

Australian tour

Robert Libbey

Ligamentous Articular Strain Techniques (LAST)

These interactive workshops will provide massage therapists with evidence-informed research supporting Ligamentous Articular Strain Techniques (LAST). The workshops combine demonstration with hands-on practical application and feedback.

These courses have been developed for therapists who:

- would like a better understanding of how the ligamentous/articular/membranous connections communicate with the CNS and influence dysfunctions of their patients
- are interested in broadening their treatment techniques
- want to challenge their perceptions and change how they communicate with patients
- are looking to include mechanoreceptor specific techniques in their treatment
- are interested in incorporating research into their practice

Together we'll look at integrating the biopsychosocial model in practice and apply it to common ligamentous articular dysfunctions. Let's start positively cultivating body awareness, improve functional positioning, and promote strength, durability and adaptability.

Not only will you walk away thinking and communicating differently with your patients but you will also learn strategic manual mechanoreceptor techniques focused on changing neurofascial dysfunctions of the ligamentous articular structures. Clinicians will also learn Ligament Pain Referral Patterns supported by the neurophysiological model for referred pain.

35 CEUs per day

2-Day Workshop:
Lower body
(hip, pelvis, knee,
leg and foot)

GOLD COAST
6 – 7 OCTOBER

Ultima Conference Centre
20 Stuart Street
Tweed Heads
9.00am – 5.00pm
(NSW time)

2-Day Workshop:
Lower body
(hip, pelvis, knee,
leg and foot)

PERTH
20 – 21 OCTOBER

The Boulevard Centre
99 The Boulevard
Floreat
9.00am – 5.00pm

2-Day Workshop:
Thorax, sternum
and abdomen

1-Day Option:
Elbow, forearm,
wrist

CANBERRA
27 – 29 OCTOBER

3 Oxley Street
Griffith
9.00am - 5.00pm



PO Box 826
Broadway NSW 2007
T: 02 9211 2441
F: 02 9211 2281
www.amt.org.au
info@amt.org.au
ABN 32 001 859 285
Established 1966

ABOUT THE PRESENTER



Robert Libbey graduated from the Canadian College of Massage and Hydrotherapy in 1994. As a faculty member at West Coast College of Massage Therapy, Robert served as a Senior Clinical Supervisor and instructed in the Orthopedic and Neurological Examination departments.

Robert has been studying, practising and enhancing Ligamentous Articular Strain Techniques (LAST) for over 20 years. He incorporates evidence-informed research pertaining to fascia, joint mechanics, arthoneurology, the neurophysiological model of referred pain and the biopsychosocial model for patient management into these courses.

Workshop descriptions

LIGAMENTOUS ARTICULAR STRAIN TECHNIQUES (LAST)

These interactive workshops combine demonstration with hands-on practical application and feedback. You will learn ligament pain referral patterns supported by the neurophysiological model for referred pain and will leave with the knowledge, skills and confidence to immediately integrate LAST into your clinical practice.

You should wear appropriate clothing to allow access to the areas being treated. Shorts, yoga pants and sports bras are suggested.

GOLD COAST AND PERTH

Lower body (Hip, Pelvis, Knee, Leg and Foot)

By the end of the workshop, you will be able to:

- specifically palpate the fascial/ligamentous structures of the hip, pelvis, knee, leg and foot
- identify dysfunctional neurofascial force-coupling patterns by specific motion testing
- reproduce in-class demonstrations of assessment and treatment techniques
- describe how referred pain occurs according to the neurophysiological model
- recognise the typical ligamentous pain referral patterns of the hip, pelvis, knee, leg and foot.

CANBERRA

Thorax, sternum and abdomen (2 days)

By the end of the workshop, you will be able to:

- specifically palpate the fascial/ligamentous structures of the thorax, sternum and abdomen
- identify dysfunctional neurofascial force-coupling patterns by specific motion testing
- reproduce in-class demonstrations of assessment and treatment techniques
- describe how referred pain occurs according to the neurophysiological model
- recognise the typical ligamentous pain referral patterns of the thorax, sternum and abdomen.

Elbow, forearm, wrist and hand (1 day)

By the end of the workshop, you will be able to:

- specifically palpate the fascial/ligamentous structures of the elbow, forearm, wrist and hand
- identify dysfunctional neurofascial force-coupling patterns by specific motion testing
- reproduce in-class demonstrations of assessment and treatment techniques
- describe how referred pain occurs according to the neurophysiological model
- recognise the typical ligamentous pain referral patterns of the elbow, forearm, wrist and hand.



Registration form

Name _____

Company name _____

Address _____

Email _____ Contact number _____

AMT membership number _____

Please indicate whether you can bring a massage table Yes No

Registration fees

Please indicate which workshop(s) you wish to attend

	Earlybird (before August 1)		After August 1	
	Non-member	AMT member	Non-member	AMT member
GOLD COAST 6-7 OCTOBER				
Hip, Pelvis, Knee, Leg and Foot	\$480.00	\$420.00	\$530.00	\$470.00
PERTH 20 – 21 OCTOBER				
Hip, Pelvis, Knee, Leg and Foot	\$480.00	\$420.00	\$530.00	\$470.00
CANBERRA 27 – 29 OCTOBER (one day option on 29 October)				
Thorax, sternum and abdomen (2 days)	\$480.00	\$420.00	\$530.00	\$470.00
Elbow, forearm, wrist and hand (1 day)	\$240.00	\$210.00	\$265.00	\$235.00
All three days	\$615.00	\$600.00	\$675.00	\$635.00
TOTAL WORKSHOP FEE				\$

Or register online with a credit card:

Online registration for
GOLD COAST

Online registration for
PERTH

Online registration for
CANBERRA



PO Box 826
Broadway NSW 2007
T: 02 9211 2441
F: 02 9211 2281
www.amt.org.au
info@amt.org.au
ABN 32 001 859 285
Established 1966

Payment information

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

Cardholder's Name: _____

Cardholder's Signature: _____

Card Number:

Expiry Date: _____ / _____ Card Verification Number
(3 digit number on back of card)

PLEASE NOTE AMT DOES NOT ACCEPT THIRD PARTY PAYMENTS.

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

CANCELLATION POLICY

- Cancellation before 11 August 2018 –
Full refund, minus a \$50 administration fee.
- Cancellation from 11 August to 17 September 2018 –
Refund minus a 25% cancellation fee.
- Cancellation from 17 September to 1 October 2018 –
Refund minus a 50% cancellation fee.
- Cancellation after 1 October 2018 –
no refund or credit can be given for no-shows after this date.

Please return to:
AMT
PO Box 826 Broadway NSW 2007
or email info@amt.org.au

OFFICE USE ONLY Date received _____ Receipt no. issued _____



PO Box 826
Broadway NSW 2007
T: 02 9211 2441
F: 02 9211 2281
www.amt.org.au
info@amt.org.au
ABN 32 001 859 285
Established 1966