



# Australian Association of Massage Therapists

6<sup>TH</sup> NATIONAL CONFERENCE  
21-23 May 2010



Sydney Hilton



**INCLUDING  
INTERNATIONAL  
PRESENTERS  
FROM THE  
USA & CANADA!**





# KEY NOTE SPEAKER

## Whitney Lowe

Whitney Lowe has been a massage professional for over 20 years and is widely known for his expertise in assessment and massage therapy treatment approaches for chronic pain and injury conditions. His contributions to the massage field are wide-ranging and include extensive research and professional publications, teaching, clinical work, consulting, and participation in national boards and committees.

Research and publication are a priority for Lowe. Lowe's texts, *Orthopedic Assessment in Massage Therapy* and *Orthopedic Massage: Theory and Technique*, are used by massage therapy professionals and schools in their massage training programs. In addition, he is a contributing author to several other books and his articles appear regularly in professional peer-reviewed journals and popular magazines, such as *Massage Today*, *Massage & Bodywork* and *Massage Magazine*.



## Invitation

On behalf of the Australian Association of Massage Therapists (AAMT), it gives me great pleasure to invite you to attend our 6th National Conference, held at the Sydney Hilton, May 21-23 2010.

For 2010, we are excited to announce 5 International presenters from North America offering a diverse and exciting selection of sessions to cover the wide interest of AAMT members:

**Whitney Lowe (Oregon, USA)** – Orthopedic Assessment and Massage

**John Barrera (Texas, USA)** – Assessment and treatment techniques for the Atlas/Axis/Cranial base

**Mya Breman (Florida, USA)** – CranioSacral Therapy

**Colleen MacDougall (Edmonton, Canada)** – The regulatory changes in Alberta, Canada and the effects to membership

**Paul Buffel (Saskatoon, Canada)** – Yoga presentation

Importantly, I would like to thank those who attended our 2009 national conference in Hobart and took time to fill out session feedback forms and rated the overall success of the conference. Once again, we have created a streamed program, which will result in every delegate having an opportunity to be involved in a hands-on workshop on one of the afternoons. Needless to say, workshop allocations are done on a first in first served basis so please register early to avoid disappointment.

As with all past AAMT conferences, the Gala Dinner ticket is included and I strongly encourage you to attend this important event, which includes a 3-course dinner and beverages. It is also the time to let your hair down and have fun with like-minded people in our industry. Please note that there is no discount on conference fees for delegates unable to attend our Gala Dinner, as we negotiate venue costs based on a variety of expenses and catering makes up a large part of this.

Finally, I'd like to thank our sponsors and trade exhibitors for their generous support and we look forward to seeing you at our 6th AAMT National Conference in Sydney.

## CU in Sydney!

**David Sheehan**  
AAMT Conference Coordinator



## Conference Committee

Garry Lavis  
Annie McLeod  
Annette Swinnerton  
Karen Nichol

## CPE Points

This is an official AAMT event and will attract 40 CPE points to registered members of the AAMT. The program in this brochure may be subject to change.

Disclaimer – AAMT Board members do not receive any remuneration for presentations

## OUR ENVIRONMENT

As part of our commitment as an environmentally aware organisation, our satchel bags from the Thailand Special People project are reusable, our presentation handouts will be on CD-ROM in the delegate satchel and we encourage delegates to pay a little extra for carbon off-sets when booking flights. We will also request that you return your plastic name badge at the end of the event to be re-used in 2011.



# PRINCIPAL SPEAKERS



## John D. Barrera

John D. Barrera is a clinical Massage Therapist and International presenter with over 25 years of active medical/clinical massage experience. He has spent the last nine years furthering the development of Atlas/Axis/ Cranial Base balancing for the massage therapist.

John has authored three measurement and treatment strategy flow charts that will further the understanding of the massage therapist and other allied health professionals in this emerging and fascinating field of study.

The Atlas/Axis/Cranial Base Connection could be an answer to relentless head, neck and body pain.



## Mya Breman

Mya's career underwent a drastic shift when she left TV and radio to join the Upledger Institute as marketing director in 1989. Impressed by the results, she returned to school to study manual therapy. She has now become an experienced Licensed

Clinical Social Worker and extremely fortunate to be mentored by Dr. Upledger in CranioSacral Therapy and Dr. Bruno Chikly in Lymphatic Drainage Therapy. She loves blending structural and emotional therapy in everyday problem solving, as well as, the most complex trauma.

In addition to seeing private clients at UI HealthPlex, she frequently lectures at conventions, conferences and schools worldwide.



## Susan Davis

Susan Davis is a registered nurse, holds a B.HSc and several diplomas in the practice of remedial massage therapy. She has been in the massage profession for over 30 years.

Susan has continued her education at the leading edge of developing knowledge. She teaches practical massage at Sydney University and has been a mentor to many young therapists through the Davis Health Centre. Susan is completing her Masters in Lifestyle Medicine under Professor Garry Egger. Her thesis on the relationship of musculoskeletal pain and disorders as an indicator of more serious chronic lifestyle issues is the cornerstone of her presentation at the conference.



## Paul Hermann

Paul is an Osteopath and one of Australia's leading experts in Swiss Ball Training and Exercise Rehabilitation. He is the owner and Director of Stay Tuned Sports Medicine and has worked in the Health and Fitness industry for over 17 years as a Gym Instructor, Personal Trainer, Coordinator of successful exercise rehabilitation programs, and lectures nationally and internationally.



## Richard Hill

Richard Hill is internationally regarded for his knowledge and understanding of the workings of the brain, body and mind. He specialises in the interplay between the mind and the body and how the conversation in both directions alters the way we function both physically, behaviourally and neurobiologically. He has spoken at the AAMT National Conference in 2008 and at the National Health Practitioners of Canada Conference in 2009. He lectures to the psychotherapy profession and the business community making the very complicated processes of brain, mind and body easy to understand.



## Brad Hiskins

Brad is a veteran of the Sports Soft Tissue Industry with 11 years at the Australian Institute of Sport, four Olympic Games (two as Head Soft Tissue Therapist), two Commonwealth Games (both as Head STT) and 19 world championships with varying teams. Brad is the founder of the website 'soft tissue therapy' and the STT eMag.

He currently operates Clinic 88 and also treats in 8 health clinics in Canberra and the East Coast while teaching nerve assessment and treatment at Canberra Institute of Technology. Brad has 55 published articles in numerous magazines and journals and was a contributor to the development of Australia's national competency standards.



## Paula Nutting

Paula has been involved in the musculo-skeletal fields in many facets; nursing, remedial massage, personal training and cemented her studies with the Musculo-skeletal Degree. Her work concentrates in the muscle timing dysfunctions and how it creates many of the common conditions seen by practitioners.



## Friday 21 May

### BREAKOUT SESSIONS Presentation Groups

3.00-6.00pm Registration		
6.00-7.00pm	Research Presentation Lisa Casanelia	Level 4-Room 2
6.00-7.00pm	Adhesive Capsulitis: a review & case studies Bruce Stark	Level 4-Room 3
6.00-7.00pm	The regulatory changes in Alberta, Canada and the effects to membership Colleen MacDougall	Level 4-Room 4
6.00-7.00pm	Treatment protocols for knee conditions James & Nerissa Morley	Level 4-Room 5
7.15-8.15pm	Cocktail hour	Level 3 Exhibition Area

## Saturday 22 May

7.30-9.00am	Registration	Registration Area
9.00-9.30am	Welcome	Level 3 Grand Ballroom
9.30-10.15am	Plenary One – Turning it on and turning it off Richard Hill	Level 3 Grand Ballroom
10.15-11.00am	Morning Tea	Level 3 Exhibition Area
11.00-11.45am	Key Note Speaker – The link between education, massage and business – taking the ordinary out of massage education Whitney Lowe	Level 3 Grand Ballroom
12.00-1.00pm	Lunch	Level 3 Exhibition Area

### BREAKOUT SESSIONS Presentation Groups

1.00-2.30pm	Turning It On and Turning it Off – let's go deeper! Susan Davis & Richard Hill	Level 3 Grand Ballroom
2.30-3.00pm	Afternoon Tea	Level 3 Exhibition Area
3.00-4.30pm	Functional Rehabilitation & Swiss Ball Training Paul Hermann	Level 3 Grand Ballroom

### BREAKOUT SESSIONS Hands-on Groups

1.00-2.30pm	Assessment Skills (HOPRS Protocol) Whitney Lowe	Level 4-Room 5
1.00-2.30pm	CranioSacral Therapy – the Upledger approach Mya Breman	Level 4-Room 2
1.00-2.30pm	Pathology, assessment and treatment options for radial and ulnar nerve conditions Brad Hiskins	Level 4-Room 3

1.00-2.30pm	Assessment and treatment techniques for the Atlas/Axis/Cranial base John Barerra	Level 4-Room 4
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2.30-3.00pm	Afternoon Tea	Level 3 Exhibition Area
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3.00-4.30pm	Continue Afternoon Breakout Sessions	
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### GALA DINNER

## Sunday 23 May

8.00-8.45am	Yoga	
9.00-9.45am	Plenary Two – Gait anomalies and core stability in LBP/SIJ dysfunction Paula Nutting	Level 3 Grand Ballroom

9.45-10.30am	Morning Tea	Level 3 Exhibition Area
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10.30-11.30am	Plenary Three – Lower Body Dysfunction & ways we can treat John Barerra	Level 3 Grand Ballroom
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11.45am-12.45pm	Early Lunch	Level 3 Exhibition Area
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### BREAKOUT SESSIONS Presentation Groups

12.45-2.15pm	Turning It On and Turning it Off – let's go deeper! Susan Davis & Richard Hill	Level 3 Grand Ballroom
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2.15-2.45pm	Afternoon Tea	Level 3 Exhibition Area
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2.45-4.15pm	Functional Rehabilitation & Swiss Ball Training Paul Hermann	Level 3 Grand Ballroom
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### BREAKOUT SESSIONS Hands-on Groups

12.45-2.15pm	Assessment Skills (HOPRS Protocol) Whitney Lowe	Level 4-Room 5
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12.45-2.15pm	CranioSacral Therapy – the Upledger approach Mya Breman	Level 4-Room 2
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12.45-2.15pm	Pathology, assessment and treatment options for radial and ulnar nerve conditions Brad Hiskins	Level 4-Room 3
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12.45-2.15pm	Assessment and treatment techniques for the Atlas/Axis/Cranial base John Barerra	Level 4-Room 4
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2.15-2.45pm	Afternoon Tea	Level 3 Exhibition Area
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2.45-4.15pm	Continue Afternoon Breakout Sessions	
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4.15-4.30pm	Official Close	Level 3 Grand Ballroom
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# WORKSHOP DESCRIPTIONS



## HANDS-ON WORKSHOPS

### Assessment Skills 2 (HOPRS Protocol)

Whitney Lowe

The HOPRS protocol (History, Observation, Palpation, Range-of-Motion and Resistance Testing, and Special tests) is a systematic method for assessing soft tissue injuries. In this workshop you will apply your clinical evaluation skills in the HOPRS methods to assess and evaluate various soft tissue injury patterns. This workshop will make you think about injury conditions in totally new ways!

### CranioSacral Therapy – The Upledger Approach

Mya Breman

CranioSacral Therapy is a gentle, hands-on technique used to evaluate and enhance the function of the craniosacral system. This is the physiological body system comprised of the membranes and cerebrospinal fluid that surround and protect the brain. Join Mya Breman (Upledger Institute teacher) from Florida, USA for this introductory 3 hour workshop where she will present the history, concepts, and theory behind this gentle approach. You'll learn how to develop the light-touch palpation skills that bring about profound results using the craniosacral rhythm as a guide.

### Pathology, assessment and treatment options for radial and ulnar nerve conditions

Brad Hiskins

Nerves not only transmit the perception of pain but can also be the source of pain. Compression, tension and tethering of a nerve can cause significant pain and dysfunction to the office worker (ex: Carpal Tunnel), labourer (ex: Radial tunnel syndrome) and athlete (ex: sciatic nerve tethering).

Often a neglected source of pain and dysfunction, this session will focus on what to be aware of with regard to nerve pathologies, how to assess the radial and ulnar nerves in the upper limb and your treatment options.

### Assessment and treatment techniques for the Atlas/Axis/Cranial base

John D. Barrera

The Atlas/Axis/Cranial Base region, from a biomechanical perspective, is one of the most sophisticated, yet simple and easy to understand areas of the human body. Displacements in this vital region can lead to a myriad of basic to seemingly advanced and bizarre pain syndromes. In fact, understanding, assessing and appropriately treating this area is so essential that, in my opinion, no healthcare plan, rehabilitation program and or bodywork modality is complete without it. A remedial massage Therapist can easily learn to understand, evaluate and treat this key area. Please join Mr. Barrera for this fun, state of the art seminar.

### Wetlab

Musculoskeletal Associates

Back by popular demand year in, year out this anatomy Wetlab workshop has been designed to provide a review of the basic musculoskeletal anatomy and relate this anatomy to manual therapy practice. A discussion of the possible clinical presentations, manual therapy management & surgical/medical management options is also included.

## AFTERNOON PRESENTATIONS

### Turning It On and Turning it Off – let's go deeper!

Richard Hill & Susan Davis

This presentation goes into practical detail of the principle ideas presented in Richard's Plenary.

We will examine how and the evidence that justifies the claim that musculoskeletal issues may be indicators of other chronic illnesses and concerns. Susan will deal with the issues of the body and Richard will address the emotional issues that emerge during massage therapy. Directions for further education will be discussed along with the equally important practice of referral and inter-professional co-operation.

### Functional Rehabilitation & Swiss Ball Training

Dr. Paul Hermann

Learn how to use functional and Swiss Ball based exercises to improve strength, mobility and flexibility in a fun and interactive presentation. We will cover the theory of functional training, the difference between closed and open kinetic chain exercises and when to use them and how to exercise to improve your functional capacity for life.



# FRIDAY EVENING PRESENTATIONS & COCKTAIL HOUR, AAMT GALA CONFERENCE DINNER AND ACCOMMODATION GUIDE



## Friday Evening Presentations and Cocktail Hour

Come and register between 3:00pm and 6:00pm and choose from one of four walk-in presentation Sessions. This will be followed by Cocktail Hour which includes light nibbles and your first drink complimentary (additional drinks may be purchased).

## AAMT Gala Conference Dinner

Saturday 22 May starting at 7:30pm for pre-dinner drinks for a 7:45pm seating at your table

As part of your registration fee, we invite you to enjoy great food, wine and entertainment at the halfway mark of the conference. Table allocations can be made during the day on Saturday so start talking to fellow delegates about putting a table together now.

Please note that the dinner is included in your registration fee and there are NO discounts or refunds available on fees for those unable to attend the dinner. Importantly, the Sydney Hilton will serve alcohol in a responsible manner and the AAMT Board expects delegates to conduct themselves responsibly and ethically throughout the Conference and this event.

## Accommodation Guide

All accommodation rates are listed in Australian dollars and are valid for the Conference only if booked through Ozaccom. Rates include GST, are quoted on a per room per night basis and are for the room only. Rates and all information are current at time of printing and are subject to change without prior notification. Bookings made after 21 April 2010 may be subject further terms & conditions.

**Hilton Sydney (5 Star)**  
\$239.00 Run of House  
\$259.00 Inc one breakfast  
\$279.00 Inc two breakfasts

Chic and central, the Hilton Sydney hotel boasts stylish bars, the city's largest health club and fine dining at its famous brasserie. You can unwind with a dip in the pool or indulgent facial at the spa. All rooms feature contemporary décor, LCD flat panel TV and wireless internet access. Loads of natural light and warm, earthy tones feature in all Hilton guest rooms.

**Meriton Pitt Street (5 Star)**  
\$165.00 Studio  
\$175.00 1 Bedroom  
\$255.00 2 Bedroom  
\$375.00 3 Bedroom

Located within a five minute walk to the Hilton Sydney, Meriton Pitt Street offers superb accommodation in an architecturally spectacular building. Luxurious apartments of high quality design are featured, all in an outstanding mid-city location. Facilities include a business centre with internet access, gym and fitness centre, heated swimming pool, sauna, spa and room service. Apartments feature Living and dining areas includes TV with DVD player, selected Foxtel channels and CD player as well as a fully equipped kitchen including oven, stove, microwave, full-sized fridge/freezer and dishwasher.

\*Balcony doors are locked on Fridays, Saturdays and Public Holidays, due to the improved safety policy of the property.

Partial or full cancellation made within 7 days prior to arrival will incur a 100% cancellation penalty. Also, full payment is required on check in.

**Mantra on Kent (4 Star)**  
\$159.00 1 Bedroom  
\$169.00 1 Bedroom Deluxe

Located a five minute walk from the Hilton, in the heart of Sydney's CBD, ideally positioned on the doorstep of beautiful Darling Harbour, the property is a 4 star rated hotel designed to maximize comfort in contemporary surrounds. Guest facilities include 24 hour reception, daily room servicing, same day laundry and dry cleaning service and room service. Mantra on Kent's in-house restaurant, Cascade Restaurant & Bar, is open daily for breakfast. Alternatively, just a short stroll from the hotel, guests will enjoy Cockle Bay and King Street Wharfs, both premium dining precincts offering a multitude of culinary options, function venues, bars and nightclubs. All rooms feature air-conditioning, fully equipped kitchens, bathrooms and laundry facilities.

**Park Regis (3.5 Star)**  
\$139.00 Premier Room  
(newly refurbished)

Park Regis City Centre is surrounded by Sydney's best shopping, restaurants, sightseeing and entertainment, located in the heart of Sydney city, just a short walk to Hyde Park, Darling Harbour, Pitt Street Mall, Queen Victoria Building and Town Hall. Hotel rooms are modern incorporating contemporary décor, air-conditioning, ensuite bathroom with hairdryer, opening windows, tea and coffee making facilities, refrigerator, work desk, high speed internet connection, direct dial telephone and LCD television. The 122 room hotel also provides 24 hour reception, security lifts and undercover car parking (charge applies).

**Metro on Pitt Street (3.5 Star)**  
\$135.00 Standard  
\$145.00 Superior

Metro Hotel on Pitt, Sydney is conveniently located a short walk from the Hilton Sydney, offering both standard and superior rooms each with a spacious bathroom with roomy walk-in shower. Metro Hotel on Pitt is your home in the city, boutique-style hotel offering a warm, personal welcome and attention to detail.





# REGISTRATION FORM



## SECTION A: Contact Details

Surname: \_\_\_\_\_ Given Name: \_\_\_\_\_ Title (Mr/Mrs/Ms/Dr): \_\_\_\_\_

Postal Address: \_\_\_\_\_

Suburb/Town: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Postcode: \_\_\_\_\_

Telephone: (work) \_\_\_\_\_ Telephone: (home) \_\_\_\_\_

Email: \_\_\_\_\_

## SECTION B: Conference Registration Fees

All prices are in Australian Dollars and inclusive of a GST of 10%. Your registration includes morning/afternoon teas and lunch on Saturday and Sunday. The Conference Dinner on Saturday night is fully inclusive and cannot be separated from the Conference Fee (no discounts for those unable to attend dinner).

### Registration Type

### Registration Costs

Student Pass (must show proof of student status)	\$300.00	<input type="checkbox"/>
Early Bird Registration (expires 26th March 2010)	\$495.00	<input type="checkbox"/>
Members after 26th March 2010	\$520.00	<input type="checkbox"/>
Full Registration – Non Member	\$540.00	<input type="checkbox"/>
Dinner Extra Ticket	\$140.00	<input type="checkbox"/>
Wetlab Afternoon (limited to 50)	\$185.00	<input type="checkbox"/>

This event is heavily subsidised by the AAMT, no further discounts are available. A cancellation fee of \$75.00 will apply to any registration cancelled. Please note no refund will be given should you elect to cancel after **Friday 23rd April 2010**. However, you may substitute a replacement delegate at no charge.

In the case where the wetlab workshop is full at the time of paying for your registration, your additional workshop fee will be refunded in full.

Section B Sub-total: \_\_\_\_\_

## SECTION C: Afternoon Concurrent Workshop Preferences

Choose your afternoon hands-on workshop by numbering all the boxes 1 to 5 where '1' is your first choice:

- Assessment Skills (HOPRS Protocol)
- CranioSacral Therapy – the Upledger approach
- Pathology, assessment and treatment options for radial and ulnar nerve conditions
- Assessment and treatment techniques for the Atlas/Axis/Cranial base
- Wetlab (SATURDAY ONLY AND ADDITIONAL COST)

## SECTION D: Accommodation Reservations

Though every effort is made to secure your accommodation preference, should the Hotel have a full-house situation, your second preference will automatically be selected. A confirmed reservation is defined when credit card details or prepayment of one night's accommodation by cheque has been supplied. Your chosen hotel upon checkout will issue tax invoices related to your accommodation.

Accommodation Preference 1: \_\_\_\_\_ Room Type: \_\_\_\_\_

Accommodation Preference 2: \_\_\_\_\_ Room Type: \_\_\_\_\_

Share with: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ ETA: \_\_\_\_\_ Departure Date: \_\_\_\_\_

Special Requests: \_\_\_\_\_

TURN THE PAGE ►



# REGISTRATION FORM (CONT.)



## SECTION E: Special Requirements

AAMT will take into consideration any special dietary requirements for medical or religious purposes. Please provide details:

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Do you require any other assistance? e.g. wheelchair access please provide details:

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## SECTION G: Payment

Section B: Conference Registration fees

\$: \_\_\_\_\_

Section D: Accommodation Deposit

\$: \_\_\_\_\_

(If paying by cheque – minimum one night deposit)

**TOTAL:**

\$: \_\_\_\_\_

**Cheque**

Please make cheques payable to Ozaccom Pty Ltd. International delegates wishing to pay by cheque must provide an international bank draft, in Australian Dollars and drawn on an Australian Bank and Branch.

**Credit Card**

Please debit my credit card for the above total

Type of Card:  Mastercard  Visa

Card Number: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Expiry Date: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

To secure and confirm your accommodation, credit card details are required as a guarantee. These details will be passed on to the hotel and it is at the hotel's discretion as to whether a deposit will be charged prior to arrival. NB. No monies will be debited from your credit card by Ozaccom Pty. Ltd. for accommodation. An imprint will be required upon check in and your full account is to be settled with the hotel on departure. Ozaccom are happy to assist you with any pre or post touring options.

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### PLEASE FORWARD YOUR COMPLETED REGISTRATION FORM TO:

#### OZACCOM & OZWINGS

ABN: 34055792740  
PO Box 104  
RBH Post office QLD 4029

National:  
Tel: 07 3854 1611  
Fax: 07 3854 1507  
Toll Free: 1800 814 611

International:  
Tel: +61 7 3854 1611  
Fax: +61 7 3854 1507  
Email: ozaccom@ozaccom.com.au

