



Australian Association of Massage Therapists
Integrated Pathways of Pain Management



25-27 May 2012

Melbourne Convention and Exhibition Centre



On behalf of the Australian Association of Massage Therapists (AAMT) I would like to extend to all of you a warm welcome to the 8th National Conference in Melbourne Victoria. This year marks a very special occasion, not only being AAMT's biggest ever conference but our first conference in collaboration with Massage New Zealand. Our conference theme for this year is "Integrated Pathways of Pain Management." which allows us to explore the physiology of pain and its origins and how massage can be used as a therapeutic intervention. This year's line-up of speakers and presenters is comprehensive and outshines any massage conference that I have ever attended.

What is the Mission of AAMT Conferences? AAMT has embarked on a mission to redefine the Massage Industry in this country offering access to the latest in clinical research and the promotion of evidence based integrative medicine. Best Practice means, a commitment to use all the knowledge at one's disposal to ensure success, offering opportunities to see how we can improve our clinical work and what changes we can make in the delivery of our modality to achieve greater outcomes.

With a magnificent facility like the Melbourne Convention and Exhibition Centre and the ability to network with the vast range of practitioners both locally and abroad, let's make this year's Conference not only the biggest, but the best.

Change is the law of life. And those who look only to the past or the present are certain to miss the future.

JOHN F. KENNEDY

Garry Lavis,
AAMT National President

I am very pleased to be involved with the first joint conference between Massage New Zealand and AAMT. This provides us with an excellent occasion to attend a wide range of workshops and network with our Australian colleagues. I strongly encourage all MNZ members to attend this Melbourne conference; remembering that you could take the opportunity for a tax deductible holiday at the same time.

I look forward to seeing you there!

Roger Gooch,
President Massage New Zealand



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OUR ENVIRONMENT

As part of our commitment as an environmentally aware organisation, 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 2012.

Conference Committee

Garry Lavis (Chairperson) Gerry Savage
Ilan Coward Sonya Leslight
Pamela Claxton Steven Goldstein

Pre-conference 1-day workshops (Friday 25th May)

Introduction to Pregnancy Massage

Presenter – Catherine McInerney

Pregnancy is a very special time in a woman's life. Many physiological changes occur to her body during the three trimesters. Understanding these changes will help you, the massage therapist to determine the outcome of your treatment. It will give you the confidence and guidance to apply appropriate massage to your pregnant client.

Course Outline:

- Introduction to Pregnancy Massage
- Introduction to the Physiological changes
- First Trimester
- Second Trimester
- Third Trimester
- Endangerment sites
- Lying positions appropriate for pregnancy through the three trimesters
- Draping / Client comfort
- Massage techniques
- Massage students

As women have the choice of remaining at work during their pregnancy they are finding the need to nurture and care for themselves through this important time. Massage helps to gain this balance as well as heighten mother baby connection.



Catherine McInerney Bio

Over fourteen years I have found myself specialising in Pregnancy Massage which has led to many years of researching the benefits of massage during pregnancy, labour and post-partum. There are many and varied techniques of massage which we can apply to relieve the musculoskeletal discomforts during pregnancy. I have researched these and designed specific applications for pregnancy. There are many myths and fears associated with pregnancy, as massage therapists we can offer a positive and nurturing support for the mother to be during this very exciting time. Pregnancy massage is a journey which has given me the opportunity to broaden my knowledge and skills in a positive way. I am passionate about the importance of assisting a healthy pregnant client through the many changes occurring during each trimester. With the development of Pregnancy Massage Australia I am creating a supported learning and development of pregnancy Massage skills to Therapists undertaking this specialised training.
www.pregnancymassageaustralia.com.au

Physical Assessment Vs Postural Assessment

Presenter – Stuart Hinds

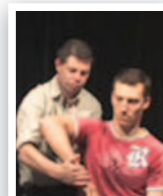
This 1-day workshop with Stuart Hinds is designed to look at the accuracy of visual Postural assessment skills in treating musculoskeletal dysfunction.

How accurate does your Postural assessment marry up in comparison to your Physical assessment signs.

The two part workshop starts with:

1. Workshop participants will be taken through an overview of the most common postural types and the typical soft tissue treatment.
2. The second part of this workshop takes participants through common reliable physical assessment testing procedures and explanations of the treatment options for them.

The final part of the workshop looks at the accuracy of visual postural assessment using our physical assessment tests to confirm or deny your postural assessment.



Stuart Hinds Bio

Stuart Hinds is a practising soft tissue therapist starting his journey in 1990 and continues as a lecturer in remedial soft tissue techniques at Victoria University (Melbourne Australia) in combination with a busy private practice in Geelong. In that time he has worked with elite road cyclists and a range of athletes from all professional levels of sport, he was a contract soft tissue therapist for the Geelong Football Club, Elite Australian Rules Football League. Stuart has also published articles both nationally and internationally relating to soft tissue treatment and its relationship to musculoskeletal dysfunction within industry journals and mainstream publications. Stuart was part of the soft tissue team for the 2004 Australian Olympic Team in Athens, 2008 Beijing Olympic Games. He has presented at the 2003 Australian Conference in Science and Medicine in Sport on the practical dynamics of soft tissue treatment of adductor strains. More recently he was keynote speaker at the (2005) The 3rd Joint Sportex Sports Massage Association Conference, Loughborough University, Leicestershire, United Kingdom, and the 2009 AAMT National Conference in Hobart, Tasmania.

Bookings: Call AAMT directly on 1300 138 872 or register online: www.aamt.com.au



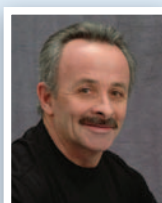
Meet the presenters



Jay P Shah, MD

Jay P. Shah, MD is a senior staff physiatrist and clinical investigator in Bethesda, Maryland USA. He is a Diplomat of the American Board of Physical Medicine and Rehabilitation and the American Academy of Medical Acupuncture.

Dr. Shah is a well-known lecturer and workshop presenter on mechanisms of chronic pain, myofascial pain, acupuncture techniques and other related topics. His clinical interests include the integration of physical medicine techniques with promising complementary approaches in the management of neuro-musculoskeletal pain and dysfunction. His research studies are uncovering the unique biochemical milieu and viscoelastic properties of myofascial trigger points and surrounding soft tissue.



James Waslaski

James Waslaski is an Author, Entrepreneur, and International Lecturer, that has given keynote presentations at major conventions such as the Florida State Massage Convention, the World of Wellness, the New England Regional Conference, the World Massage Festival, the Scottish Massage

Convention, and the Irish Massage Convention. He teaches in over 40 states and 15 countries, and has received numerous awards, including the FSMTA International Achievement Award, and was inducted into the 2008 Massage Therapy Hall of Fame.



Mark Bunn

A former AFL Footballer, Mark's passion now is helping busy people achieve their outer success they desire without compromising their inner wellbeing. Trained as both an exercise physiologist (Western Science) and in natural health-care (Eastern Medicine), Mark combines a best of East

and West approach with his research into the world's healthiest and longest living peoples to remind people about the timeless, simple truths about health and wellbeing. Mark is the author of 'Healthy People Healthy Business', 'The Year Round Health & Wellbeing Program' and 'Ancient Wisdom for Modern Health - simple secrets of the worlds healthiest people'. As a speaker, Mark is a former resource speaker for The Executive Connection - an International Group of CEO's, and the current Australian performance presenter for Duke Corporate Education (USA) - a global training company. Having presented seminars across Australia for over 15 years, he is now considered a 'first-choice' speaker in the areas of health & wellbeing, personal performance, work-life balance and motivation as well as being a recommended speaker with all major Australian Speaker bureaus.



Dr Tasha Stanton

Dr Tasha Stanton is a Canadian Institute of Health Research Postdoctoral Fellow working at the University of South Australia, Adelaide, and Neuroscience Research Australia, Sydney.

Trained as a physiotherapist in Canada, she then embarked on a research career studying spinal biomechanics, treatment-based subgrouping in back pain, and pain neuroscience. Dr Stanton's research interests lie in the neuroscience behind chronic pain – how does the brain process noxious stimuli, how does the brain decide something is painful, and what other factors influence pain? She is currently studying the brain's role in osteoarthritic knee pain and the influence of social factors on pain, immune function and recovery.



Andrew Gallagher

Andrew established the Myofascial Pain Study Centre to provide advanced training in Myofascial Pain Management methods for health practitioners. Over the last 24 years in addition to conducting training at the centre, Andrew has lectured extensively at an undergraduate and

post graduate level on Myofascial Pain across a broad range of clinical areas including orofascial pain, sports medicine, industrial rehabilitation and hand therapy practise. Andrew's clinical interests are in the treatment of complex musculoskeletal pain and in particular chronic orofascial pain, and presently Andrew is Principal of the Craniomandibular Rehabilitation Clinic, which provides specialist treatment services in Melbourne and Ballarat focusing on orofascial pain and T.M.J. dysfunction. In addition to his clinical and teaching commitments, Andrew has been engaged since 1984 with the Victorian Workcover Authority as a consultant Physiotherapist to the independent Medical Panel.



Adam Cootes

Adam Cootes trained as a Physiotherapist in Adelaide, and has since undertaken further study in natural medicine, osteopathy and human behavioural science. Adam has spent time in India studying yoga and Eastern philosophies.

Adam has worked with a diverse cross section of clients including elite sporting populations, young children and infants, individuals with chronic pain and chronic fatigue, and has also worked with impoverished communities in India. Adam has been running workshops for both health professionals and the general public over the past 3 years on the subjects of stress and pain. Adam's special interests in both new science and old wisdom have led him to explore some interesting new avenues in working with both pain and stress.

Meet the presenters



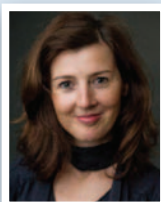
Deborah Pascoe

Deborah Pascoe is a Lecturer at the University of Ballarat in the areas of clinical exercise physiology, exercise prescription and injury assessment. She is an accredited Exercise Physiologist and Remedial Massage Therapist and is an active teacher and clinician. Deborah was the founder, director and principal teacher of the Ballarat School of Soft Tissue Therapies for 13 years and has been a regular workshop presenter for the massage industry. Qualifications: PhD scholar, MA, GDipExRehab, BAppSc, AEP, ATC, Dip Health Sc (Remedial Massage) Cert Sports Massage, Cert Relaxation Massage, Cert Hydrotherapy.



Peter Thorneycroft

Peter Thorneycroft B.Sc., M.Ed., M.Ed. Psych., Adv.Dip.SOH, M.A.PS. Lectured in Educational Psychology for 15 years, and has been in private psychological practice since 1986. In the 1990s Peter was a psychological consultant to government and private Workcover rehabilitation providers with holistic integrated approaches to treatment, assisting mainly with psychological approaches to stress and pain management. Since the late 1980's he has been involved with training programs in Solution Oriented Counselling and Hypnotherapy. Peter has presented papers and workshops for health professionals nationally and in the USA. Audio resources for different therapeutic purposes are available for download at his website www.peterthorneycroft.com



Lisa Casanelia

Lisa is a trained and practiced as a Registered Massage Therapist whilst living in Ontario, Canada. Lisa became interested in teaching and education on return to Australia and has worked at Endeavour College of Natural Health for 12 years where she is a Senior Lecturer in the Remedial Therapies Department. Lisa coordinated the massage aspect of the Cardiac study and now supervises students and graduates on placement on the Cardiothoracic Ward at the Alfred Hospital. Lisa has a BHSc in Musculoskeletal Therapy, a graduate Certificate in Education and is currently undertaking her Master's in Public Health in the Clinical Research Stream at Monash University.



Cathy Stanguts

Cathy is a registered nurse for 10 years and employed at The Alfred Hospital since 2003 where she has worked on the Cardiology/ Cardiothoracic Ward. In 2009 Cathy completed a Bachelor of Health Science Naturopathy after becoming interested in Alternative and Complementary Medicine. Throughout her studies she developed a greater awareness of the significance of evidence-based medicine and developed a ready interest in the area of research. For the past 3 years, in addition to working as a Naturopath, Cathy has worked with IMER (Integrative Medicine, Education and Research) as a research Nurse. Her role in this group is to assist with the day to day running and coordination of The Integrative Cardiac Wellness Program as well as a number of other clinical trials.



Stuart McDonald

Stuart McDonald is a Principle Instructor. He has extensive public speaking and health & fitness industry experience. His presentations are informative, entertaining and impacting. He currently lectures at the Australian College of Health and Fitness Incorporating Melbourne Institute of Massage Therapy. Stuart has studied and practiced Martial Arts for over 20 years, beginning with Wado-Ryu Karate. His current passions lie in the Western Martial Arts of Europe, with particular focus on those of Medieval Germany (longsword, dagger, unarmed) and Scotland (backsword). He is passionate about the emotion-body connection as it relates to rehabilitation.



Brad Hiskins

Brad has 20 years' experience in the profession and has accumulated a wealth of knowledge from his varied work life. His resume reflects the diverse nature of his passions, sport an obvious bias. 11 years at the Australian Institute of Sport (Soft Tissue Therapist), Four Olympic Campaigns (Atlanta, Sydney, Athens and Beijing) and two as Head of Service. Two Head of Service Commonwealth Games (Manchester and Melbourne) over 20 world championships around the world with various sports. He now travels with Australian Triathlon. Brad has also started a nationwide sports massage company to keep his love of sport occupied (www.sportsmassageoz.com) that services travelling sporting teams and owns and runs Clinic 88 which has three venues in Canberra that comprises 22 Therapists. He currently treats approximately 20 hours a week in these clinics.



Meet the presenters



Tino D'Angelo

Tino is a registered Chinese Medicine Practitioner and Musculoskeletal Therapist, and the Program Manager of the Chinese Medicine Department at the Southern School of Natural Therapies. He holds a Master of Applied Science (Chinese Herbal Medicine), a Bachelor of Health Science (Acupuncture) and a Bachelor of Health Science (Musculoskeletal Therapy), and has been teaching for 12 years. Tino's strong commitment to the treatment of musculoskeletal pain and discomfort is reflected in his dedication to teaching and learning in the field.



David Moore

David Moore, the Director of the School for F.M. Alexander Studies in Melbourne, graduated from Australia's first Alexander Technique training course in 1985. He has established private practices in New Zealand and Melbourne, run many workshops and residential courses in Australia and New Zealand, and taught classes in the UK, Germany, Japan and the USA. In 1998 he set up a training course with accreditation from the Australian Society of Teachers of the Alexander Technique and runs a three year full-time Advanced Diploma of Alexander Technique Teaching. He also teaches classes on the application of the Alexander Technique to voice and yoga.



Zac Ford

Zac Ford is a sports and remedial massage therapist and Co-director of Ford Wellness Group, a health and wellness centre in Essendon, Melbourne. He treats the general community as well as elite athletes from various sporting disciplines including golf, Aussie rules football, running, gymnastics, boxing and basketball. Zac has worked in the massage industry for seven years, during this time has utilised previous sales experience to successfully develop professional relationships with other allied health practitioners and GP's in his local area.



Dr Louisa Yim

Dr Louisa Yim graduated from The University of Melbourne in 2001. She is currently working as a General Practitioner at Swinburne University Health Service in Hawthorn. Her interests include students' health, skin cancer and aesthetic medicine, women's health, pregnancy care, and massage therapy in general practice. Two years ago, she completed the Certificate IV in Massage Therapy with MIMT in Melbourne. According to her, it was most rewarding and life changing. She shared this unique experience through an article, of which, has been recently published in one of the leading medical magazines in Australia.



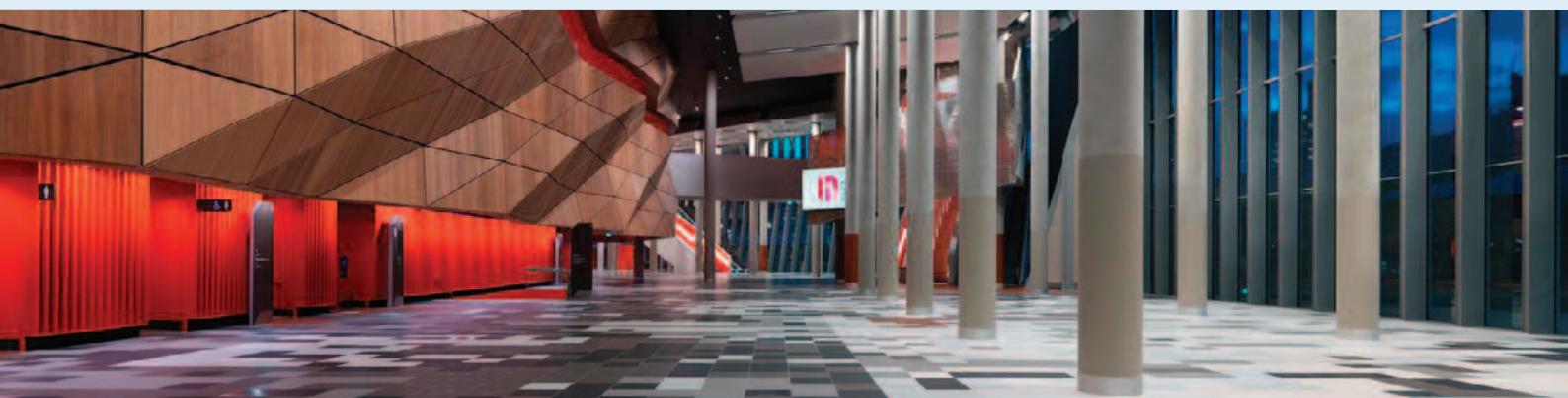
Dayle Walker

Dayle Walker is a therapist, working with multi modalities from her clinic in Melbourne. She is a Clinical Hypnotherapist, Counsellor, Massage Therapist, Foot Reflexologist and a Reiki Master. Having been a meditator in the Buddhist Tradition for 26 years, she runs Mindful Awareness Meditation Classes. Dayle has been a student of Kung Fu for 7 years and has a special interest in the health and healing aspects of Qi Gong, delighting in sharing her experience with others. She has run seminars on managing stress, performance, caring for the carer, meditation, Qi Gong and volunteers with cancer support groups.



Ian Coward

Ian has been teaching Yoga for 15 years. Although he trained as a Hatha Yoga teacher he teaches in an eclectic style. He has taught at numerous locations throughout the Lockyer Valley (Qld) including 6 years at the University of Queensland (Gatton Campus). During this time he has utilised his yoga skills in his successful Remedial Massage business. By tailoring his own program to suit the needs of a Massage Therapist, Ian has been able to maintain his energy and longevity in the massage profession. He looks forward to sharing these skills with you.



2012 National Conference Program



AAMT Gala Conference Dinner

Saturday 26 May

As part of your registration fee, we invite you to enjoy a great night of food, wine and entertainment at the halfway mark of the conference at beautiful Central Pier, Docklands.

Central Pier is off-site and located a 10-minute walk from the Convention Centre, or a short tram ride on Melbourne's historic FREE City Circle Tram service.

Details will be included in your confirmation letter once you have registered.





AAMT

Key Note Presentations



Looking After No.1 high energy • low stress • life balance • work success

Presenter – Mark Bunn

As a massage therapist, you have demanding challenges in 'caring' for others. Mark Bunn, author of 'Healthy People Healthy Business' 'The Year Round Health & Wellbeing' Program and the recently released 'Ancient Wisdom for Modern Health - the simple, timeless secrets of health & happiness' will open our 2012 National Conference with some simple strategies for increasing your personal resistance to stress and ensure you maintain your own health, wellbeing and work-life balance.

'Looking After No.1' will be a high energy, inspiring Key Note address, specifically for health professionals that 'look after others' and deal with stressful situations daily. Practical and motivating, yet with lots of laughs (the best stress busting medicine), the session integrates the 'best of western & eastern health science' to outline dozens of 'user-friendly' tips that you can use to better manage your own stress (and teach to clients as part of their best practical care).

New Frontiers in the Pathophysiology of Myofascial Pain: Enter the Matrix

Presenter – Jay P. Shah, MD

This lecture will review the literature and discuss the myofascial pain syndrome conundrum – myofascial trigger points (MTrPs) are a very common entity (i.e., painful, hard, tender nodules in a taut band of skeletal muscle), but its patho-physiology is complex and unknown. Although painful MTrPs activate muscle nociceptors that, upon sustained noxious stimulation, initiate peripheral and central sensitization, what is their etiology and patho-physiology? What is the mechanism by which the pain state initiates, evolves and persists? How does a tender nodule progress to a myofascial pain syndrome? Which soft tissues are involved? Are there objective measures for assessing therapeutic outcomes?

Making a Difference

Presenter – James Waslaski

This Keynote presentation titled "Making a Difference", promises to touch your heart and inspire you to fulfill your spiritual blueprint for true success. James will discuss the history and evolution of massage and bodywork, industry pioneers, and the huge range of healing modalities. Inspirational healing stories, motivational quotes and cutting edge goal setting strategies will leave no doubt that when we combine the many healing modalities in the massage industry; we will revolutionize the healthcare system forever.

New developments in the multifactorial nature of pain

Presenter – Dr Tasha Stanton

Pain is a complex phenomenon. How can a gymnast with a broken foot be unaware of the injury and yet someone who receives a small bump to the arm develop a very painful, swollen hand that they cannot move? This suggests that there is more to pain than just the physical injury. This presentation will discuss novel developments that have occurred in pain research in the past few years. Specifically it aims to discuss the role of the brain in pain as well as the influence that environmental, social, and therapist-specific factors can have on the experience of pain.



New Frontiers in the Matrix of Neuro-musculoskeletal Pain: Integrating Pain Mechanisms with Objective Physical Findings and Treatment Strategies

Presenter – Jay P. Shah, MD

Chronic pain is characterized by profound changes in neuronal excitability and architecture that may alter one's pain experience. Spinal segmental sensitization (SSS) is a hyperactive state of the dorsal horn caused by bombardment of nociceptive impulses from sensitized and/or damaged tissue. Segmental manifestations include allodynia, hyperalgesia and myofascial trigger points. Attendees will learn palpation skills to identify objective, reproducible physical findings suggestive of SSS. These quantitative, easy-to-learn examination skills are fundamental for proper management of chronic musculoskeletal pain/dysfunction and help identify involved tissues and likely pain mechanisms. Participants will also learn physical modalities to desensitize involved spinal segments and deactivate myofascial trigger points.

Pelvic Stabilization & Complicated Knee Conditions

Presenter – James Waslaski

This dynamic, multimedia presentation will review a structural and multidisciplinary approach for treating low back pain, sciatica, bulging discs, SI joint dysfunction, and complicated knee conditions. We will be sharing cutting edge research on myofascial pain, scar tissue mobilization, trigger points, and joint pain. Modalities used will be functional assessment, myofascial release, NMT, joint capsule work, myoskeletal alignment, active isolated stretching, and strengthening protocols, specific to each clinical condition. Participants will also be learning our revolutionary technique for releasing complicated hip capsule problems. After Pelvic Stabilization, we will address Patella femoral Pain, Patella Tendinosis, Chondromalacia, IT Band Friction Syndrome, Fixated Posterior Fibular Head Pain, Abnormal Knee Rotation, Medial & Lateral Collateral Ligament Sprains, Medial and Lateral Meniscus Tears, ACL & PCL Sprains, Popliteal Pain, Hamstring Strains and Plantaris Strains. The key to this seminar is that all muscle groups that affect the hip and knee will be brought into balance prior to treating the clinical symptoms, and the client will be given custom designed self care for each specific condition, to eliminate pain forever.

Chronic Musculoskeletal Pain – A Myotherapeutic Approach; Integration of Myofascial Pain and Compartment Syndrome Models in the treatment of Sternocleidomastoid and Thoracic Outlet Syndrome

Presenter – Andrew Gallagher

This workshop will explore an integrated approach to the treatment of Chronic Musculoskeletal pain. A Clinical evaluation utilising principles of both Myofascial Pain and Compartment Syndrome Pathophysiology will be undertaken as two common Chronic Pain Syndromes are discussed in detail. Participants will also get the opportunity to learn and practise specific techniques to the two pain Syndromes.

Transcending Pain

Presenter – Adam Cootes

During this exciting one-day workshop Adam will be presenting some background science on the relationship between mind and body and in particular on how stress contributes to poor health and its role in creating and perpetuating pain states. The one-day workshop will also explore how to work with patterns of tension, movement dysfunction and pain that won't budge or simply recur after treatment. Adam will be presenting various assessment, treatment and exercise techniques targeting stubborn pain presentations. You will leave with a different perspective on pain and with new tools to help your clients move beyond it.

Pain and Sports Injuries – the research and what it means for treatment?

Presenter – Deborah Pascoe

Pain is an important symptom of both acute and chronic sports injuries. Massage therapists need to be certain they are interpreting pain symptoms correctly to ensure they are providing the best treatment for athletes' at the most appropriate time during healing and recovery. Research on the use of massage therapy to help manage sports injury pain is at best equivocal. This presentation will include some of the knowns and unknowns of various massage treatments and offer some methods and measures to help reflect on our own practice and beliefs for treating the pain associated with acute and chronic sports injuries.

Technical Demonstrations & Presentations

Alexander Technique – theory and technical demonstration

Presenter – David Moore

This presentation and technical demonstration will provide an overview of the Alexander technique, and explain principles on which it is based. It will cover the unique features of this technique and its complementary use with other therapies. David will cover how the technique developed, and how it is applied to improve coordination from anatomical and neurological perspectives. After a fascinating technical demonstration and Q & A session with delegates, David will also cover research that has been done on the technique and offer delegates ways to access this research which supports this technique.

Assessment of Impingement Syndromes of the Upper Limb

Presenter – Tino D'Angelo

This workshop will comprise an integrated approach to the differential diagnosis and clinical decision making in the assessment of impingement syndromes of the upper limb. Tino will present a logical step by step process that explores several possibilities in the client presenting with upper limb pain.



Afternoon Presentations

Hypnotherapy Without Trance: Conversations to Encourage Healing (Saturday only)

Presenter – Peter Thorneycroft

This presentation offers some practical, natural and down-to earth approaches to assist remedial massage therapists in their work with patients suffering from pain. We will examine some easily learnt and easily applied ways of speaking with our clients, to promote stronger possibilities of healing.

Although firmly based in the language of hypnotherapy, and specifically the work of Milton H. Erickson, these conversational approaches are not dependant on specialised knowledge of counselling or hypnosis, and can readily be incorporated into the “therapeutic stance” of remedial massage therapists.

Nerve Pathology: when nerves are the source of pain, not just the transmitter of pain

Presenter – 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.

What is the Alexander Technique (Sunday only)

Presenter – David Moore

This presentation will provide an overview of the Alexander Technique, and explain principles on which it is based. It will cover the unique features of this technique and its complementary use with other therapies.

David will cover how the technique developed, and how it is applied to improve coordination from anatomical and neurological perspectives. David will also cover research that has been completed on the technique and offer delegates ways to access this research.

Methods of treatment and measures of pain to help guide the treatment of sports injuries?

Presenter – Deborah Pascoe

Various subjective and objective outcome measures which are used to interpret and record patient's pain will be introduced and used during the workshop to assist in recording, interpreting and treating pain symptoms. Participants will be challenged to determine the difference between 'good' and 'bad' pain and establish appropriate levels of pain during and after massage treatment. Treatments will be applied for the control and management of some of the more common acute and chronic sports injuries.



Massage Therapy after cardiac surgery – A randomised trial and the establishment of a massage therapy service in a public hospital (Saturday only)

Presenters – Lisa Casanelia & Cathy Stanguts

A randomised controlled trial was carried out at The Alfred Hospital between July 2009 and December 2010. The primary study goal was to determine whether massage significantly reduced anxiety, pain and muscular tension and enhanced relaxation after cardiac surgery.

The Massage group was compared to patients who received an equivalent period of rest time after cardiac surgery. Secondary goals were to determine the feasibility of delivering the treatment in the acute care setting and measures to determine the effects on heart rate, blood pressure, respiratory rate and patient satisfaction.

Results showed that massage therapy produced a significant reduction in pain, anxiety and muscular tension and an increase in relaxation and satisfaction compared to those patients who received rest time but no massage. No significant differences were seen for heart rate, respiratory rate and blood pressure.

These favourable results combined with the positive responses by staff and patients on the ward has resulted in a permanent massage therapy service on the cardiothoracic ward which started in April 2011.

Panel: Health Practitioner Referrals (Sunday only)

Presenters – Garry Lavis, Zac Ford and Dr Louisa Yim

Join Garry Lavis, Zac Ford and Dr Louisa Yim, who will be discussing their own personal experiences with other allied health and General Practitioners (GPs). This audience will be invited to contribute to discussion.

Understanding Pain

Presenter – Tino D'Angelo

This presentation will explore the various classifications and components of pain, and how it manifests and is perceived by the CNS/brain. The microanatomy of a nociceptor as well as sensitisation and up regulation will be investigated. Through descending and other pathways the body has a natural ability to inhibit pain. Find out what the limitations to these natural mechanisms are, and how we as practitioners can facilitate the body's own inhibition of pain. This lecture will focus mainly on the proposed mechanisms of dry needling but will also incorporate other therapeutic modalities.

2012 National Conference Registration Form



SECTION A: Contact Details

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

Postal Address: _____

Suburb/Town: _____ State: _____ Country: _____ Postcode: _____

Telephone: (daytime) _____ Telephone: (mobile) _____

Email: _____

Special Requirements (Dietary Requirements, Medical etc): _____

SECTION B: Conference Registration Fees

All prices are in Australian Dollars and inclusive of 10% GST. 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 the dinner).

Registration Type	Registration Costs
Full Student Registration (must show proof of full-time student status)	\$300.00 <input type="checkbox"/>
Full Member Early Bird Registration (prior to 11 March 2012)	\$495.00 <input type="checkbox"/>
Full Member Registration (after 11 March 2012)	\$520.00 <input type="checkbox"/>
Full Non Member Registration	\$540.00 <input type="checkbox"/>
Dinner Extra Ticket	\$140.00 <input type="checkbox"/>

A cancellation fee of \$100.00 will apply to any registration cancelled. Please note, no refund will be given should you elect to cancel after 25 April 2012. However, you may substitute a replacement delegate at no charge.

Section B Sub-total: \$ _____

SECTION C: Breakout Sessions — Saturday 26 May & Sunday 27 May

Please select which Stream you wish to participate in by placing an 'X' in the box beside that Stream. Please note: on Day 2 these streams will swap over so that delegates will participate in both activities (ie. If you are in Stream 2 on Saturday for Presentations, you will stay in Stream 2 on Sunday for Hands-On Workshops).

On Sunday 27 May (Day 2), some members of Stream One may have the opportunity of choosing to be a part of additional workshops in Stream 3 (numbers are strictly limited — first booked will get the available places). Members of Stream One need to indicate if they wish to attend the Presentations on Day 2 OR the additional workshops as part of Stream 3 by placing an 'X' beside the relevant Stream. Delegates of Stream Two will do their Hands-On Workshops on Day 2 and need to indicate which workshop they would like to attend.

DAY 1 — SATURDAY 26 MAY

Stream One: Hands-on Workshops

Please number the boxes of your preference of Work-shop presenter where '1' is your first choice and '4' is your last choice.

- Jay Shah
- James Waslaski
- Andrew Gallagher
- Adam Cootes

OR DAY 1 — SATURDAY 26 MAY

Stream Two: Presentations

- Presentations by Debra Pascoe, Peter Thorneycroft, Lisa Casanelia/Cathy Stagnuts, Stuart McDonald and Brad Hiskins.

DAY 2 — SUNDAY 27 MAY

Stream One: Presentations

- Presentations by Tino D'Angelo, Student Award Presentation with Tricia Hughes, David Moore, Brad Hiskins, Panel GP Referral—Garry Lavis, Zac Ford and Louisa Yim.

OR

Stream Three: Technical Demonstrations & Presentations

Numbers are strictly limited. First booked, first confirmed.

- Presentation and workshop with Tino D'Angelo and hands-on workshop with David Moore Alexander.

OR DAY 2 — SUNDAY 27 MAY

Stream Two: Hands-on Workshops

Please number the boxes of your preference of Workshop presenter where '1' is your first choice and '4' is your last choice.

- Debra Pascoe
- James Waslaski
- Andrew Gallagher
- Adam Cootes

SECTION D: Accommodation Reservations

Hotel Details		Room Types		Cost (per night)
Hilton South Wharf Southbank Deluxe	★★★★★	Adjoining venue 300metres walk	King Guest Room	\$270.00
			1 Bedroom Apartment	\$215.00
			2 Bedroom Apartment	\$323.00
Crown Promenade	★★★★	500metres walk	3 Bedroom Apartment	\$431.00
			Standard Room	\$240.00
			Standard Room including 1 breakfast <small>**early bird rate booked prior to 23 April 2012</small>	\$240.00
Pensione Hotel Melbourne	★★★★	5 minutes walk	Petite Double Room	\$135.00
			Double Room	\$145.00
			Twin Room	\$145.00
			Triple Room	\$195.00
Hotel Enterprize	★★★★	5 minutes walk	Courtyard Classic Queen	\$115.00
Medina Executive Northbank	★★★★★	7 minutes walk	1 Bedroom Apartment	\$189.00
Riverside Apartments	★★★★	7 minutes walk	Highlander 1 Bedroom Apartment	\$175.00
			2 Bedroom 1 Bathroom Apartment	\$296.00
			2 Bedroom 2 Bathroom Apartment	\$327.00

For additional and/or alternative rates of the day, please visit <http://conferences.ozaccom.com.au/2012/aam12/index.html>

Please indicate your accommodation preference and requirements below:

Room Type: _____ Share with: _____

Arrival Date: _____ ETA: _____ Departure Date: _____

Deposit Details: A deposit is required to secure and confirm your accommodation. This can be provided by either credit card or cheque, and will be equivalent to one night's accommodation. If utilising your credit card, please complete the payment section F, by ticking the box marked credit card. In ticking this box the accommodation venue may charge the equivalent of one night's accommodation to your credit card prior to arrival. (An imprint of your credit card will be required upon check in and your full account is to be settled with the hotel on departure. NB No monies will be debited from your credit card by Ozaccom Plus for accommodation.) Alternately, if you are paying the one night deposit requirement by cheque, tick the cheque payment box and insert the accommodation deposit of one night where stated in section F and include this amount in the cheque total. International delegates choosing to pay by cheque must provide an international bank draft in Australian Dollars and drawn on an Australian Bank and Branch.

Conditions: Bookings made after 23 April 2012 may be subject to further terms and conditions. Rooms are subject to availability. Above rates shall apply for three days prior to and/or following the conference dates. Notification of cancellation must be in writing thirty days prior to arrival date, to Ozaccom Plus.

Section D Sub-total: \$ _____

SECTION E: Air Travel Requests

Ozings Travel, a division of Ozaccom Plus, has been appointed to assist delegates with their travel needs. Ozings is able to assist you with Domestic and International travel. By completing the below, an Ozings consultant will contact you to discuss the flight options available for your intended travel. Alternatively please contact Ozings on 1800 814 611. Travel Management fees apply.

Departure Airport: _____ Departure Date: _____ Departure Time: _____

Return Airport: _____ Return Date: _____ Return Time: _____

Airline: _____ Frequent Flyer No.: _____ Class of Travel: _____

SECTION F: Payment

Section B: Conference Registration fees \$: _____

Section D: Accommodation Deposit \$: _____

(If paying by cheque – minimum one night deposit)

TOTAL: \$: _____

Cheque (Payable to Ozaccom Pty Ltd)

Credit Card (Please provide details below)

Type of Card: Mastercard Visa Amex Diners Club

Card Number: _____ Expiry Date: _____

Cardholder's Name: _____ CCV: _____

Cardholder's Signature: _____

SECTION G: Terms & Conditions

All prices quoted in Australian Dollars and include GST of 10%. Registrations are not confirmed without payment. Payment must be made in Australian Dollars. Payment must be received by the registration deadlines to receive discounts (Early Bird Registration by 11 March 2012). Overseas delegates must pay by credit card. Photocopies of cheques cannot be accepted as payment. Cheque payments should be made payable to Ozaccom Pty Ltd. Credit Card payments will appear on your statement with Ozaccom Pty Ltd as the merchant. A fee of \$10.00 may apply to re-process registration for declined credit cards. Cancellations: All cancellations must be made in writing. Cancellations by telephone will not be accepted. Registrations: A cancellation fee of \$100.00 will apply to any cancelled registration. No refund will be given to any registration cancelled after 25 April 2012. However, you may substitute a replacement delegate free of charge. Accommodation: Bookings made after 23 April 2012 may be subject to further terms and conditions. Any change to a reservation must be notified in writing to Ozaccom Plus and not directly to the hotel. Notification of cancellation must be in writing thirty days prior to arrival date to Ozaccom Plus, otherwise the accommodation deposit will be forfeited in all instances. Travel: Airline conditions apply.