

# **AMT Regional Mini Conference 2019**

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**Novotel Twin Waters Resort  
Sunshine Coast**

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**Friday 1 November - Saturday 2 November**

Join us on the stunning Queensland Sunshine Coast for AMT's friendly, intimate 2019 regional mini-conference, with a program of 2-day workshops.

# PROGRAM

## Friday 1 November

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<b>8.00AM</b>	Registration and welcome tea and coffee
<b>9.00AM</b>	Workshops commence
<b>10.30AM</b>	Morning tea
<b>11.00AM</b>	Workshops continue
<b>12.30PM</b>	Lunch
<b>1.30PM</b>	Workshops continue
<b>3.00PM</b>	Afternoon tea
<b>3.30PM</b>	Workshops continue
<b>5.00PM</b>	Program closes for the day

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## Saturday 2 November

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<b>9.00AM</b>	Workshops recommence
<b>10.30AM</b>	Morning tea
<b>11.00AM</b>	Workshops continue
<b>12.30PM</b>	Lunch
<b>1.30PM</b>	Workshops continue
<b>3.00PM</b>	Afternoon tea
<b>3.30PM</b>	Workshops continue
<b>5.00PM</b>	Program close
<b>6.30PM</b>	Conference dinner and celebration Be where there will be dancing

# ABOUT THE PRESENTERS



## **Jane Clare**

### Conference Workshop: Acute and sub-acute injuries

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Jane has been in practice as a sports and remedial Massage Therapist, and Sports Trainer since 1994 with a special interest in rugby league and martial arts. She has taught the Diploma of Remedial Massage at TAFE NSW and, more recently, at TAFE QLD since 1996. Her particular focus has been to raise the professional standing of Remedial Massage Therapy through training and education of massage students, and increasing community understanding of the role of remedial massage in healthcare and injury rehabilitation.



## **Robin Kerr**

### Conference Workshop: DermaNeuroModulating (DNM)

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Robin Kerr is an Australian-trained physiotherapist with 33 years of clinical experience. Her special interests lie in manual therapy and motion / exercise prescription. She also has a clinical interest in the pelvic floor and lumbo-pelvic dysfunction, and is heavily trained in biomechanics and gait lab running analysis. Over the last 20 years she has moved towards a focus on 3D motion and the use of DermaNeuroModulating (DNM) in the management of pain. She has been personally trained by the originator of DNM, Diane Jacobs, and is keen to see it enter the mainstream of manual therapy practice.



## Aran Bright

### Conference Workshop: Functional Release Technique

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Aran started his career as a massage therapist in 2002 after graduating from the Australian College of Natural Medicine in Queensland. In 2006, he completed his Diploma of Remedial Massage and, in 2007, his Bachelor of Health Science in Musculoskeletal Therapy. Aran has also graduated from University of Queensland with a Graduate Certificate of Sports Coaching, completed a Certificate IV in Fitness and an Advanced Diploma of Myotherapy. He currently runs his own businesses, Bright Health Training and Brisbane Workplace Massage, with his wife Sheree.

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# ABOUT THE CONFERENCE WORKSHOPS

## Acute and sub-acute injuries

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Presented by Jane Clare

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The focus of this highly interactive workshop will be assessment and treatment of common injuries, both on and off the sporting field. It will also include common types of back pain such as flare-ups of chronic conditions, facet joint versus disc injury, and often overlooked, garden-variety back muscle strains.

In a series of short practical sessions, we will use assessment tools to differentiate specific injuries and conditions from those with similar presentations. This will be an opportunity to refocus on the management of injuries from the point of initial injury through to full, functional rehabilitation.

On Day 2, a series of scenario-based case studies will provide a platform for participants to explore and share their processes for interviewing/intake, assessment and treatment planning. Templates / forms will be provided to record assessments, treatment and rehabilitation so it's an excellent choice for anyone who might struggle with documentation.

## DermaNeuroModulating

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Presented by Robin Kerr

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DermaNeuroModulating (DNM) is a manual therapy system developed by Canadian Physiotherapist Diane Jacobs for the treatment of pain. It is a structured, interactive approach that focuses on 'sensory rehabilitation' rather than the manipulation of 'mechanical tissue' via application of techniques that focus on the cutaneous nerves. Pain reduction is assumed to be due to positive changes in the nervous system. DNM techniques are slow, light, kind, intelligent, responsive and effective, and are increasingly considered to be an important part of the manual therapy of the future.

## Functional Release Technique

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Presented by Aran Bright

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With so many massage myths being busted, what does a modern approach to remedial massage actually look like? If trigger points aren't what we thought they were and fascia doesn't release in the way we thought it did, then what now?

There are some approaches to massage that are not new but sit well with a modern understanding of pain and function. This workshop will be focused on revisiting many standard remedial techniques such as trigger point therapy, myofascial release, joint mobilisation and mobility exercises, and rediscovering them from a modern biopsychosocial perspective. The workshop will be structured in a case study format to cover assessment and treatment.

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## Registration Fees

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### Pricing

#### Two day registration

Earlybird	\$430.00
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After August 14	\$480.00
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Student Rate	\$370.00
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Non-member	\$480.00
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## Conference Accommodation and Transport

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AMT has negotiated special room rates with Novotel Twin Waters Resort that includes breakfast.

To view room rates and book your accommodation, please complete the booking form <http://www.amt.org.au/downloads/conference/Accommodation-Booking-Form-2019.pdf> or call Twin Waters Resort on 07 5450 9591.

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

Airport transfers from Maroochydore Airport can be arranged through the hotel's Discovery Desk at your own expense. To book, please call 07 5450 9569 or email [info@exploresunshinecoast.com](mailto:info@exploresunshinecoast.com)

## Parking

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Novotel Twin Waters Resort is pleased to offer complimentary car parking to all in house guests and conference delegates. The Resort does not accept liability for any loss or damage incurred to any vehicle at any time. Patrons wishing to use the resort's car parking facilities do so at their own risk.

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**amt.org.au**