

AMT Preconference Interactive Workshop 2025

Partners in Healthcare



When: Sunday 12 October 2025

Time: 11.00am – 1.30pm AEDT

Where: Online via Zoom

Workshop cost: Members \$120
Non-members \$170
AMT student member \$70

Preconference and virtual conference bundle:
Members \$200
Non-members \$300
AMT student member \$140

Reward: This workshop will be eligible for around 3 hours of professional development

ABOUT THE WORKSHOP

The Shoulder Rehab Blueprint for Pain-Free Overhead Positions

In this workshop, we'll dive into the often overlooked mechanics behind shoulder dysfunction in overhead pressing. While many clinicians treat impingement and bursitis as isolated conditions, this session challenges that view by tracing the root causes to faulty ribcage positioning, limited shoulder flexion, poor scapular mechanics, and compensatory movement patterns that ripple through the entire kinetic chain.

Backed by over 20 years of combined clinical and movement expertise, this session gives therapists a new lens to view stubborn shoulder pain, one that connects soft tissue dysfunction, rib positioning, and neuromuscular control. Attendees will walk away with an evidence-informed rehab flow that integrates manual therapy, breathing drills, and functional strength exercises for long-lasting change, not just temporary relief.

We will provide pre-workshop resources so that we can dive straight in on the day.



ABOUT THE PRESENTERS



Luke Troiani

Luke is the head clinician and co-director of Avia performance. He began his journey in 2011, opening his first single room clinic after graduating with a Bachelors in Health Science (Musculoskeletal Therapy). His thirst for knowledge and drive to be at the forefront of the industry saw him subsequently graduate with a Masters in Applied Science (Acupuncture).

Luke's unique blend of Western and Eastern medical knowledge and his passion to get people back to what they love to do is what informs his work. He is also passionate about educating and mentoring the next generation of therapists.



Vinay Srinivasan

Vinay is the head Strength and Conditioning Coach at Avia Performance. He holds a Bachelor of Exercise and Sports Science, and is a Level 1 Powerlifting Coach and Level 1 accredited member of the Australian Strength and Conditioning Association.

His journey started when he was 19 years, working in a commercial gym. Realising that the best decision you can make is to invest in yourself, he completed a one-year internship based out of AAMI Park and was then offered a full-time role as a Strength and Conditioning Coach. During the next few years, he gained experience with teams such as Melbourne Victory, Melbourne Storm, World Athletics Center and the Australian Basketball Company. He has worked with hundreds of athletes and has been heavily involved in strength sports such as powerlifting and field-based sports such as cricket, AFL and soccer.

Along with his passion for athletic development and strength sports, Vinay is interested in injury rehabilitation. He works alongside Luke with a variety of rehabilitation clients, ranging from pre and post operative injury rehab, chronic back pain, hip impingement and shoulder pain.

[Click here](#)



[for online registration](#)

CANCELLATION

This workshop will be recorded. All registrants will receive a copy of the recording. Refunds do not apply.