



**THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY**  
*“Excellence in Practice Series - 2014”*

**PRESENTS TWO COURSES FOR MANUAL THERAPY / REHABILITATION PROFESSIONALS**

*Joanne Elphinston 2014 Melbourne Australian Courses*

**JEMS Movement A.R.T: Working with Natural  
Functional Movement in  
Assessment & Treatment v1.5**

**PRESENTED BY: JOANNE ELPHINSTON & KENT FYRTH**

**WHEN:**

**JEMS PART 1 THURSDAY & FRIDAY FEBRUARY 27<sup>TH</sup> & 28<sup>TH</sup>**

**VENUE: MELBOURNE UNIVERSITY HAWTHORN CAMPUS 9AM – 5 PM**

**JEMS PART 2 SATURDAY & SUNDAY MARCH 1<sup>ST</sup> & 2<sup>ND</sup>**

**VENUE: TO BE CONFIRMED (MELBOURNE CBD) 9AM – 5 PM SAT 9AM – 4PM SUN**

**Fascinated By Movement or Think You'd Like to Be?**

Restoring effective, efficient, confident movement is both a science and an art. Leave prescriptive rehabilitation pathways behind and expand your horizons with an engaging, effective & motivating approach designed to equip you with the skills & principles to address a wide variety of musculoskeletal presentations.

Gain a new set of tools for targeted assessment & treatment, & restore a sense of creativity & confidence in your work. Using the evidence base as a source of innovation rather than limitation, JEMS Movement A.R.T. (Analysis, Rehabilitation and Treatment) opens a window on the key foundations for efficient, effective, natural movement for rehabilitation, wellbeing & performance.

- Facilitate a greater sense of ease in your patients by learning to unlock their potential for elastic, robust movement.
- Identify the most effective start point for your programme by using simple, relevant movement tests to uncover the patient's natural strategies for force management. Address the cause, not just the symptoms.
- Learn a fresh approach to posture, based on natural reflexes & sensory cues.
- Develop an “expert eye” for movement.
- Learn effective new skills in verbal and tactile cueing to facilitate motor performance.
- Reflect the current evidence by smoothly evolving beyond the “stability” concept to create integrated programmes systematically, simply and progressively.
- Through understanding Functional Force Management (FFM), understand how to make assessment & treatment choices which reflect the patient's individual functional requirements. Know where you are heading & ensure that you have the bases covered using clear pathways.

## About the COURSE

***“A complete clinical game changer.”  
“Transformative.”***

These intensely practical courses comprises Parts 1 & 2 of the JEMS Movement A.R.T. pathway leading to optional certification.

The JEMS Movement A.R.T. courses, intend to equip participants with the ability to work relevantly & effectively with patients across a wide variety of presentations. This is a clinical course pathway which includes clinical scenarios & problem solving over a range of neuromusculoskeletal presentations, & as such the pre requisite for the course is an Advanced Diploma or Degree in a related field with a rehabilitation focus. The course may also be suitable for clinical related Diploma graduates with extensive clinical & rehabilitation experience and appropriate post graduate CPD. Please contact us for clarification

## About JEMS

Developed over twenty years by performance movement and rehabilitation expert Joanne Elphinston to address a wide range of rehabilitation and performance needs, JEMS educates health, performance and rehabilitation professionals to appreciate the bigger picture regarding movement.

JEMS encourages its participants to think critically and scientifically but creatively, and to meet the unique needs of their patients or clients with both technical excellence and enjoyment.

JEMS is used by practitioners around the world to help their clients to move for success in sports or the performing arts, to overcome injury and succeed in rehabilitation, and to simply enjoy the potential of their bodies.

**This event is an opportunity to complete Parts 1 & 2 of the four part JEMS Movement A.R.T. certification pathway currently running in Europe. As there are no Australian JEMS tutors, the likelihood of another Part 2 occurring in the next two years is slim, however if there is a sufficient number of participants completing both parts 1 & 2, Joanne will return at the end of 2014 to continue the series with Parts 3 & 4.**

## Further information about JEMS

For more information on JEMS and Joanne Elphinston:

[www.jemsmovement.com](http://www.jemsmovement.com)

Facebook: JEMSMovement

Twitter: @JEMSMovement

***Move Beautifully with JEMS***

## Support Reading

Elphinston J, 2013 “Stability, Sport and Performance Movement: Practical Biomechanics & Systematic Training for Movement Efficacy & Injury Prevention. 2<sup>nd</sup> Ed.

This text provides a significant background & support resource, containing detailed exercise descriptions & images of correct & incorrect technique which will be relevant in JEMS Movement A.R.T.

## About our Presenters

### Joanne Elphinston

The creator of JEMS, Joanne Elphinston, is a leading performance consultant in elite sport and the performing arts, a practicing physiotherapist specialising in chronic disorders, and a respected international lecturer and author in the fields of movement and rehabilitation.

In addition to her intensive teaching in the UK and internationally for over fifteen years, Joanne's clients include Olympic athletes in both summer and winter sports in the UK and abroad, professional athletes such as footballers and golfers, contemporary and ballet dancers, and top classical musicians. She has provided consultancy to organisations including the Football Association (FA), the British Olympic Association, Royal Yachting Association, British Canoe Union, England Athletics, England Badminton and the Golfing Union of Wales among many others, and implemented the first injury prevention programmes for musicians at the Royal Welsh College of Music and Drama and the National Dance Company of Wales.

Joanne's work has been integrated into many fields, from child development through to falls prevention, musculoskeletal performance to neurological recovery, and it is loved by its practitioners for its straightforward solutions for linking function to presentation in a systematic, integrated, holistic yet scrupulously reasoned and evidence based approach to physical performance.

Joanne's work is the subject of current and ongoing research at Karolinska Institute, Stockholm.

### Kent Fyrth

Top JEMS instructor, Kent Fyrth, is a highly experienced physiotherapist practicing an integrated philosophy across a diverse range of clients, ranging from elite sports and performing arts medicine (professional dancers and musicians) to chronic musculoskeletal pain and headache.

Kent's sporting clients have included numerous Welsh squads including shooting, hockey, golf, tennis and lawn bowls, as well as the Royal Yachting Association. He has looked after professional ballet and contemporary dancers for over a decade, as well as the musicians from the BBC National Orchestra of Wales, Welsh National Opera and Royal Welsh College of Music and Drama.

Kent is qualified in Somatic Experiencing, an approach developed to increase a sense of ease in the body in order to resolve symptoms of trauma and stress which are expressed physically, and with advanced qualifications in Manipulative Physiotherapy and Clinical Pilates (Dance Medicine Australia) in addition to JEMS, Kent brings a wealth of knowledge and experience to his teaching.

## REFUND POLICY:

**Cancel before February 1<sup>st</sup> 2014: Full refund minus administration fee of \$50 for each course**

**Cancel after February 1<sup>st</sup> 2014: 50% of paid fees refunded**



## Joanne Elphinston Movement Systems A.R.T Courses Melbourne 2014 JEMS Course Booking Form

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

**I WISH TO ENROL IN THE TWO-DAY:**

**JEMS PART 1 THURSDAY & FRIDAY FEBRUARY 27<sup>TH</sup> & 28<sup>TH</sup> \$560**

**JEMS PART 2 SATURDAY & SUNDAY MARCH 1<sup>ST</sup> & 2<sup>ND</sup> \$560**

NAME:.....

ADDRESS:.....POSTCODE.....

PHONE: BUS ..... AH/Mobile .....

PROFESSION: .....QUALIFICATIONS: .....

EMAIL:.....

**PAYMENT DETAILS:**

**I ENCLOSE \$560.00 FOR 1 JEMS 2 DAY COURSE**

**I ENCLOSE \$1120.00 FOR 2 JEMS 2 DAY COURSES**

CHEQUE:	<input type="checkbox"/>	Please make cheques payable to "ACSTT"	\$ 560 / \$1120
DIRECT DEPOSIT:	<input type="checkbox"/>	<b>Acc Name:</b> ACSTT <b>BSB No:</b> 063233 <b>Acc No:</b> 10136823 Please include your Surname & the words JEMS COURSE, on your bank transaction <b>Please ensure that this registration form is still faxed or posted to ACSTT</b>	\$ 560 / \$1120
CREDIT CARD:	<input type="checkbox"/>	VISA / MASTERCARD	
		Card no: _____	\$ 560 / \$1120
		Expiry: ___ / ___	
		Name on card:	

**CONFIRMATION OF BOOKING:**

I have read and agreed to the terms & conditions of JEMS training – please tick box (this is essential for us to be able to confirm your place on the workshop)

**Signed** ..... **Date:**.....