing Soft Tissue Therapy integrated into the Australian Multidisciplinary Sports Medicine Model and was a contributor to the landmark textbook CLINICAL SPORTS MEDICINE by Drs Peter Brukner & Karim Khan, which is now in its 4th edition and has sold over 40,000 copies worldwide.

Rob was head of Massage Therapy services to the Australian Olympic team in 1996 and 2000 and the Australian Commonwealth Games team for Kuala Lumpur in 1998. He co-coordinated Massage Therapy services for the Polyclinic and Competition Venues for the 2006 Commonwealth Games in Melbourne.

Rob's courses are well known for their clear, concise and thorough approach and he regarded as one of Australia's most respected Massage Therapists and Educators.

In 2011 Rob was invited to speak at the annual conferences of the Australian Association of Massage Therapists (Cairns) Australian Traditional Medicine Society (Sydney) Massage New Zealand (Auckland) Soft Tissue Therapy (Clinic 88) Group (Sydney) and the World Massage Conference.

FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (BUS) 03 9459 1299 or email: rgranter@optusnet.com.au

Participants must be qualified Remedial Massage Therapists / Myotherapists

ACT AS SOON AS POSSIBLE:

To guarantee your place on the course return this registration form as soon as possible with your payment.

We look forward to working with you in April if you choose to join us.

ONGOING PROFESSIONAL EDUCATION

Courses qualify for ongoing professional education points with AAMT, IRMA, ATMS & AMT (NSW) (AAMT credit this Cervical course as 20 CPE points)



PLEASE POST TO: ACSTT PO BOX 128 HEIDELBERG 3084 or
FAX TO: 03 94591299

NAME:.....

ADDRESS:.....

.....POSTCODE.....

PHONE: BUS AH

QUALIFICATIONS:

EMAIL:

I WISH TO ENROLL IN:

- NECK PAIN & HEADACHE SEMINAR** **\$235.00**
- REPEATING PARTICIPANTS** **\$164.50**
 I completed the Cervical course in _____

PAYMENT DETAILS:

CHEQUE:	<input type="checkbox"/>	Please make cheques payable to "ACSTT"	\$ _____
DIRECT DEPOSIT:	<input type="checkbox"/>	Acc Name: Aust Coll of Soft Tissue Therapy BSB No: 063233 Acc No: 10136823	\$ _____
CREDIT CARD:	<input type="checkbox"/>	VISA / MASTERCARD	
		Card no: _____	\$ _____
		Expiry: ___ / ___	
		Name on card:	

Please note if paying by Direct Deposit please ensure your name appears as the sender in the "To account description" section. Please also send this completed form by mail or Fax