



THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY

*Proudly Presents The
"2017 Mid Week Mastery Soft Tissue Mini-Conference"*

"The Triple Bill"
3 Presentations from 2 Outstanding Leaders
DEDICATED TO PROVIDING CLARITY & BEST PRACTICE TO
EFFECTIVELY TREAT & PREVENT DYSFUNCTION v1.8



Joanne Elphinston & Ebonie Rio

WHEN: TUESDAY FEBRUARY 21ST 2017

TIME: 6.00 – 9.30 PM

WHERE: MELBOURNE UNIVERSITY HAWTHORN CAMPUS

We are very pleased to announce the 3rd Mid Week Mastery Soft Tissue Mini-Conference. We have a fantastic program:

Joanne Elphinston: Physiotherapist from the UK and International lecturer on movement, training & rehabilitation

Presenting on:

- 1. Low Back Pain - Movement's Critical Role in Clinical Reasoning AND**
- 2. Global Integration for Sustainable Shoulders**

Ebonie Rio: Postdoctoral researcher La Trobe University and Sports Physiotherapist

Presenting on:

- 3. Tendinopathy Research: The Good, The Bad & The Ugly**

Cost for the evening is \$125 full registration. We invite you to attend this great event.

The 2017 Mid Week Mastery Mini Conference Program

Lecture 1: Extension related Low Back Pain "One size fits all" OR Movement's Critical Role in Clinical Reasoning

Three elite level performers in very different disciplines: golf, Olympic weight lifting & ballet with extension related low back pain, all of whom have "overuse" diagnoses.

Do they have enough in common to be able to treat them similarly? And what happens when the rehabilitation evidence base doesn't meet your patient's needs & appears to leave you stranded?

Too frequently "overuse" is accepted as an adequate explanation for injury. Although training & performing volume & loading play their part, we will see through these patient cases that they are far from the whole story & that movement provides a key to understanding why & how localised areas can be subjected to amplified stress. Without this understanding, treatment becomes a blunt instrument, management has a fragile dependence upon training & performance schedules & the opportunity to prevent recurrence is lost.

This lecture illustrates how an appreciation of fundamental movement principles, the concept of functional force management®, patient context & direction of movement impulse can help us firstly to identify & understand the factors contributing to the injury presentation & then to develop a reasoned, individually & functionally relevant pathway to return them to elite performance in their chosen discipline.



Joanne Elphinston

An advocate of both the art and science of rehabilitation, **Joanne** is an elite level performance consultant for professional sports & the performing arts, a clinician specialising in chronic musculoskeletal disorders, & an international lecturer on movement performance, training & rehabilitation.

Joanne was Head of Performance Movement for the British Olympic Association in 2008/2009 & her consultancy has spanned a broad spectrum of summer & winter sports at international level, as well as professional dancers & musicians.

Joanne has written three books on training, including one for the Swedish & Norwegian Sports Confederations specifically on child movement development & the 2013 2nd edition of Joanne's book 'Stability, Sport & Performance Movement: Practical Biomechanics & Systematic Training for Movement Efficacy & Injury Prevention' has been translated into several languages.

Known for her practical translation of research into clinical application, Joanne's work is taught throughout the UK & internationally through the JEMS® Professional Movement course series.

Lecture 2: Tendinopathy Research: The Good, The Bad & The Ugly

Tendons, tendons, tendons - where to start? They can be one of the trickiest things to manage so this presentation will focus on some key clinical tips for recognising if the tendon is giving symptoms (or a sneaky masquerade) This presentation will also give a snapshot of the latest research that should influence your practise immediately.

Come along to learn about how doughnuts and ice cubes change how you treat tendons....

It will also cover 3 top tips for recognising good research

Emerging areas of neuroplasticity and what we need to know as clinicians treating people with tendon pain will be covered as well as allowing plenty of time to ask tricky tendon questions.



Ebonie Rio

Ebonie is a post doctoral researcher at La Trobe University & has completed her PhD in tendon pain & Masters in Sports Physiotherapy.

Her research has been awarded Victorian Fresh Scientist of the year 2015, SMA Best New Investigator 2004, 2013 & 2014 in Clinical Sports Medicine, BJSM young investigator Best Clinical Paper 2014

Her clinical career has included Australian Institute of Sport, Australian Ballet Company, Australian Ballet School, Melbourne Heart football club, Alphington Sports Medicine Centre, Victorian Institute of Sport, Commonwealth Games 2006, 2010 Vancouver Winter Olympics, 2010 Singapore Youth Olympics, 2012 London Paralympics, 18 months travelling with Disney's The Lion King stage show (Melbourne and Shanghai tour)

Lecture 3: Global Integration for Sustainable Shoulders: Giving Them Wings. Joanne Elphinston

The shoulder presents a challenge in rehabilitation – it is structurally designed for extraordinary mobility, yet we also demand that it withstand high loads requiring great stability. How can we reconcile this dilemma in rehabilitation?

The shoulder depends upon the coordinated & well-timed connections through the trunk and pelvis to create the supportive foundation it needs to minimise load & maximise effective upper limb function.

Functional force management® makes it possible to understand how biomechanical, neuromuscular & myofascial concepts can be integrated in a logical fashion which supports clinical assessment & programme planning.

This lecture illustrates the application of Functional force management® with respect to the shoulder & introduces JEMS cues and concepts for easy patient communication & immediate implementation.

Australasian College of Soft Tissue Therapy

<http://www.softtissuetherapyonline.com/>

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Providing Excellence in Consultation & Education to the Soft Tissue Therapy Profession

COST: A\$125

FOR FURTHER COURSE DETAILS PLEASE CALL:

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CHANGE OF PROGRAM:

Although it is not our intention, we do reserve the right to change a speaker or presentation topic due to unforeseen circumstances.

PROFESSIONAL DEVELOPMENT:

Myotherapy Association Australia (MA) have accredited this event for 3.5 PDP points in category 1

Registration for the Mid Week Mastery Soft Tissue Mini-Conference 2017

You have 4 Payment & Registration Options

1. Register & Pay Online via the TryBooking.com online booking service.

Please Click on the Link here  <http://www.trybooking.com/OFHU>

**OR Register by filling out your details below and POST TO:
ACSTT PO BOX 128 HEIDELBERG 3084**

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I WISH TO ENROLL IN: The 2017 Mid Week Mastery Conference

\$125.00

2. Cheque	<input type="checkbox"/>	Please make cheques payable to "ACSTT"	\$ _____
3. Direct Deposit	<input type="checkbox"/>	Acc Name: Aust Coll of Soft Tissue Therapy BSB No: 063233 Acc No: 10136823 Please include your Surname & the word MWMC on your bank transaction <i>Please ensure that this registration form is still faxed or posted to ACSTT</i>	\$ _____
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