



amt

*in good hands*

the journal of the association of massage therapists ltd

june 2007

## President's Report

**By Alan Ford**

### Association of Massage Therapists Ltd

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ABN 32 001 859 285

By the time you read this I will have completed a full year as AMT president. For those of you who haven't kept up with the headlong rush of the past year, here are some of the vital statistics.

Since stepping into the breach on Monday 19 June last year, the Executive has held 11 meetings, 9 of which have been teleconferences. On average this equates to one Executive meeting every 5 weeks, which accounts for the enormous amount of work being pushed through Head Office over the last 12 months.

We have relied heavily on the teleconference format because it is now the only practical way for the Executive to meet with any regularity. We're now spread across 4 states, including 3 major cities. Each teleconference lasts for a minimum of 90 minutes, with 3 of them lasting over 3 hours! Definitely not for the faint-hearted.

Presiding over the annual conference in Sydney last October was a wonderful experience. The event incorporated our 40th anniversary celebrations and we were pleased to honour the work of past AMT luminaries. Special thanks to the wonderful support of our association Secretary, Rebecca Barnett, and a small army of volunteers who helped to make the conference a great success.

Our Special General Meeting held at Bronte Park to ratify several motions for our auditors was also a necessary part of the job. My car enjoyed the Canberra-Sydney-Canberra run inside 8 hours to get me home in time for a day in the clinic and yet another Executive teleconference the next evening!

Three Regional Executive teleconferences were also held, one in November last year and the others in February and May this year. These provide excellent opportunities for regional representatives to let us know what they want or need from the management. We are very committed to fostering the health and vitality of our localised groups and I'd like to acknowledge the tremendous effort and energy that our active region representatives invest in AMT. Since October last year I have visited 5 colleges and addressed a total of 307 massage and myotherapy students on the benefits of student membership with AMT. I have also visited Mackay and Melbourne to present The Human Machine as a Members' Day workshop.

There were meetings with CMMA, ATMS and AAMT to discuss policy and future direction for our industry. And I had the opportunity to attend the launch of the HLT07 National Training Package in Canberra.



**Alan with CS&H ISC CEO Di Lawson ▲**

I have enjoyed the ride immensely and look forward to the next 12 months should I be re-elected at the AGM in October.

A special thanks to all past and present Executive committee members who have helped shoulder the load. Extra special thanks to Beck, Jacq and Katie. Bravo Zulu.

## Secretary's Report

By Rebecca Barnett

Jouissance!

I am working on the possibly wishful assumption that you've already greedily consumed the contents of the enclosed 2007 AMT conference brochure, checked your bank balance and enthusiastically hollered "Count me in, where do I sign?" to the small, moustachioed man who just hitched your horse to the horse-hitching thing outside a watering hole in America's Wild West, where certain square-jawed, rhinestoned, beer-charged cowboys are primin' for an old-fashioned bar-room brawl over whether 'Oh Susanna' is in the key of G major or D.

Hmmm. This report hasn't started well at all. Let's pretend it never happened.

To begin at the beginning - it is spring, moonless night in the small town, starless and bible-black...

### Conference 2007

We're pleased to announce that registrations are now open for the 2007 conference. This year's theme is 'Self Care'. We will be throwing the spotlight back on you and inviting you to reflect on your own nurture as an investment in longevity as a therapist. Hands-on workshops will focus on techniques and approaches that will help preserve body, mind and spirit and we're also running a series of exercise-based sessions as a tasting pack of ways to maintain your own fitness.

We hope to take advantage of our Gold Coast location by running as many sessions outdoors as we can. Mediball on the beach with Jeff Murray should be an event not to be missed!

Online registrations are available this year in addition to the traditional hard copy forms that come with the conference brochure. If you register online, you will receive instant confirmation of your breakout session choices. Just follow the online registration link from the AMT home page: [www.amt-ltd.org.au](http://www.amt-ltd.org.au)

### Health Fund news

Those of you who are up to date with CEUs, insurance and first aid should have received notification of your ARHG provider number by mail. You will need to use this number on all receipts for funds under ARHG's umbrella. Please check out our new look Health Fund table on page 18 for the full list of ARHG funds.

Since the last issue of In Good Hands, we have renegotiated our agreement with MBF and we can now directly endorse all suitably qualified therapists to the fund. This is an excellent result as most other associations require their members to apply to MBF directly.

NIB responded favourably to our gentle lobbying in relation to the HLT02 Diploma in Chinese Medicine Remedial Massage and are now recognising that qualification for rebates. Sincere thanks to Rachael Denniss at NIB for being so receptive to my initial approaches and willingly championing the cause.

We have also submitted a detailed proposal to the Department of Veterans' Affairs asking them to include remedial massage therapy in their ancillary health cover scheme. This one will take a while to process because it has to go through a number of government departments and the wheels of bureaucracy have a tendency to grind mighty slowly.

### Massage Therapy Awareness Week

Massage Therapy Awareness Week will be held from 3 - 9 September this year. AMT's secret cache of crack public relations dynamos are preparing a promotions kit based on the theme of "Targeting your Local GP". A series of press releases will focus on common conditions that present in the doctor's surgery and how massage therapy can be effectively integrated into the treatment regime.

The aim is to enhance awareness of the benefits of massage therapy within the medical community and encourage closer referral relationships between GPs and massage therapists. We certainly hope you will assist us by targeting your local GP in the first week of September this year!

Publicity kits should be available for download from the AMT website around the beginning of July. Keep an eye out on the AMT home page or call Head Office to request a hard copy.

If you are planning MTAW activities in your local area, please notify Head Office so we can spread the word to other members in your region.

I'd like to close this report by encouraging you to nominate a dedicated therapist for one of our annual awards (see the nomination forms in our special sealed section). Winners are announced at the annual conference in October.

OK, Tonto. Time to saddle up the banjo and Yankee-doodle Dixie our way into the sunset of aural crimes against humanity.

### Profiling our Head Office Staff: Jacqueline Lapensée and Katie Snell



Jacq and Katie from Head Office ▲

*AMT's Executive Officer, Jacqueline Lapensée, walked into a small degree of chaos when she started her job last August. It was a steep learning curve from day one. Administration Officer, Katie Snell, started at AMT in November and has been invaluable in re-establishing order and efficiency to the engine room of AMT.*

*Your fearless editor asks them here how they've settled into their respective roles.*

#### Katie - what's the best thing about working for AMT?

There are a number of things I love about working for AMT: the relaxed office environment, the members who are really nice, my wonderful boss Jacqueline who I get along with really well (very important in a small office!) and the executive board who are great people to work with and for. I have never been happier to get out of bed every weekday and go to work. I hope that AMT like having me around because I plan to stay working here for a while.

#### Jacq - you studied Human Movement back in Canada. What first got you interested in the human body?

My mother used to work for a chiropractor who would try to convince me to become a chiropractor too. When I was 16, I decided to take a work placement in a chiropractic clinic to see what it entailed.

I was trained to do therapy work such as ultrasound and taping. I loved working directly with patients to help alleviate pain and really enjoyed gaining a basic understanding of the human body. I then decided to take the precursory chiropractic degree, a Bachelor of Science in Human Kinetics.

While studying and working in the clinic I decided that I did not want to continue with a chiropractic degree because I did not want to administer a treatment that was so aggressive. My interest then turned more to Eastern medicine and energy work.

#### Do you think your academic background has made it easier for you to settle into the role of Executive Officer of an association representing Massage Therapists?

I think that both my academic background and my passion for natural health have made it possible for me to take on this challenging role. Understanding what a tertiary education entails and the effort members exert to complete their training is extremely important. Although I have not taken the exact modules that every member has, I have put myself through school in a related field and understand the human body. Also, having experience in clinics helps me appreciate the difficulties of running a practice and why it is so important to be attentive to members' needs.

#### Katie - has working at AMT given you any aspirations to work in the health industry?

Well, I probably wouldn't have thought about it before I started at AMT but I might consider it in the future. It really just depends what area of the health industry sparks my interest.

I am hoping that attending the AMT conference this year will give me a better insight into where I could go within the health industry if I chose that path. I know it is a lot of hard work to become a massage therapist and I have realised that massage therapists really don't get the recognition they deserve for all of the hours of study that they do to become qualified.

#### So how does working at AMT compare with other positions you've held?

There is no comparison. Hands down my position at AMT is the best position I have ever had.

I have never felt so relaxed at work even though I can be running around like a headless chook sometimes because it can get fairly frantic.

But it's still so much better than working in a high stress corporate environment. I love my job and would not give it up for anything. Even if I won a billion dollars I would still work for AMT!

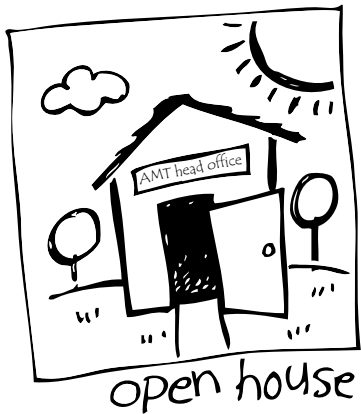
#### Jacq - given that you play such a pivotal role in the organisation, do you have any personal aspirations for AMT?

Personally, I would like to see an increase in vibrant regional groups around Australia. We already have quite a few regions that are incredibly active but I would like to see all AMT members having access to thriving local groups and becoming engaged with the activities of that region and the Association generally.

I would also like to see AMT open offices in the other major cities of Australia in order to personalise our service - to give members close contact with people who understand the specific needs of the local members and the finer aspects of state legislature relevant to the industry.

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## INVITATION



**Come and see where we live!**

**Saturday 23 June, 2pm - 4pm  
Level 1, Suite B  
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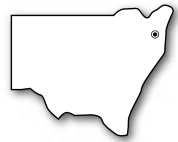
Join the new AMT board as we celebrate a year in office. Catch up with colleagues and make some new friends. Drinks and nibbles will be provided.

**Please RSVP if you plan to attend.  
Ph: 02 9517 9925 or email  
admin@amt-ltd.org.au**

We look forward to seeing you there.



## News from the regions



### Mid North Coast by Jan Crombie

The Mid North Coast branch has been extremely busy over the past two months. First cab off the rank was the Kayak and Cycle for Kemo Kids, a fantastic event that AMT supports annually. The Port Macquarie branch provided volunteer therapists to cover the stages between Forster and Coffs Harbour - a great effort from all the therapists concerned.

At the start of April, Port Macquarie hosted the Panthers Australian Ironman.



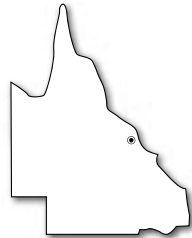
#### Volunteers from Shellharbour ▲

To give you some idea of the scale of this event, there were 1541 starters and 2000 volunteers involved in the 17-hour event. Nine hundred competitors received massages and, during the peak period between 5pm and 9.30pm, the waiting time was only 5 to 8 minutes. One hundred and thirty-three therapists volunteered to massage, including students from TAFE Colleges at Port Macquarie, Kingscliff, Loftus, Randwick and Shellharbour.

It was an incredible effort by all involved. And the student volunteers welcomed the news of free student membership to AMT - they will be a great asset to the Association when they join.

Planning for the 2008 Ironman has already begun in anticipation of 1800 entrants!

In other region news, our April meeting was well attended. Next meeting is scheduled for June 16. Please feel free to join us if you are passing through!



### Mackay by Annie Caruana-Kirchner

There are currently 5 local members ploughing through their HLT Diploma of Remedial Massage coordinated by Cathy Lee for the Brisbane Holistic Health Centre. Good luck to all of you and happy studying!

The mining boom on the outskirts of Mackay has generated great wealth for our once sleepy little town. Housing and everyday costs of living have skyrocketed, making Mackay one of the most expensive places in the country to live. There is an enormous amount of money in the town and people are spending it on everything, including massage and other natural therapies.

When I first started in this industry 12 years ago, there weren't more than 10 therapists advertising in the local yellow pages. Now there are 60. And this figure does not include any therapists working from beauty and hair salons. And yet we're all working flat out. Keep up the good work everyone!



### Hunter by Elizabeth Matsen

Firstly, I want to say thank you to all the members who volunteer their time and effort to provide massage on a volunteer basis. There are members who have been donating their time to massage residents at Ronald McDonald House for ten years.

This is a very successful service that we provide but it just wouldn't happen without your generosity. Also thanks to those who provided massage for the kayakers and cyclists in the KC4KK. On short notice, John Cassidy, Helen Trehy and a student John drafted worked late into the night at Terrigal; Jenny Henkel, Sue Bramble, Matthew Hawkins, Rebecca Hahn, Kieran Willis and Elizabeth Matsen provided the massage at the KC4KK Newcastle stopover (37°C at 4pm that day, but thankfully the hall was air conditioned); Clare Watts and Julie Dein worked at Shoal Bay.

The Branch meetings continue to attract a good attendance. At our AGM in March, Kristin Osborn was elected as the new Chairperson. The other positions on the committee remain unchanged – Treasurer is Keryn Griffith, Secretary is Elizabeth Matsen, and Cherith McInnes books the hall and provides morning tea for the meetings.

Belinda Mills, a physiotherapist and practitioner of Japanese Acupuncture, presented a session on Japanese Acupuncture at our March meeting. Belinda spoke about the philosophy and development of this therapy, diagnostic methods and various treatment tools. She then demonstrated the use of many of the techniques used in Japanese Acupuncture.



### Northern Rivers by Keryn Rose

The local membership in Northern NSW and Southern Queensland is growing rapidly so, to make meetings easier for members to access across the region, we will be kicking off some meetings on the Gold Coast this year.

The first Gold Coast meeting will be held on Saturday 9 June at Mermaid Waters and will include a session on Touch For Health Kinesiology. For more information please call me on 02 6622 1053.

I am looking forward to seeing you all at the conference this year. The weather will be warm and the topics / speakers are hot, so bring your togs and get ready for some fun on the Gold Coast!

For more information on the Gold Coast, check out [www.verygc.com](http://www.verygc.com)

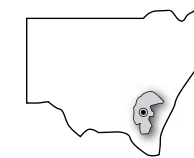


### Sydney South by Michelle McKerron

As Rebecca mentioned in the last issue of In Good Hands, we are happy to report that the South Sydney branch of AMT is officially meeting ... and growing! Our first meet in March was attended by a keen group of therapists with lots of get up and go (to say the least). Lots of topics for future meetings were discussed and ideas floated for the group. You could feel the energy and excitement in the air. Office bearers were elected: Chairperson Renè Goschnik, Secretary Michelle McKerron and Treasurer, Sheryl McGrath.

For our second meeting, we could not have had a better instructor than our very own Erika Fiedler who presented a session on Lymphatic Drainage. Erika is totally dedicated to her clients, confident in her skills and a great role model for doing continued education! Thank you Erika. We will remember to use the pressure of balancing an envelope on the fingertips.

Sydney South Branch meetings will be held on the first Wednesday of every second month at Hurstville Library. Our speaker for the next meeting will be Renè Goschnik on 'The Energetic Treatment of Scars'. Make a note of July 4 in your diary. All comers welcome. Be there!



### ACT by Ben Connelly

I was saddened by a report from an AMT therapist who recently attended a training course. One of the other attendees (a therapist from another association) was heard passing disparaging and inappropriate comments about their clients, even identifying them by name. Some of the clients mentioned are well known in our community and the comments concerned personal and financial matters. This is so unprofessional.

In the course of our work, we enter into a relationship with our clients that is based on trust. This trust extends, then, from our industry to the wider community. To betray this is unethical and indefensible.



### 18TH ANNUAL AMT CONFERENCE October 26 - 28

Earlybird discounts apply  
before August 31.

For detailed  
conference abstracts  
or to register online:

[www.amt-ltd.org.au](http://www.amt-ltd.org.au)

ACT's schedule of regular meetings continues, with our next meeting on June 24 commencing at 1pm at Om Shanti College. All local members are encouraged to attend.

We are also looking for volunteers to assist with a charity event in October. The inaugural LifeCycle Charity Ride from Sydney to Canberra will raise funds for Lifeline. We are looking for therapists to provide massage support in Goulburn on October 6 and at Old Parliament House in Canberra on October 7. Alan Ford will be heading up the team of volunteers in both locations. If you are interested in getting involved please contact AMT Head Office on 02 9517 9925. You will receive 5 CEUs per hour for being involved.

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## Need CEUs?

Journal question -  
June edition

**By law, how many  
years are massage  
therapists required  
to retain the health  
information of clients  
they no longer treat?**

Please write your answer in the space provided on your CEU record sheet and retain it until you submit the form with your annual renewal. Blank CEU forms can be downloaded from: [http://www.amt-ltd.org.au/index.php?Page=Members\\_CEU\\_1.php](http://www.amt-ltd.org.au/index.php?Page=Members_CEU_1.php)



## Myofascial Dry Needling – What Is It?

By Stewart Condie

Myofascial Dry Needling (MDN) is a treatment approach adapted from acupuncture that applies fine needles to the musculoskeletal system to deactivate trigger points. It is used in the treatment of chronic pain syndromes such as fibromyalgia and back pain. Some authors have argued that MDN is, in fact, more effective in treating chronic back pain than commonly employed manual therapies. In my clinical experience, it often yields dramatic results where other manual methods have failed, but not always.

While MDN employs the tools of acupuncture practice (acupuncture needles), the paradigms that underpin MDN and acupuncture are completely different. MDN is primarily focused on musculoskeletal injuries and, as such, is utilised as a specialist tool to accompany soft tissue skills. In contrast, the acupuncture paradigm is based on thousands of years of clinical observation and involves a systemic approach to the diagnosis and treatment of disharmonies within the body.

Although the primary aim of MDN is to deactivate trigger points, I believe that this term is overused. If we apply the classical definition of a trigger point to the MDN paradigm then we would severely restrict the clinical applications for the technique - classical trigger points are rarely identified. However, much more commonly encountered tender points respond extremely well to MDN as well.

MDN is categorised into two types:

1. **Superficial** - where needle exploration is into the dermal layer and never enters the muscular level.
2. **Deep** - where needle exploration enters the muscle.

Thus far, the research is conflicting as to whether the therapeutic outcome is enhanced by deep or by superficial needling. Many believe that you must initiate a twitch response for MDN to be effective and this can only be achieved with deep MDN. Others believe that MDN can be just as effective by placing the needle into the skin over the trigger point. More research and clarification needs to be completed before we can make definitive assertions about this.

There is also another, less commonly employed form of MDN called Segmental Dry Needling (SDN). This form of dry needling is similar to segmental acupuncture (which is sometimes referred to as medical acupuncture). Segmental dry needling applies the principles of neurophysiology to the treatment of conditions that show high irritability. The primary aim of SDN is to treat the dermatomes and myotomes of an affected area. In other words, the focus of application is on the neural input rather than the localised pain.

Segmental dry needling is often equated with medical acupuncture because both approaches adhere to the laws of neurophysiology as opposed to the meridian system commonly utilised in TCM diagnosis and treatment. However, SDN is by no means a replacement for medical acupuncture as it lacks the systemic approach. Medical acupuncture definitely remains the domain of the acupuncturist as primary health care practitioner.

Obviously, the MDN practitioner should never misrepresent what they are trying to achieve. And they should have an understanding of acupuncture principles and practice so they can accurately describe the differences between the two approaches to their clients.

Referral to an acupuncturist is appropriate when there appears to be systemic issues requiring treatment. I have heard too many therapists claim that MDN is "basically acupuncture" - this is an extremely misleading evaluation of both modalities.

An awareness of, and respect for, TCM practice and philosophy will help the MDN practitioner identify precisely when it is appropriate to refer to an acupuncturist (for example, when the client is pregnant).

For the soft tissue therapist with a sound grasp of anatomy, MDN is a relatively safe and effective practice with no serious effects reported in the medical literature. It has been taught for over 10 years in numerous Victorian Colleges as part of the Advanced Diploma of Myotherapy. Prior to 2005 the technique was referred to as Myofascial Acupuncture but this rather inadequate descriptor raised scope of practice issues with acupuncturists for obvious reasons. The technique has been taught as Myofascial Dry Needling since 2005. There is probably close to 1000 practitioners across Victoria who have trained in MDN as part of their Advanced Diploma of Myotherapy.

*Stewart Condie teaches workshops in Myofascial Dry Needling for massage therapists. The primary aim of these workshops is to teach the therapist to identify and treat trigger points with the use of Dry Needling. The courses are run with the soft tissue therapist in mind and constant reference is made to common presenting conditions throughout the workshop series. This gives the therapist tools to use in their clinic on Monday. Besides being an effective modality for the alleviation of many musculoskeletal injuries, MDN is very practitioner friendly and will prolong the life expectancy of the therapist by helping to negate many of the soft tissue injuries we ourselves experience.*

*Workshops are kept to a maximum of 16 to ensure maximum educator / learner interaction. They are conducted a minimum of 1-2 months apart to allow for practice and skill acquisition. MDN is yet to be embraced as a modality outside Victoria. However, a small number of soft tissue therapists have now been trained in Western Australia, New South Wales and the ACT.*

**For more information contact**

**Stewart directly:**

**[alliedsofttissue@aapt.net.au](mailto:alliedsofttissue@aapt.net.au)**

Do you think Dry Needling falls within the scope of practice of the remedial massage therapist? Are you keen to add this technique to your box of tools? Why not vote in our forum poll on Dry Needling:  
[www.amt-ltd.org.au/forum](http://www.amt-ltd.org.au/forum)  
(go to "Treatment Styles and Techniques")

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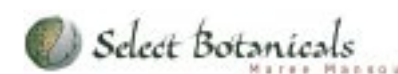
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## DVD Reviews

By Tyraus Farrelly

### THE FASCIA & ITS RELATIONSHIP TO MUSCLES IN 3D: DISSECTION OF A HUMAN LEG



**Supplier:** Massage Conferences Australia  
**Presenter:** Unknown  
**Format:** DVD - All regions, PAL/NTSC  
**Duration:** Approx 60 Mins  
**Price:** \$69.95  
**Contact:** 03 9481 6724

The Fascia and its Relationship to Muscles in 3D is a real time view of the dissection of a human leg. As its title would suggest, the emphasis of this presentation is to demonstrate the relationship between fascia and muscle.

Again, Massage Conferences Australia has put together a very professional-looking DVD. The cover design print quality and labeling are all excellent. The audio and video quality of the DVD was also very good.

Unlike the 'Outcome Measurements for Massage Therapist' DVD reviewed in an earlier In Good Hands, this DVD is not in straight lecture format.

It features a wetlab dissection process, beginning with a fully intact specimen of a human leg and examining every layer of tissue from the epidermis, dermis, adipose tissue and the fascial layers through to the underlying muscles and tendons.

I found it extremely interesting and was compelled to watch the entire DVD in one go. A word of warning though - if you're at all squeamish it may take some getting used to, especially when the adipose

tissue is being removed from the underlying fascia. That said, we probably see worse things these days on shows like RPA.

The process was shot from two camera angles, one straight in front (in other words, capturing what the participants saw) and the other overhead (from the presenter's perspective - dissection-cam so to speak!). It was obvious that the presenter was highly skilled at dissections, as he talked through each procedure, highlighting structures of anatomical significance to Massage Therapists.

The main focus throughout the dissection is just how abundant the fascia really is and the important, multifaceted role it plays. The existence of fascial planes and how they provide directional support was also explained. This was demonstrated as the presenter highlighted the abundance of fascia surrounding the knee joint and how its fibers ran in all directions giving the knee joint multi-directional support.

The presenter also explained the continuous nature of fascia. From viewing this on the dissected leg, it was clear to see how fascial constrictions or injuries causing subsequent fascial contracture can impact through the entire fascial length and all adjoining structures, particularly muscle!

For those who have never seen a cadaveral dissection, the sheer abundance of fascia and how it interconnects with all other structures, particularly the musculo-skeletal system, is really something that must be seen to be believed.

Some of the structures highlighted within the dissection were the cutaneous nerves, blood vessels and lymph nodes, skin ligaments, the femoral triangle, the fascia latae, great saphenous vein, muscles of the anterolateral thigh, the fascial role in the musculoveinous pump, medial and lateral fascial retinacula of the knee, muscles of the distal leg, the superior and inferior ankle retinaculum, plantaris tendon and the tibial cutaneous nerve.

The insight into fascia and its relationship to muscles makes this DVD an extremely valuable educational resource to any therapist who incorporates Myofascial Release techniques into their treatment regime.

AMT will also award you with 10 CEUs by simply downloading a copy of the "Home study module" relevant to the DVD from the AMT or MCA website, and answering the 10 easy questions.

#### At a glance:

- ☒ Excellent quality
- ☒ Good value for money
- ☒ Valuable insight into fascia as it relates to muscle
- ☒ Real time view of an actual cadaver dissection
- ☒ A must see for myofascial practitioners
- ☒ 10 CEUs, (after completing questions on website)

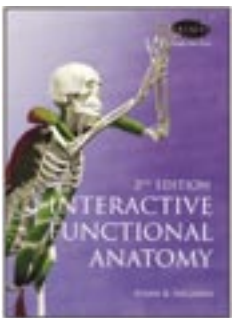
#### Overall Rating

★★★★☆

Valuable resource, highly recommended!

### INTERACTIVE FUNCTIONAL ANATOMY (2ND EDITION)

**Supplier:** PRIMAL  
**Format:** DVD ROM  
**Requirements:** PC or MAC (win 98SE up or MAC OS 9 up)  
**Price:** \$249.50, **Student Price:** \$118.60 (depending on conversion rate - UK based pricing)  
**Contact:** email@primalpictures.com +4402076371010  
**Website:** www.primalpictures.com  
**Producer:** Susan K. Hillman



Interactive Functional Anatomy is a different beast from the previous DVDs I have reviewed in that it is, as the title suggests, interactive!

Primal is a UK-based company that markets many high-quality productions targeted at mainstream health practitioners such as doctors and orthopedic surgeons, and allied health practitioners.

The back cover of the DVD states that it contains "a complete 3D model of the entire skeleton with muscles, ligaments, bones, arteries and nerves all presented in 8 different views". Utilising advanced medical imaging and computer graphics, the 3D model can be viewed in up to 15 layers with every visible feature labeled including full text articles describing proximal and distal attachments, innervation, blood supply, open and closed chain function and common injuries.

When you first open the program you are presented with the main screen with the left side showing the 3D model and the right, explanatory text. The text includes links to animated slides, film clips, imaging and further text explanations of the subject matter.

Above the model view there are 4 tabs. When you click the 'contents' tab you are taken to a folder view of the entire DVD contents. One folder, exportable movies for presentation, has hundreds of animated movies that you can export into your own presentations. These would be a fantastic visual teaching aid for functional anatomy, as they show skeletal animations with the agonist/antagonist muscles changing colour to denote contraction and relaxation as the skeleton goes through its movement. And, as I said, there are hundreds to choose from!

The 'quiz' tab allows you to set quiz parameters like degree of difficulty, question type, body area and number of quiz questions. Set the desired parameters, hit the next arrow and you have a ready-made test.

The 'patient information' tab lists an array of common injuries. One thing I would have liked to see in this section is more visual representation of each injury. Most links went back to the anatomy model with very few injury pictures to speak of.

The anatomy tab leads back to the 3D model where the navigation icons allow you to zoom and manually or automatically rotate the model to any position (remember it's 3D!). There are also 15 layers you can navigate through, from surface anatomy to bony landmarks and everything in between. The last navigation tab allows you to select the body part to be viewed in a musculoskeletal or neurovascular view. In all, there are 28 views of varying body sections.

Along the top menu tabs there is also a slidebox function where you can insert pictures, animations and movies to make your own slideshow presentations.

#### Navigation

Parts of the software were a little clumsy and confusing to navigate. When you click on a link to another piece of text, the arrow back button takes you to the next topic within that category, rather than back to where you just came from. You can open the history tab and return that way, but this is an annoying and confusing feature at first.

I haven't seen a program like this before so I asked one of the doctors I treat what she uses in her practice. She was kind enough to supply me with a copy of a DVD called InnerBody so I would have a basis for comparison. Admittedly, InnerBody is a Doctor-Patient communication tool and covers all major body systems but it did not compare: the quality and level of information fell far below the Interactive Functional Anatomy DVD.

So what do I think? This is a fantastic resource for studying or teaching as well as for patient information. Amazing 3D animated movies and slides give you interactive control over movement, a high level of 3D model detail and a wealth of informative text.

There is no Australian supplier so you will have to order from Primal's website but remember - all prices on their site are in UK currency. My order was dispatched quickly and efficiently and was backed by excellent email correspondence.

#### At a glance:

- ☒ Excellent quality
- ☒ Amazing 3D animations
- ☒ Invaluable learning resource
- ☒ Invaluable teaching resource
- ☒ Exportable movies and animations for presentations.
- ☒ Well priced for what you get

#### Overall Rating

★★★★☆

Highly recommended!

Tyraus Farrelly is a senior level 2 AMT member. He completed the TAFE Associate Diploma of Health Science in 1995. He was the head Massage Therapist for the Illawarra Steelers and the St George Illawarra Dragons for 4 years and the head consultant Therapist for the Australian National Martial Arts team for the World Karate Championships. He has conducted post graduate workshops privately and for the Illawarra Steelers and delivered workshops on Massage for Pain Relief within a pain management course. He has worked with many Physiotherapists, Musculoskeletal Specialists, Chiropractors, Exercise Scientists and Sports Physicians within a rehabilitation environment and within an elite sports environment. He currently runs a full time clinic in Wollongong, with a focus on sports and occupational injuries.

For comments or suggestions please contact Tyraus at tyraus@hotmail.com

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**Deadline for the September 2007 issue of In Good Hands is: 1ST AUGUST, 2007**

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# Massage and Asthma

By Allan J Jones

Asthma is a condition that has pathophysiologic, postural, and biomechanical etiologies and effects. Hyper-responsiveness and inflammation are the main pathophysiological features of asthma. Postural and biomechanical changes are concentrated in the spinal column and thoracic cage, and vary with individual severity and incidence, the individual's constitution, and psychosocial factors. Medicine has been effective in managing short and long-term asthmatics through the use of a large number of medications based on the pathophysiological / pharmaceutical model. Massage therapy treatment encompassing soft tissue, Muscle Energy Technique (MET), counterstrain, lymphatic optimisation, rib-raising and general relaxation techniques are aimed at restoring biomechanical function and patient confidence.

## Background

Hyper-responsiveness of the airways resulting in inflammation is the major pathophysiologic feature of asthma. Inflammatory mediators produce bronchial smooth muscle spasm, (bronchospasm), vascular congestion and formation of edema<sup>1</sup>.

Known triggers for asthma include allergens, (foodstuffs, house dust mite, animal hair, dairy products, chemicals, infection, pollens,) exercise, psychological stress and certain weather conditions<sup>2</sup>. Genetic predisposition is implicated in asthmatics as well as infectious, psychological, endocrine and immunologic elements<sup>3</sup>. Aspirin is noted to be contraindicated in some asthmatics<sup>4</sup>.

Other irritants include cigarette and cigar smoke, paint and diesel fumes, feather contents of doonas and pillows, exposure to the wet, and close contact within living quarters to cats, dogs, and birds<sup>5</sup>. Respiratory distress, wheezing and coughing are common clinical manifestations of asthma.

## Biomechanics of asthmatic breathing

Biomechanically, the thoracic vertebrae, cervical vertebra, intervertebral discs (IVDs), ribs, sternum and associated muscles and ligaments are the structural mechanisms of breathing. The diameter of the thoracic cavity is increased vertically by movement of the diaphragm and, in turn, controls expansion and contraction of the lungs. Raising the upper ribs during periods of increased demand when the elastic recoil of the lungs is inadequate can further increase this capacity<sup>6</sup>.

## “Palpation and observation of levator scapulae, scalenes and upper trapezius will reveal their hypertonic state”

Sternocleidomastoid, serratus anterior, external intercostals and the scalenes are the most important accessory muscles of respiration involved in raising the ribs for inspiration. The major accessory muscles involved for expiration are the internal intercostals and the abdominal rectus group<sup>7</sup>.

Clients with chronic asthma often find breathing easier during an attack when they hold on to something secure, such as a tabletop, which creates a closed kinematic chain via the upper limb for muscles acting on the shoulder and arm<sup>8</sup>.

This enables greater ventilatory assistance from these muscles. The anchoring of the upper limb allows muscles such as pectoralis major, pectoralis minor, latissimus dorsi, serratus anterior, and even the rhomboids, subclavius and omohyoid to act on the thoracic cage in a more forceful way than they normally would<sup>9</sup>. When normal quiet breathing is aided by use of accessory muscles there may be a gradual weakening of the diaphragm, which upsets the normal 3:1 ratio of diaphragm to accessory muscles in that action<sup>10</sup>.

When breathing patterns become focused in the upper chest, there is restriction of the lower ribs, the functionality of the diaphragm is reduced, and the accessory muscles are used incorrectly and to excess. Palpation and observation of levator scapulae, scalenes and upper trapezius will reveal their hypertonic state. Myofascial trigger points and fibrosis in these muscles will result<sup>11</sup>.

Part of the postural change can be attributed to this assisted breathing pattern, with the scapula being protracted, the shoulders becoming rounded and forward, and a compensatory increase in cervical lordosis as the scalenes and SCM shorten. Functionally, the thoracic spine is extended and rigid, the ribs held horizontally, and the cervical spine will exhibit increased lordosis<sup>12</sup>. Costal cartilages exhibit tenderness with the elevation of the upper ribs. The chronic asthmatic may also have a barrel chest<sup>13</sup>.

Downing asserts that, with over expansion of the chest (from use of accessory muscles of respiration), the lungs become immobilised, the ribs remain raised and the diaphragm depressed<sup>14</sup>.

There may be gradual hypertrophy in the serratus anterior, SCM, scalenes, and the intercostal muscles that raise the rib cage during respiration rates that are elevated above the resting rate. Dyspnoea may result from rib restriction. Diaphragmatic motion becomes restricted, with immobility and kyphosis of the thoracic spine. Hypertrophy of the accessory respiratory muscles may lead to neurovascular compression at the scalene triangle<sup>15</sup>.

Increasingly weak abdominal muscles combined with weak erector spinae will result in some visceral stasis and pelvic floor weakness. Quadratus lumborum and iliopsoas both merge fibres with the diaphragm. Respiratory function can, in turn, be affected by shortening of these postural muscles, which may happen when the patient is under stress. Also, as diaphragmatic breathing is replaced by upper chest breathing, there is less demand on quadratus lumborum and iliopsoas in their synergistic roles and further shortening may be the consequence of disuse<sup>16</sup>.

Fascial restrictions from lack of diaphragmatic excursion can reach all the way to the occiput via the pericardial fascia. The thoracic spine will be disturbed by virtue of the lack of normal motion of the articulation with the ribs, and sympathetic outflow from this area may be affected<sup>17</sup>.

Motion restriction and tenderness of the upper thoracic and cervical spine is noted in individuals with asthma<sup>18</sup>, as are lesions to the upper four thoracic vertebrae, upper four or five ribs, and all cervical vertebra<sup>19</sup>.

Reflex connections from EENT (eyes, ears, nose and throat) tissue may affect symptoms and dysfunctions in other structures. Over the last fifty years it has been recognised that asthma and allergic rhinitis commonly co-exist, with the possibility that they are the same disease, where they were previously held to be separate disorders. When patients suffering either disorder are thoroughly examined, inflammation from allergy and airway sensitivity is often found right through the airways<sup>20</sup>.

## Treatment options

In 1190, when the first book was written about asthma, the prescribed treatment was sexual abstinence and chicken soup. Adrenaline injections were first administered subcutaneously in 1903, and it wasn't until 1960 that asthma was recognised as an inflammatory disease, and inhaled isoprenaline used as treatment. The beta 2 agonists Salbutamol and Terbutaline were discovered in 1968<sup>21</sup>.

## “In 1190, the prescribed treatment was sexual abstinence and chicken soup”

Medical treatment for asthma varies according to severity of the attack i.e. mild, moderate, and severe and life threatening. Medications commonly used for asthma fall into three categories, the bronchodilators, which are used as reliever medication, the anti-inflammatory or preventer group, and the drugs, which control symptoms (the beta2 agonists)<sup>22</sup>. Inflammation in asthmatics is most often treated with inhaled corticosteroids.

## Massage Therapy

The role of the therapist in the treatment of a patient with asthma is to try to 'normalise' the changes to mechanisms of respiration and allow the patient to regain balance of structure and function. A comprehensive physical examination is crucial. Systems review should embrace symptoms unrelated to asthma, but which may point to dysfunctions that are having a negative influence on the asthmatic's condition<sup>23</sup>.

Consideration must be given to which are the shortened and which the contracted muscles. The practitioner needs to determine whether there are neuromuscular involvements in any restriction or soft tissue fibrosis. The practitioner also needs to assess whether there are joint restrictions or inhibition of weaker muscles affecting the patient<sup>24</sup>.

Major myofascial changes may set up trigger point activity, which the practitioner needs to be aware of<sup>25</sup>.

Soft tissue techniques involve stretching and treating any myofascial trigger points.

Basic treatment practice is to mobilise the cervical spine, thoracic spine and ribs<sup>26</sup>. The thoracic cage, both articular and muscular, structurally and physiologically, should be addressed. Mobilisation of thoracic vertebra can address alterations to viscerosomatic reflexes. Etiological importance should be given to the 3rd and 4th thoracic vertebra and ribs<sup>27</sup>.

Treatment to the cervical area should include a focus on the accessory respiratory muscles, freeing of clavicles and sternal release techniques. Sternal release may also improve motion restriction of upper extremities<sup>28</sup>.

Counterstrain or MET could be the preferred techniques for improving rib motion. Heavier techniques may be contraindicated for the patient on corticosteroids due to the increased risk of osteoporosis<sup>29</sup>. Hypertonic muscles can be treated with PIR (Post Isometric Relaxation). Weak muscles can be treated with eccentric or concentric isotonic MET depending on the patient's condition<sup>30</sup>.

Interference to the function of the diaphragm will impede lymphatic flow, which is imperative even for normal health, and demands on the lymphatic system are greatly increased during illness and disease<sup>31</sup>. Thoracic pumping will improve lymph flow and the expectoration of tenacious mucous<sup>32</sup>.

Where postural drainage is used as treatment the patient position must be changed in order to drain all lobes of the lungs<sup>33</sup>. Rib raising and fascial release of the diaphragm are necessary<sup>34</sup>. Asthmatics show improved short-term lung function following rib-raising techniques. Cutaneo-visceral reflexes may be responsible for this improvement<sup>35</sup>.

Some authors have recognised the importance of a patient's emotional and psychological status as a major determinant in aggravating asthmatic conditions. Instructing the patient on proper breathing techniques and diaphragmatic movements may prove useful<sup>36</sup>.



Chaitow stresses the importance of addressing psychological factors and refers to appropriate techniques to use, such as “non-specific, wellness bodywork methods” and deep relaxation massage<sup>37</sup>.

Conclusion

The pathophysiology of asthma can be traced to biochemical, biomechanical and psychological factors. Postural and biomechanical changes can be determined by a comprehensive physical examination and patient feedback. Treatment would be targeted to the individual with a wide range of techniques available to the therapist. It is important for the therapist to work with the patient’s medical practitioner. Successful management of the asthmatic is best achieved when the massage practitioner, medical practitioner and the patient work together to optimise outcomes.

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## Highlights from the AMT forum

*The AMT forum is a valuable resource for members to share information, and seek guidance, advice and support from their peers. Members who have registered for the forum receive 10 CEUs per year for participation.*

[www.amt-ltd.org.au/forum](http://www.amt-ltd.org.au/forum)

### Record-keeping

After being in business for 11 years I need to decrease the weight of my filing cabinet! Does anyone know if there is a legal restriction on how many years a confidential client file must be kept?

I have memories from TAFE's Law and Ethics subject that 7 years is appropriate but is that more for the accounting side of business?

On a more solemn note, does the same apply to the file of a client who has passed away (not during a massage!)?

Thanks.

Michelle

Hi Michelle,

Surprisingly, this is a much greyer area than you might think. Given the increasing litigiousness of society, there are some groups of health professionals who retain their client/patient records for life, in spite of the recommendations made by their various governing bodies that they only need to retain them for 7, 15, 25 years or whatever.

In our practice and procedures guidelines, AMT recommends that you retain client records for a minimum of 7 years.

This obviously falls into line with the statute of limitations on other significant business documents that you have alluded to, like tax records etc, so it's a pretty logical cut off. But it's also enshrined in the Health Records and Information Privacy Act (2002), which we are subject to as massage therapists.

If a client has died from a non-massage related cause, you still need to retain their file until 7 years after their last visit.

The only thing I would suggest you do is to have a quick look at the Health Records and Information Privacy Act for guidance on how to destroy records. Full text of the Act is available here:

[http://www.austlii.edu.au/au/legis/nsw/consol\\_act/hraipa2002370/](http://www.austlii.edu.au/au/legis/nsw/consol_act/hraipa2002370/)

Here's a cut and paste of a few relevant bits:

### How long are you required to retain health records?

You are required to destroy or permanently de-identify health information once it is no longer needed for further uses or disclosures authorised by the HRIP Act. However, this requirement is not absolute. If other legislation requires you to retain records for a minimum period, then this must be followed.

Private sector health service providers must retain health information relating to the person as follows:

In the case of health information

collected while the person was an adult – for 7 years from the last occasion on which you provided the person with a health service.

In the case of health information collected while the person was under the age of 18 years – until the person has attained the age of 25 years.

### Disposing of health information, or transferring health information to another organisation.

You are required to dispose of health information securely.

When private sector health service providers delete or dispose of a person's health information they must keep a record of:

- the name of the person
- the period covered by the health information
- the date on which it was deleted or disposed of.

When private sector health service providers transfer a person's health information to another organisation (and do not continue to hold a record of that information) they must keep a record of the name and address of the organisation to which they transferred the health information.

Rebecca



Health Fund Status

HEALTH FUNDS AND SOCIETIES

Commonwealth Bank Health Society
Manchester Unity

CRITERIA

These funds recognise all AMT practitioner levels.

ACA Health Benefits Fund (ARHG)
Australian Regional Health Group
Cessnock & District Health Benefits Fund (ARHG)
CrediCare (Credit Union Australia) (ARHG)
Defence Health (ARHG)
Federation Health (ARHG)
GMHBA (ARHG)
Health Insurance Fund of WA (ARHG)
Health Partners (ARHG)
HIF (ARHG)
Latrobe Health Services (ARHG)
Lysaght Peoplecare (ARHG)
Mildura District Hospital Fund (ARHG)
Navy Health (ARHG)
NSW Teachers Federation Health Society (ARHG)
Phoenix Health Fund (ARHG)
Police Health (ARHG)
Queensland Country Health (ARHG)
Railway and Transport Hospital Fund (ARHG)
Reserve Bank Health Society (ARHG)
St Luke's Medical & Hospital Benefits (ARHG)
Teachers Union Health (ARHG)
Transport Health (ARHG)
United Ancient Order of Druids (ARHG)
Westfund Health Fund (ARHG)

ARHG recognises all AMT practitioner levels. They require you to use their provider number. This number is AW0XXXXM, where the X's are your 4-digit AMT membership number.

Australian Health Management Group
Australian Unity
Geelong Medical Benefits Fund
Government Employees Health Fund (AHMG)
Grand United Friendly Society
HCF
National Mutual Health Fund
NIB
Super Health Plan
Victorian WorkCover Authority

These funds recognise Senior Level One, Two or Three members. HCF require new providers to fax your name, practice address and association name to 02 9279 3549.

MBF
NRMA

These funds recognise members with the HLT 50302 Diploma of Remedial Massage. You must send a signed consent form to AMT. Existing Senior Level One, Two and Three providers remain eligible.

Medibank Private
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Medibank Private recognises Senior Level One, Two and Three members. They require you to apply directly to them. You will need to send them a certified copy of your membership certificate and fill out their application form which can be downloaded from the AMT website.

ANZ Health Insurance (HBA)
Cardmember Health Insurance Plan (HBA)
Gay & Lesbian Health Fund (HBA)
HBA (formerly AXA)
HealthCover Direct (HBA)
Mutual Community (HBA)

From 2006, HBA require the HLT 50302 Diploma of Remedial Massage. Existing Senior Level One, Two and Three HBA providers remain eligible.

AMT has negotiated provider status on behalf of members with the Health Funds listed. All funds require a minimum of \$1 million insurance, first aid and CEUs. If you are up-to-date with these, there is no need to apply individually to each health fund: your name will be forwarded for automatic endorsement as a provider.

To be eligible to remain on the above Health Fund lists you must:

1. Be financial and have a commitment to ongoing education (ie: an average of 100 CEUs per year)
2. Provide your clients with a formal receipt, either computer generated, or with rubber stamp or address label clearly indicating practitioner's name, AMT member number (eg: AMT 1-1234), practice address (no PO Box numbers) and phone number. Client's name, date of treatment, nature of treatment (ie: Remedial Massage), and particular health fund provider number may be handwritten.
3. Provide AMT Head Office with a practice address (or business address for mobile practitioners; no PO Boxes) - failure to supply these details to us will result in your name being removed from health fund listings.
4. Notify AMT HO of all relevant practice addresses.
5. Include a copy of one of your receipts (for each practice address) to Head Office with your next AMT membership renewal or correspondence. You should also ensure that Head Office has copies of your current Insurance and First Aid.

Please check the AMT website for further information on specific Health Fund requirements:  
[www.amt-ltd.org.au](http://www.amt-ltd.org.au)

Calendar of Events

Courses accredited by AMT attract 5 CEUs per hour. Courses not accredited by AMT attract 1 CEU per hour. Please check dates and venues of workshops (using the contact numbers listed below)

June 2007		CEUs
1-3	AAMT Annual Conference. Melbourne. Ph: 1300 138 872	70
7	Leg and Knee Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
9	Gold Coast Members' Day. Touch for Health Kinesiology. Presented by Shane Sauter. Ph: 02 6622 1053	20
9	WorkCover Outcomes Training Courses for Remedial Massage Therapists. Port Macquarie. Ph: 13 10 50	25
14	A Fascial Approach to Shoulder Problems. Presented by John Bragg. Katoomba, Blue Mountains Ph: 02 4782 5092	35
16	Mid North Coast Branch Meeting. Port Macquarie. Ph: 02 6584 6661 or 02 6584 7882	15
16-17	Pregnancy Massage. Presented by Julia Willoughby. Sydney. Ph: 02 9438 3333	70
22-24	Levels 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Melbourne. Ph: 0425 738 548	80
22-24	Onsen Muscle Therapy Volume III Structural assessment and correction of Cervical and Thoracic spine. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
23	A Fascial Approach to Shoulder Problems. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
23-24	Traditional Cupping Workshop - Western Tradition. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	80
23-24	Integrative Fascial Release. Presented by Steven Goldstein. Melbourne. Ph: 03 9481 6724	70
24	Sciatica, Piriformis Syndrome and Hip Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
26	Illawarra Branch Meeting. Corrimal Library. Ph: 02 4229 9526	15
28	Sciatica, Piriformis Syndrome and Hip Pain. Presented by John Bragg. Katoomba, Blue Mountains. Ph: 02 4782 5092	35
29-30	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Sydney. Ph: 0425 738 548	80
30	WorkCover Outcomes Training Courses for Remedial Massage Therapists. Wollongong. Ph: 13 10 50	25

July		CEUs
1	Level 1 and 2, Functional Fascial Taping. Presented by Ron Alexander. Sydney. Ph: 0425 738 548	80
4	Sydney South Branch Meeting. Hurstville Library. Ph: 02 9547 0158	15
7	Gua Sha Day. Presented by Bruce Bentley. Sydney. Ph: 03 9576 1787	40
7-8	External Injury Workshop. Presented by Bruce Bentley. Sydney. Ph: 03 9576 1787	80
7-8	Chinese Cupping Workshop. Presented by Rob Lobosco. Sydney. Ph: 03 9481 6724	70
7-8	Stretching & Conditioning. Presented by Alison Bell. Melbourne. Ph: 03 9481 6724	70
14-15	Trigger Point on the Upper Body. Presented by Catherine Tiney. Sydney. Ph: 02 9389 6955	70
14-15	Traditional Cupping Workshop - Western Tradition. Presented by Bruce Bentley. Brisbane. Ph: 03 9576 1787	80
15	Hunter Branch General Meeting. Adamstown. Ph: 02 4969 5880	15
20-22	Onsen Muscle Therapy Volume IV Functional assessment of cervical and thoracic regions. Presented by Jeff Murray. Tweed Heads. Ph: 07 5599 2514	105
21	Gua Sha Day. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	40
21-22	External Injury Workshop. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	80
28-29	Chi Acupressure. Presented by Zhang Hao. Sydney. Ph: 02 9899 9823	70
28-29	Basic Principles of Orthotic Therapy and its Clinical Application. Presented by Malcolm Walker. Melbourne. Ph: 03 5152 6585	60
31	Illawarra Branch Meeting. Corrimal Library. Ph: 02 4229 9526	15

August		CEUs
4-5	Traditional Cupping Workshop - Eastern Tradition. Presented by Bruce Bentley. Perth. Ph: 03 9576 1787	80
4-5	Reflexology Workshop. Presented by Derek Miglietti. Gold Coast. Ph: 03 9481 6724	70
6	Gua Sha Day. Presented by Bruce Bentley. Perth. Ph: 03 9576 1787	40
18-19	Chi Acupressure. Presented by Master Zhang Hao. Sydney. Ph: 02 9899 9823	70
18	Mid North Coast Branch Meeting. Port Macquarie. Ph: 02 6584 6661	15
18-19	Pregnancy Massage. Presented by Julia Willoughby. Sydney. Ph: 9438 3333	70
18-19	Trigger Point Workshop. Presented by Stuart Hinds. Melbourne. Ph: 03 9481 6724	70
18-19	Basic Principles of Orthotic Therapy and its Clinical Application. Presented by Malcolm Walker. Sydney. Ph: 03 5152 6585	60
24-26	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150
25-29	Akupunkt-Massage according to Penzel. Presented by Rene Goschnik. Sydney. Ph: 9547 0158	150
25-26	Traditional Cupping Workshop - Western Tradition. Presented by Bruce Bentley. Sydney. Ph: 03 9576 1787	80
28	Illawarra Branch Meeting. Corrimal Library. Ph: 02 4229 9526	15

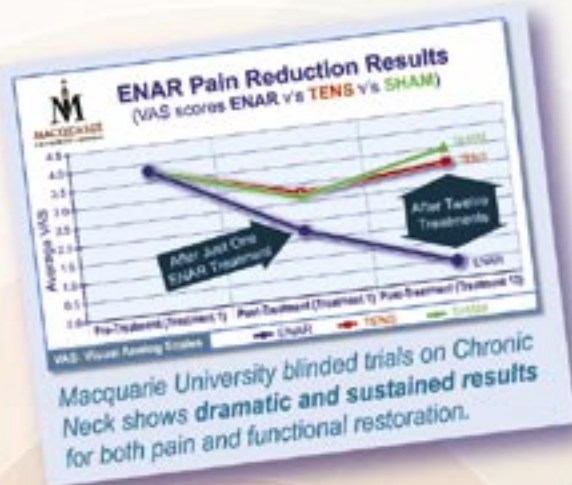
September		CEUs
1-2	Traditional Cupping Workshop - Eastern Tradition. Presented by Bruce Bentley. Melbourne. Ph: 9576 1787	80
1-2	Manual Lymphatic Drainage. Presented by Michelle Yaffe. Gold Coast. Ph: 03 9481 6724	70
1-2	Stretching & Conditioning. Presented by Alison Bell. Sydney. Ph 03 9481 6724	70
1-2	Developing your skills in Assessment & Treatment of 4 common conditions. Presented by Steve Jones. Melbourne. Ph: 03 9481 6724	70
5	Sydney South Branch Meeting. Hurstville Library. Ph: 02 9547 0158	15
6-10	Neurostructural Integration Technique. Presented by Ron Phelan. Mackay. Ph: 03 5255 5229	175
8-9	Manual Lymphatic Drainage. Presented by Michelle Yaffe. Melbourne. Ph: 03 9481 6724	70
13-14	Traditional Cupping Workshop - Western Tradition. Presented by Bruce Bentley. Melbourne. Ph: 03 9576 1787	80
15-16	Corporate Seated Massage. Presented by Ron Saleh. Sydney. Ph: 0416 086 426	70
16	Hunter Branch General Meeting. Adamstown. Ph: 02 4969 5880	15
28-30	Heartworks Lomi Lomi. Presented by Nemara Hennigan and Andrea Lopez. Central Coast. Ph: 0413 275 485	150

Please view the Calendar of Events on the AMT website for the complete 2007 listing: [www.amt-ltd.org.au](http://www.amt-ltd.org.au)



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your massage success and  
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# CALL FOR NOMINATIONS FOR ASSOCIATION OFFICE BEARERS FOR 2007/2008

Nominations are called for the following positions, which take effect from the close of the 2007 Annual General Meeting:

**President,  
Vice-President,  
Treasurer,  
Secretary  
and up to 8 other Directors**

**Nominations shall be on the form or in the form prescribed below and close at the AMT office 3pm Friday 13 July 2007.**

Where nominations equal vacancies on 13 July 2007 then those persons are deemed to be elected.

Where nominations exceed vacancies, a postal ballot of practitioner members that were financial on 30 June 2006 will be conducted during August. Where nominations are below vacancies, the differential shall be treated as casual vacancies at the Annual General Meeting.

## **Nomination for Office for the Association of Massage Therapists Ltd**

I \* (name) \_\_\_\_\_

consent to be nominated for the position of \_\_\_\_\_

Signature \_\_\_\_\_ Ph \_\_\_\_\_

Nominator \* \_\_\_\_\_ Ph \_\_\_\_\_

Seconder \* \_\_\_\_\_ Ph \_\_\_\_\_

\* All must be financial members of AMT





# NOMINATION FORM

## AMT "MASSAGE THERAPIST OF THE YEAR" AWARD

Please print

Name of person being nominated: \_\_\_\_\_

AMT membership number: \_\_\_\_\_

Name of nominator: \_\_\_\_\_ AMT membership no.: \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to nominee (e.g. teacher, colleague, friend): \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Reasons for nomination – please refer to the Award Criteria below (attach more paper if required):

Signature: \_\_\_\_\_

Name of seconder: \_\_\_\_\_ AMT membership no.: \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to nominee (e.g. teacher, colleague, friend): \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Signature: \_\_\_\_\_

### CRITERIA

- At least three years of practitioner level membership with AMT
- Current First Aid Certificate, Insurance and adequate CEUs
- Good financial history with AMT
- Active AMT membership (attending meetings, events etc)

### SUGGESTED REASONS FOR AWARD

Industry initiative in:

- Business and professional practice management
- Ongoing relevant education
- Principles and practice of massage
- Team leadership
- Development of AMT and related bodies



# NOMINATION FORM

## AMT "STUDENT THERAPIST OF THE YEAR" AWARD

Please print

Name of student being nominated: \_\_\_\_\_

School at which nominee is a student: \_\_\_\_\_

Course being undertaken by student: \_\_\_\_\_

Name of nominator: \_\_\_\_\_

Position held at the School by nominator: \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Reasons for nomination – please refer to the criteria below (attach more paper if required):

Signature: \_\_\_\_\_

Name of seconder: \_\_\_\_\_

Position held at the School by seconder: \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Signature: \_\_\_\_\_

### CRITERIA

**Nominated by a School/College, teacher or fellow student MUST HAVE:**

- High educational achievement
- Excellent practical skills

### OTHER VALUES:

- AMT student membership
- Extra efforts for School/College or AMT
- Good ambassador for massage therapy
- Participant in School/College or AMT functions
- Good team member
- Dedicated during adversity (e.g. visually impaired or other disability)





# NOMINATION FORM

## THE CYNTHIA DAVIS AWARD OF MERIT

**"Head Down, Tail Up... Forever!"**

AMT invites nominations for "The Cynthia Davis Award of Merit for Sustained Diligence in the Service of the Association and the Industry".

This Award recognises the achievements of active AMT members who dedicate substantial time and energy in the service of AMT and the massage therapy industry.

Nominees for this Award should exemplify the credo "Head Down, Tail Up, Forever!"; demonstrating their commitment to the advancement of AMT over a prolonged period of time.

**The 2006 Cynthia Davis Award was given to Joel Morrell posthumously.**

Please print

Name of person being nominated: \_\_\_\_\_

AMT membership number: \_\_\_\_\_

Name of nominator: \_\_\_\_\_ AMT membership no.: \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to nominee (e.g. teacher, colleague, friend): \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Reasons for nomination

Signature: \_\_\_\_\_

Name of seconder: \_\_\_\_\_ AMT membership no.: \_\_\_\_\_

Address: \_\_\_\_\_

Relationship to nominee (e.g. teacher, colleague, friend): \_\_\_\_\_

Position held at the School by seconder: \_\_\_\_\_

How long have you known the nominee? \_\_\_\_\_

Signature: \_\_\_\_\_



ABN 32 001 859 285

# AMT MEMBERS' DAY

## Muscle Energy Technique (thoracic spine, ribs and shoulder girdle)

### Presented by Alison Bell

**WHEN:** Sunday 19 August  
9.30am to 4.30pm

**WHERE:** Gladesville Bowling Club  
Cnr Ryde and Swan Street, Gladesville

**REWARD:** 35 CEUs for attendance

**COST:** \$90 AMT members, \$120 non-members

**LUNCH:** is available at the club for \$8.80

**PLEASE BRING:** your own massage table if possible

#### THE WORKSHOP

Of the many paradigms of assessment and treatment, Muscle Energy Technique (MET) has endured as the approach of choice for its ease of application, reproducibility, reliability and effectiveness. Used as an early intervention technique, MET is beneficial in expediting a relaxation of soft tissue to facilitate resolution of articular dysfunction. In this 6-hour workshop, we will cover the history, mechanism and application of MET with respect to the thoracic spine, ribs and shoulder girdle.

#### THE PRESENTER

Back by popular demand after her well-received workshop at the AMT conference, Alison Bell is a Manual Physiotherapist of 20 years' experience. Soon after commencing her clinical career, Alison's interest diverted from Sports to Spinal Physiotherapy, which remains her main area of practice. She has worked in Australia and abroad. In aspiring to develop the highest possible level of clinical expertise, she has explored a number of assessment and treatment paradigms, including Muscle Energy Technique, which she has taught to other Physiotherapists throughout the United Kingdom. She also has an interest in dry-needling, Pilates and Cranio-Sacral Therapy and her current approach to treatment reflects this background. She is currently in private practice on Sydney's Northern Beaches.

## AMT Members' Day (MET)

Please find enclosed: ☐ \$90.00 Member  
☐ \$120.00 Non-member

TOTAL \$ \_\_\_\_\_

Cheque or Money Order (made out to AMT) ☐

EFT (see payment details below) ☐

Or please debit my visa/mastercard ☐

AMT Membership number: \_\_\_\_\_

#### \* NON-MEMBERS, PLEASE SUPPLY ADDRESS & PHONE CONTACT DETAILS

First name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Card Number:

Cardholder's Signature: \_\_\_\_\_ Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

#### AMT REFUND POLICY

- Cancellation up to 4 weeks prior – **full refund**
- Cancellation less than 4 weeks but more than 2 weeks – **less 15%**
- Cancellation less than 2 weeks but more than 1 week – **less 25%**
- Cancellation less than 1 week – **less 50%**
- No refund will be given after the event

#### EFT PAYMENT DETAILS

PLEASE USE YOUR NAME UNDER THE TRANSACTION DESCRIPTION SO WE CAN IDENTIFY THE PAYMENT AND SEND THIS FORM BACK TO AMT

Account Name: Association of Massage Therapists Ltd  
BSB: 062-212  
Account Number: 1034-0221

Please return to:  
AMT Ltd, PO Box 792  
Newtown NSW 2042  
or fax 02 9517 9952



# ASSOCIATION OF MASSAGE THERAPISTS 18TH NATIONAL CONFERENCE 2007



The Sofitel, Broadbeach, Gold Coast  
81 Surf Parade, Broadbeach  
October 26-28, 2007

THANKS TO OUR GOLD SPONSORS



## FRIDAY 26 OCTOBER

<b>9.30AM – 4.30PM</b>	<b>PRE-CONFERENCE WORKSHOPS</b> Pregnancy Massage Work Smart, not Hard
<b>4.30PM</b>	Earlybird registration
<b>7.00PM</b>	Welcome Event - Fire twirling on the beach. Meet in the Sofitel Foyer at 6.45pm

## SATURDAY 27 OCTOBER

<b>7.30AM - 8.45AM</b>	Registration
<b>9.00AM - 10.30AM</b>	<b>WELCOME</b> - Alan Ford <b>HOUSEKEEPING</b> - Theodore Le Sieg <b>KEYNOTE ADDRESS</b> - Phil Latey
<b>10.30AM – 11.00AM</b>	Morning Tea and Trade Exhibit
<b>11.00AM – 12.30PM</b>	<b>BREAKOUT SESSION 1</b> Mediball Strength and Conditioning Yoga on the beach Feldenkrais Zen Imagery Exercise – Meridian Stretching Managing the chronic pain client
<b>12.30PM - 2.00PM</b>	Lunch, Trade Exhibit and Demonstrations
<b>2.00PM – 4.00PM</b>	<b>BREAKOUT SESSION 2</b> Rhomboid Pain Self care for the Massage Therapist Meditation as a Tool for Health Centre, Self and Other Excessive Pronation is a pain
<b>4.00PM – 4.30PM</b>	Afternoon Tea and Trade Exhibit
<b>4.30PM - 5.30PM</b>	QiGong, Watsu or Bellydance
<b>7.00PM till late</b>	Conference dinner

## SUNDAY 28 OCTOBER

<b>7.30AM – 8.45AM</b>	Mediball Bootcamp on the beach
<b>9.00AM – 11.00AM</b>	<b>BREAKOUT SESSION 3</b> Rhomboid Pain Effective De-stressing techniques Mastering Life Balance Self Care for the Massage Therapist Excessive Pronation is a pain
<b>11.00AM – 11.30AM</b>	Morning Tea and Trade Exhibit
<b>11.30AM – 12.30PM</b>	Annual General Meeting
<b>12.30PM – 2.00PM</b>	Lunch, Trade Exhibit and Demonstrations
<b>2.00PM – 3.30PM</b>	<b>BREAKOUT SESSION 4</b> Mediball Strength and Conditioning Yoga on the Beach Mood and Food Dry Needling Demonstration
<b>3.30PM – 4.00PM</b>	Afternoon Tea and Trade Exhibit
<b>4.00PM – 4.30PM</b>	Closing address - Rebecca Barnett

All program details are correct at time of printing.  
AMT Ltd reserves the right to change the program  
and/or speakers when conditions beyond our  
control prevail.



**PHIL LATEY****Keynote address****Workshop: Effective de-stressing techniques**

Phil is an Osteopath with a busy private practice in Sydney. He is well known for his studies of social and emotional stress patterns, with clinical approaches that match this interest. He has published around 20 peer reviewed technical papers, including 10 for the Journal of Bodywork and Movement Therapies.

**JULIA WILLOUGHBY****Pre-conference workshop: Pregnancy Massage**

Julia is a Senior Level One member of AMT, a yoga teacher and a childbirth educator who specialises in working with pregnant and post-natal women. She has taught pregnancy massage at Nature Care for 17 years and runs Pregnancy Massage workshops in various venues throughout Australia.

**LINDA McCLURE****Pre-conference workshop: Work Smart, not Hard**

Linda is a teacher and trainer of Structural Integration. She has been in private practice for 18 years as a bodyworker and as a Psychotherapist and counsellor for 10 years. She is also Director at Quantum Health and runs workshops throughout Australia. She is currently doing her Masters in Counselling.

**MADELEINE EDGAR****Workshop: Feldenkrais**

Madeleine is a Physiotherapist and Feldenkrais practitioner. She has worked in private practice since 1993, teaching Awareness Through Movement® classes and private sessions on Functional Integration®. She also presents workshops for specific needs such as MS, Osteoporosis, Pelvic Floor problems and voice.

**MICHELLE YAFFE****Workshop: Self-care for the Massage Therapist**

Michelle owns and operates her own clinic and teaches at Victoria and Swinburne Universities. She specialises in Manual Lymphatic Drainage and also tutors private students at her clinic.

**STEWART CONDIE****Demonstration: Dry Needling**

Dr Stewart Condie is an Acupuncturist, currently completing his masters in the area. He undertook his initial massage therapy training in Geelong in 1996 and has since completed Myotherapy training at RMIT where he is the Program Coordinator of Complementary Therapies. He has a special interest in competency-based industry educational standards.

**JEFF MURRAY****Workshop: Mediball Strength and Conditioning**

Jeff originally studied massage therapy at Hunter College of Massage in 1990. After many years of post-graduate study, he is now the only Onsen Therapy instructor in Australia. In 1998 he was appointed the Director of Sports Massage for the Sydney 2000 Olympic and Paralympic Games. He has a busy practice in Tweed Heads and lectures at Kingscliff TAFE.

**TRACI CARSE****Workshop: Meditation as a Tool for Health.****Workshop: Mastering Life Balance**

Traci has a Degree in Behavioural Sciences and is currently undertaking postgraduate study in Psychology. She has 24 years experience in the practice, study and teaching of Meditation, Yoga and related wellbeing concepts. She owns and runs a successful health centre on the south coast of NSW.

**TULSI DEVI****Workshop: Yoga on the Beach**

Tulsi is a teacher of Traditional Yoga. She travels extensively, spending time in India each year as part of her commitment to lifelong learning. The Yoga in Daily Life system she teaches is a holistic practice, coordinating and harmonising body, mind and soul.

**COLIN ROSSIE****Workshop: Centre, Self and Other****Workshop: Zen Imagery Exercises**

Colin has over 20 years experience as a bodyworker, originally as a Shiatsu practitioner and later a Massage Therapist, before becoming a Certified Rolfer® and Rolf® Movement practitioner. His work is firmly grounded in a sound knowledge of anatomy and physiology and western science, and an awareness of and exploratory approach to kinaesthetics.

**TODD LEEDER****Lecture: Mood and Food**

Todd has worked as a clinical dietitian at the Royal Hobart Hospital. He currently splits his time between The Gold Coast Hospital and Great Ideas in Nutrition on the Gold Coast. His interests are Men's Health, Sports Nutrition and weight control. He is passionate about nutrition as a key factor in sustained health and wellbeing.

**ALAN FORD****Workshop: Rhomboid Pain**

Alan first trained as a Physical Training Instructor for the Royal Australian Navy in 1978 and received an Associate Diploma in Applied Science in 1984. In the final 2 years of his Navy career, he trained as a sports and remedial massage therapist and later as an Onsen therapist at University of NSW.

**HELEN BOOCOCK****Lecture: Managing the chronic pain client**

Helen Boocock qualified as a dental practitioner in 1989. Since then she has gained a Bachelor of Psychology and a Masters of Science in Medicine (Pain Management). Helen's main professional interest is the management of the chronic facial patient, which includes patients with temporomandibular disorder, trigeminal neuralgia and trigeminal neuropathic pain.

**MALCOLM WALKER****Workshop: Excessive pronation can be a real pain in the bum**

Mal has been a practising Podiatrist for 20 years. He has a special interest in foot biomechanics and orthotic therapy. He has recently developed a course entitled 'Basic Principles of Orthotic Therapy and its Clinical Application' with the aim of empowering complementary health professionals to treat excessive pronation more effectively.

For full speakers bios and workshop abstracts please visit:

[www.amt-ltd.org.au](http://www.amt-ltd.org.au)

## PRE-CONFERENCE

### PREGNANCY MASSAGE

This workshop will provide basic knowledge and hands-on skills for practising therapists who would like to increase their confidence working with pregnant women. It will include basic guidelines for safe and effective massage as well as precautions and benefits. Practical work will include massage of the back and pelvis in side lying position.

## CONFERENCE

### SELF CARE FOR THE MASSAGE THERAPIST

Recent studies place the working life expectancy for massage therapists to between two and five years. This workshop is designed to help you avoid becoming one of those statistics. Our jobs are extremely physical so we need to be equipped with the knowledge to protect ourselves from the rigours of our chosen field.

### MASTERING LIFE BALANCE

Have you ever felt that work/life balance is just out of reach? In this workshop you will learn to take stock and measure what is actually going on in the different areas of your life. You'll be identifying the guiding principles behind the choices you make and learning to make choices that align with your core values rather than basing your actions on short-term thinking.

### MEDITATION AS A TOOL FOR HEALTH

If you've always wanted to learn a simple meditation technique, this is the workshop for you. You will learn why health professionals all over the world recommend that we meditate regularly and how to meditate with your shoes on.

### FELDENKRAIS MOVEMENT

In this workshop you will learn about the development of the Feldenkrais Method®. You will take part in an Awareness Through Movement® lesson and be guided through a series of non-habitual movements that counteract habits and protective movement patterns from old injuries.

### YOGA ON THE BEACH

Tulsi will take you through a yoga session, focusing on awareness of the breath and how the depth of your breath has a direct correlation to your level of stress and mental tension. With this awareness, you can devote greater attention to self care and the care of others.

### CENTRE, SELF AND OTHER: CORE, BOUNDARIES AND BODY USE

In this workshop we will explore the use of centre of gravity and 'core' in the therapeutic environment and consider how a sense of your own physical boundary in space can be utilised to maintain boundaries. We will examine the ethical and metaphysical implications of our biomechanics through a combination of theory and practise, including self-exercise and working with each other on the massage table.

### EFFECTIVE DE-STRESSING TECHNIQUES

In this workshop you will learn a series of special "unwinding" techniques. The session will also focus on maintaining rapport and mindfulness during the therapeutic interaction and building an awareness of your own posture while you treat.

### FOOD AND MOOD

This session will focus on the interconnection between what we eat and how we feel. We will explore the evidence for links between micronutrients and mood, the glycaemic index, Omega 3 fatty acids and sustained energy, translating this into practical guidance on what to eat.

### WORK SMART, NOT HARD

In this workshop we will cover a range of techniques to save time, prevent injury, and minimise wear and tear. We will explore the use of gravity and physics to make life easier. You will learn assisted client movement and techniques to use on various high leverage areas that combine body mechanics and client movement.

### MEDIBALL STRENGTH AND CONDITIONING

You haven't done a Mediball session until Drill Sergeant Murray has put you through your paces. Laugh helplessly while you re-establish an intimate relationship with long-neglected abs. You'll leave with a warm inner glow and a set of exercises you can also use with your clients to enhance core stability, and improve muscle and joint function. Jeff's workshop is proudly sponsored by AOK Health.

### ZEN IMAGERY EXERCISES

In this workshop you will learn a series of 12 exercises that correspond to the meridians of traditional oriental medicine. Sequentially following the time cycle of the meridians, each exercise specifically targets the corresponding meridian beginning with the lung and finishing with the gall bladder. These exercises holistically stretch both the physical and energetic body.

### DRY NEEDLING DEMONSTRATION

Myofascial Dry Needling is a treatment approach adapted from acupuncture that applies fine needles to the musculoskeletal system to deactivate trigger points. In this session, Stewart will present on differential diagnosis and needling for the lower limb, with particular reference to the longevity of massage therapists and how dry needling may prolong your career.

### RHOMBOID PAIN: THE BANE OF MASSAGE THERAPISTS

Ever wondered where that pesky, burning pain in between the shoulder blades comes from? Want to get rid of it for good? Find out all about tensile stress trigger points in the rhomboids from AMT president, Alan Ford. You will learn how to find, release, alleviate and prevent further trigger point discomfort.

### MANAGING THE CHRONIC PAIN CLIENT

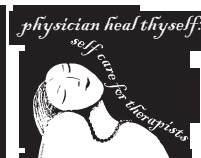
This lecture will highlight the common physical, social and psychological presentations of the chronic pain client. It will also review current evidence-based strategies for the management of chronic pain, and discuss the common difficulties in managing these often challenging clients. Helen will also focus on the self-care dimension of working with chronic pain, offering advice on how to keep yourself sane as a practitioner.

### EXCESSIVE PRONATION CAN BE A REAL PAIN IN THE BUM

People with excessive pronation can suffer a variety of postural problems. In this practical session, Mal is going to pamper us all with prescription, customised orthotics as he believes that practitioners should experience firsthand how comfortable orthotics can be before even thinking of recommending them for their clients. You will also learn how to assess and treat excessive pronation in your clients.



# ASSOCIATION OF MASSAGE THERAPISTS 18TH NATIONAL CONFERENCE 2007



## REGISTRATION FORM

Name

Company name

Address

Email  Contact number

AMT membership number

If you are not a member of AMT please indicate if you belong to one of the following associations:

AAMT ☐ ATMS ☐ ARM ☐

If you are registering as a student, what is the name of the college you are enrolled at?

### CEUs

You will be rewarded with 50 CEUs for each day of the conference you attend. ARM members will receive CPEs for attendance. AAMT members will receive PME for attendance.

### Registration fees

Your registration fee includes morning and afternoon teas and lunch. Prices include GST. The Conference dinner is not included in the registration fee. Please note that you can choose to attend any single day or two days of the conference, or you can attend all three days including the pre-conference Friday. Take advantage of our earlybird savings by completing your booking **before Friday 31 August**.

#### ONE-DAY REGISTRATION (please indicate which day you would like to attend)

Attending on:		Earlybird rate		After August 31		Student Rate	
Friday	<input type="radio"/>	\$180.00	<input type="radio"/>	\$190.00	<input type="radio"/>	\$120.00	<input type="radio"/>
Saturday	<input type="radio"/>	\$180.00	<input type="radio"/>	\$190.00	<input type="radio"/>	\$120.00	<input type="radio"/>
Sunday	<input type="radio"/>	\$180.00	<input type="radio"/>	\$190.00	<input type="radio"/>	\$120.00	<input type="radio"/>

#### TWO-DAY REGISTRATION (please indicate which day you would like to attend)

Attending on:		Earlybird rate		After August 31		Student Rate	
Friday & Saturday	<input type="radio"/>	\$320.00	<input type="radio"/>	\$360.00	<input type="radio"/>	\$240.00	<input type="radio"/>
Saturday & Sunday	<input type="radio"/>	\$320.00	<input type="radio"/>	\$360.00	<input type="radio"/>	\$240.00	<input type="radio"/>
Friday & Sunday	<input type="radio"/>	\$320.00	<input type="radio"/>	\$360.00	<input type="radio"/>	\$240.00	<input type="radio"/>

#### THREE-DAY REGISTRATION

Attending		Earlybird rate		After August 31		Student Rate	
All 3 days		\$480.00	<input type="radio"/>	\$520.00	<input type="radio"/>	\$360.00	<input type="radio"/>

Conference dinner ticket \$65.00 ☐

Extra dinner ticket \$65.00 ☐

**TOTAL: \$**

**Dietary requirements (please advise of any special dietary requirements and we will attempt to address these)**

Vegetarian ☐

Lactose Intolerant ☐

Gluten free ☐

## WORKSHOP PREFERENCES

### PRE-CONFERENCE WORKSHOPS (FRIDAY 26 OCTOBER)

Choose from one of the following:

Pregnancy Massage ☐

Work smart, not hard ☐

### CONFERENCE BREAKOUT WORKSHOPS

Please number your choice for each session in order of preference, beginning with 1 as your first choice.

#### Breakout Session 1 (Saturday morning)

- \_\_\_\_\_ Mediball Strength and Conditioning
- \_\_\_\_\_ Yoga on the beach
- \_\_\_\_\_ Feldenkrais
- \_\_\_\_\_ Zen Imagery Exercises
- \_\_\_\_\_ Managing the chronic pain client

#### Breakout Session 2 (Saturday afternoon)

- \_\_\_\_\_ Rhomboid Pain
- \_\_\_\_\_ Self care for the Massage Therapist
- \_\_\_\_\_ Meditation as a Tool for Health
- \_\_\_\_\_ Centre, Self and Other
- \_\_\_\_\_ Excessive pronation is a pain

#### Break out Session 3 (Sunday morning)

- \_\_\_\_\_ Rhomboid Pain
- \_\_\_\_\_ Self Care for the Massage Therapist
- \_\_\_\_\_ Mastering Life Balance
- \_\_\_\_\_ Effective de-Stressing Techniques
- \_\_\_\_\_ Excessive pronation is a pain

#### Breakout Session 4 (Sunday afternoon)

- \_\_\_\_\_ Mediball Strength and Conditioning
- \_\_\_\_\_ Yoga on the Beach
- \_\_\_\_\_ Mood and Food
- \_\_\_\_\_ Dry Needling Demonstration

## WORKSHOP ALLOCATION

Workshops are allocated on a first-come, first served basis. All attempts will be made to satisfy your request for preferences. If your first choice of workshop is not available would you like AMT to:

Choose your next available preference for you? ☐

Cancel your registration and refund your fee? ☐

**REGISTRATION CLOSES FRIDAY 19 OCTOBER 2007**

I have enclosed my cheque or money order (made out to AMT) OR please debit my Visa/Mastercard/Bankcard (for banking purposes circle correct one)

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Card Number:

Expiry Date: \_\_\_\_\_ / \_\_\_\_\_

Please return to:  
AMT  
PO Box 792 Newtown NSW 2042  
or fax 02 9517 9952

**OFFICE USE ONLY** Date received \_\_\_\_\_ Receipt no. issued \_\_\_\_\_

#### CANCELLATION POLICY

- Cancellation up to four weeks prior to close of registration – full refund
- Cancellation less than four weeks but more than two weeks prior to close of registration – less 15%
- Cancellation less than two weeks but more than one week prior to close of registration – less 25%
- Cancellation less than one week prior to close of registration – less 50%
- No refund will be given after the event



We have negotiated special AMT conference rates at the following hotels. They are all within a 10-minute walk of the conference venue. Please request the AMT conference rate when you make your booking.

## **THE SOFITEL**

### **81 Surf Parade Broadbeach**

The Conference venue has rooms available. You'll need to ask for the AMT conference rate when you book. Superior River View rooms are \$220.00 per night. Superior Ocean View rooms are \$260.00 per night.

To book your accommodation here, call the Sofitel on 1800 074 465 or download the booking form from the AMT website. Parking is \$10.00 per night for guests of the hotel.

## **MARDI GRAS APARTMENTS**

### **2755 Gold Coast Highway, Broadbeach**

One-bedroom apartments are \$320 for a 4-night stay or \$120.00 per night. Two-bedroom apartments are \$420 for a 4-night stay (sleeps 4 people with capacity for 2 extra).

Call 07 5531 7522 or visit [www.mardigrasapartments.com](http://www.mardigrasapartments.com) for more information.

## **QUEENSLEIGH APARTMENTS**

### **Cnr Old Burleigh Rd & Queensland Avenue, Broadbeach**

Queensleigh Apartments have a 7-night rate of \$800.00 for two-bedroom apartments that sleep 4 people, or a per night rate of \$120.00.

Call 07 5538 4831 or visit [www.queensleigh.com](http://www.queensleigh.com) for more information.

## **TRANSPORT**

There are regular shuttle services from Gold Coast (Coolangatta) airport, which is 20 kilometres from Broadbeach.

## **PACIFIC RESORT**

### **2 Albert Avenue, Broadbeach**

One-bedroom apartments are \$399 for a 3-night stay (sleeps 3, surcharges may apply). Two-bedroom apartments are \$490 for a 3-night stay (sleeps maximum of 5, surcharges may apply).

Call 1800 301 873 or visit [www.pacificresort.com.au](http://www.pacificresort.com.au) for more information.

## **THE WAVE RESORT**

### **89 - 91 Surf Parade, Broadbeach**

One-bedroom apartments are \$189.00 per night based on a 3-night minimum stay (sleeps two). Two-bedroom apartments are \$247.50 per night based on a 3 night minimum stay (sleeps 4). Three-bedroom apartments are \$279 per night based on a 3 night minimum stay (sleeps 6).

Call 07 5555 9200 or visit [www.thewavesresort.net.au](http://www.thewavesresort.net.au)

## **BELLE MAISON**

### **129 Surf Parade, Broadbeach**

One-bedroom apartments are \$145 per night (sleeps 2). Two-bedroom apartments are \$185 per night (sleeps 4).

Call 07 5570 9200 or visit [www.bellemaison.com.au](http://www.bellemaison.com.au)