

AAMT Post Conference Workshops

Sydney 2010

AAMT is excited to announce a series of Post-Conference Workshops for 2010 with Presenters from a broad range of Modalities across Australia & USA. All workshops relate to assisting your clients as they get "Back to Function" with Massage Therapy.

Places are limited in all workshops and therefore AAMT suggests registration now to avoid disappointment.

Registrations are open to non conference delegates. All workshops will be held at The Hilton Sydney.

 **Please fill in the registration form below and return to AAMT with your payment.** 

TAX INVOICE Please Print		Your Session Details - Please Tick your Choice			
Date of Invoice	Post Conference Workshops—Sydney	Date	Fee Member	Fee Non Member	
____/____/____					
Steven Goldstein	Fascial Articular Mobilization (1 day workshop, 10 points)	24 May	\$210	\$275	
John Barrera	Interacting wisely with the Atlas, Axis and Cranial Base (2 day workshop, 20 points)	24 & 25 May	\$395	\$465	
Whitney Lowe	Orthopedic Massage Techniques 1 (3 day workshop, 20 points)	26, 27 & 28 May	\$595	\$660	

ATTENDEE & PAYMENT DETAILS

Name	Phone Number
Address	
AAMT Member No	Email address
<input type="checkbox"/> Cheque / <input type="checkbox"/> Money Order (Made out to AAMT)	<input type="checkbox"/> VISA <input type="checkbox"/> MasterCard
Credit Card No	Expiry ____/____
Name on Card	Signature

PLEASE NOTE:

This form becomes your official receipt once completed. Please keep a copy for your records.

Cancellations made within 5 business days of the start of the session cannot be refunded.

Photographs taken at these events remain the property of AAMT.

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Fascial Articular Mobilization with Steven Goldstein (AUST) **Monday 24th May 2010**

Joint mobilization-play combined with release of myofascial lines of tension are an effective way to affect global change to local joint dysfunction. Combining two-pointing for joint receptor stimulation, the use of leverage, torque and approximation of congruent joints with mobilization and fascial manipulation, allow for capsular, ligamentous and myofascial change as it affects joint & muscular tonus. Exploration of Upper & Lower Extremity joints will be presented as participants learn release global lines of myofascial tension.

Learning outcomes for participants include:

Palpation to and technique for the release of global lines of myofascial tension including superficial front line (SFL), superficial back line (SBL), lateral line (LL), and anchors points which hold tension in the these myofascial lines (high leverage points in the myofascial net) using static compression technique. Theory & practicum involving the difference between joint mobilization, joint play and joint oscillation.

Application of fascial articular & ligamentous technique to the pelvis, hip & shoulder which include ANS Two-Point (Goldstein-Mann) & 'Fulcrum' (Giammatteo), articular releases in the form of joint play and oscillatory rhythmic motion as it differs from joint mobilization technique, and introduction to leverage compression, and non-intrusive low load ligamentous technique.

Steven Goldstein, is an innovative massage educator instructing his unique blend of direct myofascial and indirect osteopathic releasing methods known as **Integrative Fascial Release** www.fascialrelease.com internationally since 1995. Steven chairs the Australian Association Massage Therapists AAMT National Education Subcommittee. He is a regular contributor to AAMT Journal and NHP's Connections magazines, he has been a frequent presenter at conferences in Australia & North America for various associations including: AAMT, NHP Canada, ATMS, IRMA (Myotherapy), BTFA (Bowen) & Olympic Soft-Tissue Injury Forum Melbourne.

Interacting wisely with the Atlas, Axis and Cranial Base with John Barrera (USA) **Monday 24th & Tuesday 25th May 2010**

The Atlas/Axis/Cranial Base region, from a biomechanical perspective, is one of the most sophisticated, yet easy to understand areas of the human body. Appropriately treating this area is so essential that, in John's opinion, no therapy plan is complete without it. Proper biomechanical positioning, via soft tissue structural balancing is paramount, if we are to live a happy, pain free life. A remedial massage therapist can easily learn to interact wisely with this important area.

Please consider the following:

1. All 12 Cranial nerves traverse this area providing the brain with life sustaining sensory and motor information.
2. Vital circulatory vessels are routed through this area providing the brain with essential nutrition. Literally billions of neurons traverse this region every second.

Participant s will learn techniques to evaluate and treat the Cranial Base/Atlas/Axis complex. John will assess the entire body and correlate structural imbalances with the patient's areas of complaint. You will learn the level of involvement, where to begin care, frequency and duration. John will utilize a multimedia approach consisting of lecture, power point, live demonstration, supervised lab and lastly, question and answer session. John Barrera has over 25 years of clinical/medical experience within and outside the massage industry. He has taught over 500 advanced level courses in massage to a wide audience. His new work with the Atlas/Axis/Cranial Base is groundbreaking. Please join us for this 2 day, dynamic, state of the art seminar.

Orthopedic Massage Techniques 1 with Whitney Lowe (USA) **Wednesday 26th, Thursday 27th & Friday 28th May**

Whitney Lowe's Orthopedic Massage Program is a comprehensive approach to treating soft-tissue dysfunction. The program integrates therapeutic techniques, evaluation & assessment testing, information about common conditions, and rehabilitation protocols. Join Whitney for the first time ever in Australia for a 3 day workshop—Orthopedic Massage Techniques 1. Explore exciting new concepts for low back pain and lower extremity disorders. Assessment and treatment strategies for conditions including: low back pain, piriformis syndrome and other lower extremity nerve impingement conditions, iliotibial band friction syndrome, knee injuries, shin splints, plantar fasciitis, and much more.

Whitney Lowe's Orthopedic Massage system is a research-based and outcome-based system. Whitney has spent the last 20 years researching, teaching, and exploring the applications of massage therapy. The techniques and methods he uses are a combination of proven and cutting-edge approaches to treating pain, injury and other conditions with massage. Lowe uses the term 'orthopedic' to refer to the locomotor system, as it is used in conventional medicine. An analogy can be made with the phrase 'orthopedic medicine', which describes a conceptual approach to medical practice. Similarly, the phrase 'orthopedic massage' describes a particular approach – a comprehensive system – rather than prescribed techniques. The liberty that massage therapists experience after learning this approach comes from the freedom to actually treat their clients problems as unique. Being able to 'think outside the box' and with skillful analysis of the client's problems, results in happier clients and more successful therapists.

**ALL Registrations and Enquiries
should be directed to
Pippa Tuppen at AAMT by
Phone: 1300 138 872
Email: pippa@aamt.com.au
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Post: Level 6, 85 Queen St
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**All workshops will be run at
The Hilton Sydney —
further information and
workshop provisions will be
provided on registration.**

**All Workshops will run from
9.30 am to 4.30 pm each day
and include Morning Tea and Lunch.**