



Old tricks New schtick

31st National Conference
23-25 October
Rydges Sydney Central

Our understanding of the work we do is constantly evolving in response to current research and evidence. At this year's conference, we will explore the narratives that inform our work, allowing delegates to reframe and integrate old, established techniques with new knowledge.



Preconference workshops

FRIDAY 23 OCTOBER

9.30AM - 4.30PM

Ligamentous Articular Strain Technique
for the leg and foot - Robert Libbey

Exercise for health: moving beyond the
headlines - Shelley Keating

National Educators' Forum

5.30PM

Members' meet and greet -
Royal Exhibition Hotel, Surry Hills





Conference program

SATURDAY 24 OCTOBER

7.45AM - 8.45AM	Registration
9.00AM - 9.10AM	Welcome and housekeeping
9.15AM - 10.00AM	Keynote address - Diagnostic labels in musculoskeletal conditions: helpful or harmful? - Mary O'Keeffe
10.30AM - 11.00AM	Morning Tea and Trade Exhibit
11.00AM - 11.30AM	The role of Massage Therapists in a pain revolution - Angie Clerc-Hawke
11.30AM - 12.00PM	Is it a 'HIIT'? The benefits of High Intensity Interval Training (HIIT) in health and chronic disease - Shelley Keating
12.00PM - 12.30PM	Massage therapists and melanoma: what you need to know - Annika Smith
12.30PM - 1.30PM	Lunch and Trade Exhibit



Register online:
<http://bit.ly/AMT2020>

Afternoon Breakout Workshops

1.30PM – 3.00PM

Motivational Interviewing – Alison Sim

Get off the table – Lisa Fiddes

Ligamentous Articular Strain Techniques
for the elbow and wrist – Robert Libbey

Program design for manual therapy –
Dan Wonnocott

3.00PM – 3.30PM

Afternoon Tea and Trade Exhibit

3.30PM – 5.00PM

Breakout Sessions continued

6.00PM

Cocktail Party – Rydges Rooftop





Conference program

SUNDAY 25 OCTOBER

MORNING BREAKOUT WORKSHOPS

9.00AM - 10.30AM

Motivational Interviewing - Alison Sim

Get off the table - Lisa Fiddes

Ligamentous Articular Strain Techniques for the elbow and wrist - Robert Libbey

Program design for manual therapy - Dan Wonnocott

10.30AM - 11.00AM

Morning Tea and Trade Exhibit

11.00AM - 12.30PM

Morning Breakout Sessions continued

12.30PM - 1.30PM

Lunch and Trade Exhibit

1.30PM - 2.30PM

Soap Box sessions - AMT members give 10-minute presentations on new discoveries, pet theories and lessons from the clinic

2.30PM - 3.30PM

Hypothetical - We pick a hot industry topic and tease it out with the help of a panel of industry movers and shakers

3.30PM - 4.00PM

Afternoon tea and close





Speakers



DR MARY O'KEEFE

Keynote Address: Diagnostic labels in musculoskeletal conditions: helpful or harmful?

Mary is a Marie Skłodowska-Curie Postdoctoral Fellow at the Institute for Musculoskeletal Health, a division of the School of Public Health, University of Sydney. Mary's fellowship involves two years at the University of Sydney, a three-month secondment to the European Pain Federation in Belgium, and nine months at the University of Limerick in Ireland. Mary completed her PhD in the University of Limerick, Ireland in 2017. It involved a clinical trial examining the effectiveness of a personalised exercise and education approach for people with chronic low back pain compared to a group exercise and education approach.



Mary.okeeffe@sydney.edu.au



@MaryOKeefe007

Mary's current research focuses on nudge-interventions to improve healthcare delivery, media coverage of new tests for healthy people, media coverage of The Lancet low back pain series, and the impact of diagnostic labels for low back pain on treatment choices.

Mary is very passionate about public engagement and communicating evidence-based information about low back pain through radio, newspapers and social media. Examples include "All you ever need to know about back pain" (RTE News Ireland) and "10 myths about back pain and how to cope when it strikes" (Irish Independent newspaper).

Mary is a member of Europe's Voice of Young Science Network and an invited member of a low back pain guideline development committee within the European Pain Federation (EFIC).



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<http://bit.ly/AMT2020>



ANGIE CLERC-HAWKE

Plenary address:

The role of Massage Therapists in a pain revolution

Angie is the General Manager of Pain Revolution. Angie brings a broad and varied skill set to the role. She comes from a business background, having studied marketing and worked as a project manager in the corporate sector. Angie draws on her personal experience with/and recovery from persistent pain to drive her passion to share the latest in pain science and education. She has worked and studied in the areas of massage therapy and medical science in a quest to understand more about pain.

Pain Revolution is a collective of researchers, clinicians, consumers and peak bodies working together to improve access to quality pain care and education in rural and regional communities across Australia. The vision is that all Australians will have access to resources, knowledge and support locally to prevent and overcome persistent pain. Angie will explore the latest in pain science and why learning about pain is an essential part of pain care strategies. We will reflect on how this information informs our clinical reasoning and the role of massage therapists as pain educators.



www.painrevolution.org



@PainRevolution



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>



DR SHELLEY KEATING


Plenary Address: Is it a 'HIIT'? The benefits of High Intensity Interval Training (HIIT) in health and chronic disease

Preconference workshop: Exercise for Health: moving beyond the headlines

Shelley is an NHMRC Early Career Fellow at the School of Human Movement and Nutrition Sciences, The University of Queensland. After completing her Bachelor of Exercise Science and Rehabilitation at the University of Wollongong (2006) and Masters in Exercise and Sport Science at the University of Sydney (2011), she enrolled in a PhD at the University of Sydney (conferral September 2015). Her PhD examined exercise strategies to target abdominal, visceral and hepatic fat in adults with obesity.

As an Accredited Exercise Physiologist, her research explores the role that exercise plays in the management of obesity and obesity-related chronic disease, with a focus on non-alcoholic fatty liver disease (NAFLD) and type 2 diabetes. Her research has demonstrated that liver and visceral fat can be reduced in adults with obesity, without weight loss, and using exercise interventions that fall below current recommendations for obesity management. Shelley's current research interests include the utility of high intensity interval training (HIIT) for the management of obesity, type 2 diabetes and non-alcoholic steatohepatitis.

Shelley is also a Remedial Massage Therapist with extensive clinical experience managing musculoskeletal conditions through a combination of manual therapy and exercise prescription. She was a supervisor and lecturer at the Australasian College of Natural Therapies (ACNT, 2007-2010) and at Endeavour College of Natural Health (2013-2015). She was the Program Director of Manual Therapies at ACNT between 2009-2010.

 [researchers.uq.edu.au/
researcher/12259](https://researchers.uq.edu.au/researcher/12259)

 [@shelley_keating](https://twitter.com/shelley_keating)



Register online:
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DR ANNIKA SMITH

Plenary Address: Massage therapists and melanoma: what you need to know

Annika is a Consultant Dermatologist at St Vincent's and Westmead Hospitals, the Melanoma Institute Australia and the Skin Hospital Darlinghurst. Annika has undertaken fellowships at the prestigious St John's Institute of Dermatology London, followed by further sub-specialty training in New York.

Annika has a special interest in skin cancer diagnostics, management and prevention and complex medical dermatology. Dr Smith has been published in local and international dermatology journals, has presented at national and international conferences and has co-authored several book chapters in the field of dermatology. She is a clinical lecturer at the University of Sydney and involved in the education of medical students, junior doctors and dermatology trainees.



www.melanoma.org.au



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>

ROBERT LIBBEY

Preconference workshop: Ligamentous Articular Strain Technique for the leg and foot


Breakout workshop: Ligamentous Articular Strain Techniques for the elbow and wrist

Robert has been a Registered Massage Therapist for over 25yrs. He has taught Manual Therapists across Canada and internationally since 2001. He has also maintained a successful practice for over 25 years treating a variety of patients ranging from general public to high level and Olympic level athletes. All present with various injuries, types of discomfort and dysfunction.

Robert is biased towards evidence/science based practice and biologically plausible explanations and treats from a neurocentric, biopsychosocial and biotensegral perspective. He hopes to challenge your perceptions of what an injury is and to transform how you think about, approach and treat your clients.



 www.lastsite.ca

 [@RobertLibbeyRMT](https://twitter.com/RobertLibbeyRMT)



Register online:
<http://bit.ly/AMT2020>



ALISON SIM

Breakout workshop: Motivational Interviewing

Alison qualified as an osteopath in 2001. She has a Masters of Pain Management from Sydney University Medical School and Royal North Shore Pain Management Research Institute. She has lectured at Australian Catholic University, Victoria University, RMIT and George Fox University in a variety of science and clinical subjects. She has also worked as part of the teaching team at Deakin University Medical School. She works in a pain clinic at the Epworth Hospital in Geelong. Alison has been teaching clinicians about a more modern and science based understanding of pain for 6 years. Her emphasis in teaching is always about how the science translates to the clinic.



beyondmechanicalpain.com



[@beyondmpain](https://twitter.com/beyondmpain)



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>



LISA FIDDES

Breakout workshop: Get off the table

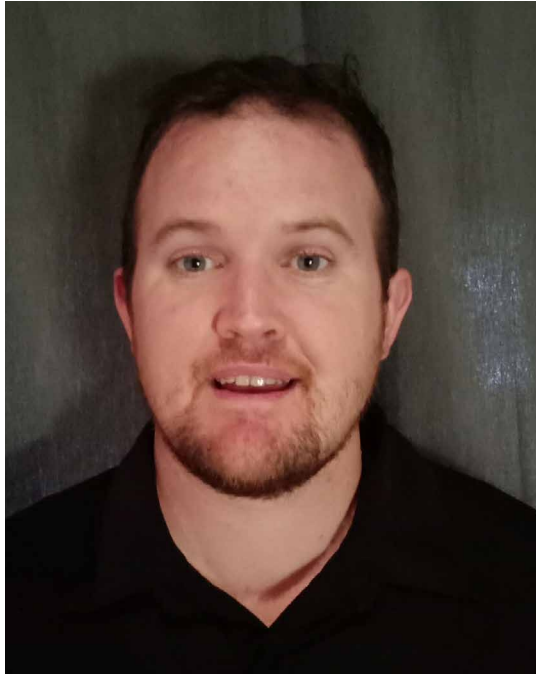
Lisa has been an educator for over ten years. She enjoys studying and, after completing two Bachelors of Health Science (Natural Medicine and Myotherapy), went on to study a Master of Preventive Medicine, a Master of Clinical Research, and a Graduate Certificate in Chronic Condition Management. She is the current convenor for the Victorian Massage and Myotherapy Network, a group of RTO educators who meet regularly to discuss issues and share resources related to training and education within the massage industry.



@Infiddes



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DAN WONNOCOTT

Breakout workshop: Program design for manual therapy

Dan is a straight shooting, down to earth therapist who is fed up with the bullshit and fairytales that currently populate the professional massage space. He put aside his aversion to reading research and topics that scared him and learnt to check his own biases in order to become a better therapist for the clients who put their trust in him for help. Having worked extensively in clinical practice and elite sport he has seen lots of shiny tricks but also knows how basic things can actually be and still prove effective. With a sense of pride in the value we bring to our clients, Dan has set about simplifying the complex and stripping back all the jargon and grandiose theories in an effort to help therapists of all levels provide practical yet effective care to their clients.



www.reboundrmt.com



[@DanwRmt](https://twitter.com/DanwRmt)



For more information, please visit
<http://www.amt.org.au/conference/welcome.html>



Workshops

PRECONFERENCE WORKSHOPS - FRIDAY 23 OCTOBER

Ligamentous Articular Strain Technique for the leg and foot

Presented by Robert Libbey

Let's simplify!

With all the different kinds of lower extremity cases that come into our offices, it can feel daunting to know where to start. Let's help patients achieve a sense of lightness and let's put some spring back into their step.

Join Robert in this preconference workshop and learn simple, subtle and effective treatment techniques to help your patients move and feel better. You'll gain a better understanding of pain science and how the biopsychosocial model of care integrates seamlessly into manual treatment and improves outcomes.

Exercise for Health: moving beyond the headlines

Presented by Dr Shelley Keating

Is high intensity interval training the best type of exercise? What are 'exercise snacks' and should we be having them? Is sitting really the new smoking? Does stretching reduce the risk of injury?

In this workshop, Shelley will answer these questions and break down the evidence (or lack thereof) for common exercise myths and truths that often receive media hype. With a focus on practical applications (working up a sweat during the day is optional but encouraged!) and clinical case studies from her research, Shelley will unpack the evidence behind the current Australian Physical Activity Guidelines.

This workshop is ideal if you would like to revise and develop your knowledge of exercise physiology, experience common prescriptions of interval training, understand how to critically evaluate the quality of exercise-based research and establish referral pathways to an accredited exercise physiologist.



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<http://bit.ly/AMT2020>



Workshops



CONFERENCE BREAKOUTS (3 HOURS)

Motivational interviewing

Presented by Alison Sim

In this practical, engaging and interactive workshop, you will learn the basics of the science of communication and why becoming better skilled in this area can help your clinical outcomes more than you might imagine. You will have the opportunity to practise in a safe and simulated environment, and learn skills that you can implement back in the clinic on Monday morning.

We will review:

- the literature of therapeutic alliance and how we can build this into our interactions with clients
- Motivational Interviewing as an approach to helping clients make decisions for their health that are important to them and that translate into behavioural change (understanding why no one likes to be “told what to do”)
- strategies to help implement these approaches in common clinical scenarios.

Get off the table

Presented by Lisa Fiddes

Humans come in different shapes and sizes, and we interact with them in different environments. However, the person we are treating may not be able to lie flat on a treatment table or the location may not allow for a table to be set up. Of course we know that our hands and our knowledge are the real tools of our trade so let's look at adapting our skills to suit our settings and client needs. In this highly interactive workshop, you will explore the techniques used in treating seated, standing, and floor-based patients safely and effectively.



Ligamentous Articular Strain Techniques for the elbow and wrist

Presented by Robert Libbey

Carpals can be confusing. Let's simplify the carpal chaos!

Join Robert in this 3-hour workshop where you will achieve a better understanding of the connections of the wrist and hand to the elbow and shoulder. You'll learn simple and effective treatment techniques and have a better understanding of pain science and how the biopsychosocial model integrates seamlessly into manual treatment and improves outcomes.

Program design for manual therapy

Presented by Dan Wonnocott

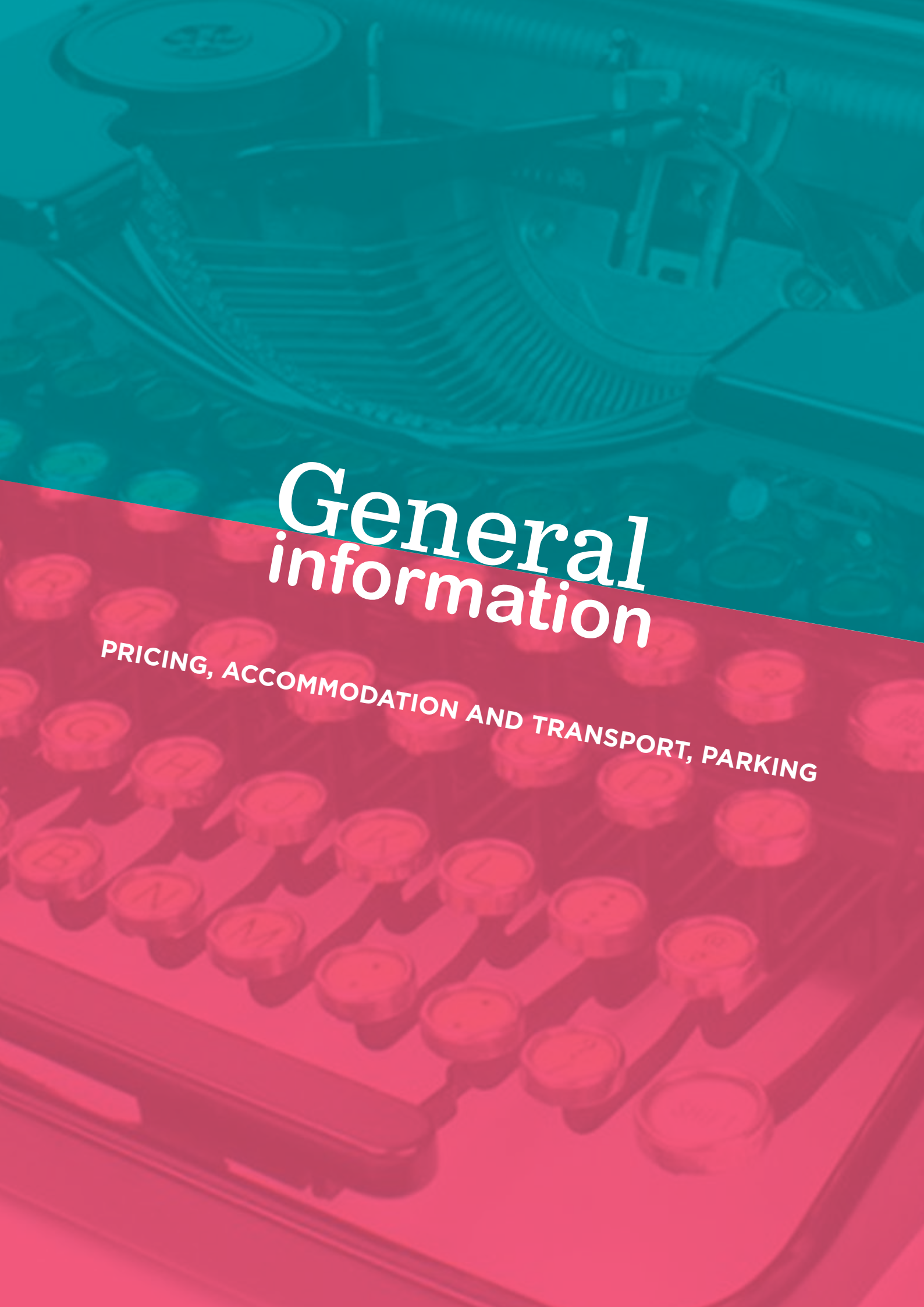
With an ever-evolving array of new techniques promising to give you the “missing link”, an evidence base that is constantly debunking and challenging the rationales commonly offered up, and a population that is still actively seeking out manual therapy, it has never been a more confusing time to be a therapist. Amongst the mad rush to “fill toolboxes” with shiny things to post on social media, clinical reasoning and treatment planning have fallen by the wayside.

This workshop will explore the design of programming manual therapy intervention in a manner which uses clinical reasoning and respects the current evidence base. It will allow you to add value to clients from all walks of life without feeling like you are bending the truth or just hoping they get better before you run out of shiny tools to use.

We will explore all things roles, goals and timing of manual therapy intervention and help you and your clients better understand how, when, and why manual therapy very much has a place in the health and performance space.



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General information

PRICING, ACCOMMODATION AND TRANSPORT, PARKING

Pricing

SINGLE-DAY REGISTRATION			
AMT Member Earlybird Rate	AMT Member after August 3	Student Rate	Non Member
\$280.00	\$300.00	\$200.00	\$340.00

TWO-DAY REGISTRATION			
AMT Member Earlybird Rate	AMT Member after August 3	Student Rate	Non Member
\$480.00	\$540.00	\$350.00	\$580.00

THREE-DAY REGISTRATION			
AMT Member Earlybird Rate	AMT Member after August 3	Student Rate	Non Member
\$660.00	\$720.00	\$500.00	\$760.00

Accommodation and Transport

AMT has negotiated a delegate rate at the Rydges Sydney Central from October 23 - 25. A superior King single is \$229.00 per night and double occupancy is \$249.00 per night. These rates include a full, buffet breakfast. Contact the reservations team on 02 9289 0000 or reservations_sydneycentral@evt.com and quote block #54557 when making your booking. Credit card details will be required to guarantee the reservation.

AMT is happy to compile a register of delegates interested in twin sharing rooms to save on costs. Please contact AMT Head Office on 02 9211 2441 to register your interest.

There is also a range of reasonably-priced accommodation in and around the conference venue, including backpackers. We recommend you look at Wotif.com and book early.

The venue is located within 5 minutes walk from Sydney's Central station. The direct train line from the domestic airport takes around 10 minutes to reach Central.

Parking

There is underground parking available at Rydges Sydney Central for \$44 per day/night.

