

# 2023 Pre-Conference Interactive Workshop

## MASTERING —THE— BASICS:

Empowering Therapists for Success

**When:** Saturday 21 October 2023

**Time:** 11.00am - 1.30pm AEDT

**Where:** Online via Zoom

**Workshop cost:** \$100 members

\$150 non-members

**Reward:** This workshop will be eligible for around 2.5 hours of professional development

### ABOUT THE WORKSHOP

#### Hands-On Success: Great Outcomes, Simple Approach

This workshop will be a live, interactive session focused on working through a simple, practical, assessment, treatment and management process for the shoulder girdle, thorax, and lumbar regions of the body. It's designed to help you gain confidence in your clinical reasoning approach, to work through a few common presentations, and provide you with a few additional treatment tips and tools.

### ABOUT THE PRESENTER



**Thea Dillon has over 20 years' experience in the Remedial and Sports Massage industry and holds a Diploma of Remedial Massage, Adv Diploma of Myotherapy, plus an Honours Degree in Exercise Science... a perfect combination for delivering highly skilled treatment and individually tailored advice. She regularly works with a number of elite athletes and teams, including the 2016 and 2020 Australian Olympic Team & Australian Swim Team.**

Thea regularly runs hands-on post-graduate educational workshops and tutorials for therapists of various experience levels. Her approach is always practical, light-hearted and focused on keeping things simple and meaningful to the goals of treatment. Having worked extensively alongside other practitioners within multi-modality clinical and sporting team environments, Thea has been fortunate to continually broaden her skillset and approach to achieving great outcomes. She has a special interest in the use of specific soft tissue techniques (including myofascial dry needling) to treat musculoskeletal conditions that cause pain and dysfunction, and is passionate about the health, wellbeing and performance benefits of quality remedial and myotherapy.



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Register online:  
<http://bitly.ws/P3kZ>



#### CANCELLATION

- Cancellation less than 2 weeks but more than 1 week – administration fee of \$25.00
- Cancellation less than 1 week before event – less 50%
- No refund will be given after the event

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