

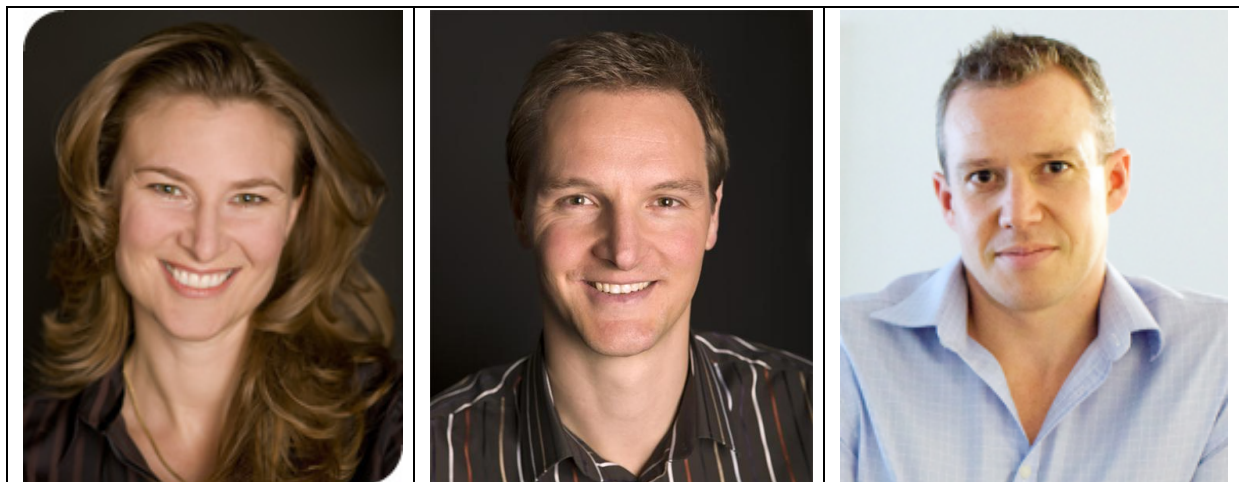


THE AUSTRALASIAN COLLEGE OF SOFT TISSUE THERAPY

*Proudly Presents the
"5th Mid Week Mastery Soft Tissue Mini-Conference"*

**SEEING COMMON PRESENTATIONS FROM A DIFFERENT
PERSPECTIVE**

**3 EXCEPTIONAL PRACTITIONERS DEDICATED TO PROVIDING
CLARITY & BEST PRACTICE TO EFFECTIVELY TREAT & PREVENT
DYSFUNCTION v19.3**



Joanne Elphinston (UK), Kent Fyrth (UK) & Andrew Wynd (Melbourne)

WHEN: WEDNESDAY MAY 8th 2019 TIME: 6.15 – 9.30 PM

WHERE: MELBOURNE UNIVERSITY HAWTHORN CAMPUS

**For Therapists & Health Professional Involved in Movement & Rehabilitation and
Manual Therapy**




The 5th Mid Week Mastery Soft Tissue Mini-Conference program:

Joanne Elphinston: Serving Up A Challenge

Andrew Wynd: Zooming in Zooming out

Kent Fyrth: Locked Out

The 2019 Mid Week Mastery Mini-Conference Program

<p>Lecture 1: Zooming In and Zooming Out: Taking a key clinical concept and applying it to a foot pain case study.</p> <p>The ability to zoom into the specific detail of a given area of the body, but then to zoom out and look at where this fits in the overall picture is a critical skill for any advanced clinician. In this case study we will use a real-life example of insidious onset foot pain in an athlete, requiring very detailed examination of the foot and its local structures. We then zoom out, developing a deeper understanding of how the foot is integrated into the whole body and that this is a two-way street.</p> <p>Key takeaways will include:</p> <ul style="list-style-type: none"> - Detailed foot anatomy and function - Clinical assessment tools specific to the foot that you can use the next day - Concept of zooming in and out, including a checklist 	 <p style="text-align: center;">Andrew Wynd</p>	<p>Andrew graduated from La Trobe University in 2001 with a Bachelor of Physiotherapy and subsequently completed his Masters of Sports Physiotherapy in 2013. He has been awarded the Title of APA Sports Physiotherapist and is considered one of the foremost authorities in foot and ankle assessment and management.</p> <p>Andrew has worked and presented in Australia and Canada, and regularly contributes to various institutions and professional groups. He has written a variety of articles on everything from snow sports injuries, to neck pain in cycling. He is a regular guest on SEN Radio's Higher, Faster Stronger program.</p> <p>Andrew has been an elite athlete himself, an 8 time member of the Australian Cross Country Ski Team, going on to compete for Australia at the 2007 and 2009 World Nordic Skiing Championships.</p> <p>Andrew's unique personal sporting experience, combined with extensive professional development gives him a unique understanding of injuries and rehabilitation.</p>
<p>Lecture 2: Locked Out: The Emotional Brain in Movement and Rehabilitation</p> <p>Are persistent dysfunctional muscle patterns and poor movement control all a matter of motor learning? Is it really just practice makes perfect and sheer repetition that makes the change? Or is there another factor that could be the key to unlocking these issues?</p> <p>From acute trauma to chronic stress, the limbic system can profoundly affect movement performance, body awareness and motor control. Its effects are prevalent in musculoskeletal patients, yet are often unrecognised, and their management is rarely addressed in professional training.</p> <p>Using real patient scenarios, this lecture illustrates a selection of the presenting features of limbic involvement that you may encounter in musculoskeletal practice, simple techniques to address them, and a guide to "first aid" if your treatment provokes an unexpected emotional crisis.</p>	 <p style="text-align: center;">Kent Fyrth</p>	<p>Kent is a UK based physiotherapist, JEMS® lead instructor and Somatic Experiencing® practitioner. His clinical practice spans elite sports and performing arts medicine to chronic and complex presentations, with an additional practice specifically focused on trauma.</p> <p>In his spare time he likes to make muffins and paddle kayaks down bumpy rivers.</p>
<p>Lecture 3: Serving Up a Challenge: Using Global Movement Principles To Get To The Source Of An Upper Limb Injury</p> <p>The patient, a tennis player, presents with severe wrist pain, an apparent overuse injury. The question is...why is this area being overused? You make a structural diagnosis. What next? Are you content to relieve the symptoms, or are you keen to prevent their recurrence by looking beyond the site of pain to identify the root cause?</p> <p>In this presentation, Joanne uses a real, function specific patient case study to illustrate how simple global movement principles can guide a clinician past the site of pathology to the source of dysfunction.</p> <p>The lecture traces the clinical reasoning pathway as it progressively unfolds, demonstrating the need for manual therapy integration, identifying the links between the patient's presentation and their specific functional biomechanics, assessing the necessary movement components and addressing them, in order to relieve the focal stress at the very end of the kinetic chain.</p>	 <p style="text-align: center;">Joanne Elphinston</p>	<p>An advocate of both the art and science of rehabilitation, Joanne is an elite level performance consultant for professional sports & the performing arts, a Physiotherapist specialising in chronic musculoskeletal disorders & an international lecturer on movement performance, training & rehabilitation.</p> <p>Joanne has written three books on rehabilitation & training, including one for the Swedish & Norwegian Sports Confederations specifically on child movement development & also 'Stability, Sport & Performance Movement: Practical Biomechanics & Systematic Training for Movement Efficacy & Injury Prevention' 2nd edition, has been translated into several languages.</p> <p>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.</p>

COST: A\$135

FOR FURTHER COURSE DETAILS PLEASE CALL:

Rob Granter (B) 03 9459 1299 (M) 0417 542723 or email: rlganter@me.com

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.

Registration for the Mid Week Mastery Soft Tissue Conference 2019

You have 3 Payment & Registration Options

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

Please Click on the Link here



<https://www.trybooking.com/BBGUU>

OR

Register by filling out your details below and emailing to: rlganter@me.com

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I WISH TO ENROLL IN: The 2019 Mid Week Mastery Conference

\$135.00

2. 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 emailed</i>	\$ _____
3. Credit Card	<input type="checkbox"/>	VISA / MASTERCARD	
		Card no: _____ Expiry: ___ / ___	\$ _____
		Name on card:	