

Elevating

NATIONAL MYOTHERAPY CONFERENCE 2023

MYOTHERAPY

PRESENTATION OVERVIEW

Keynote Speaker

Mr Jay Shah

Physiatrist and Clinical Investigator

Presentation Time: 11:30am | Presentation Duration: 1.5hours approx.

Attendees in my thought-provoking and clinically impactful lecture will elevate their game as, together, we shall explore and examine the dynamic and pivotal roles that myofascial trigger points (MTrPs), sensitization, limbic system dysfunction and associated objective/quantitative physical findings play in the management of chronic myofascial pain syndrome (MPS).



An important dichotomy in the literature is whether the MTrP is the Cause or Effect? – “Chicken or the Egg?” – of chronic MPS. The emerging research in basic and clinical neurosciences answers this critical question and informs innovative directions in the assessment and treatment of MPS. Fascinating translational neuroscience research will help you reach your pinnacle of success as a practitioner. In fact, it will forge your clinical reasoning skills and empower your practice as you learn to elucidate the underlying mechanisms of your clients’ chronic pain and apply non-pharmacologic treatments that target those mechanisms. This lecture will be a truly elevating and fulfilling experience for you and your clients!

According to Simons’ Integrated Hypothesis, MTrPs are the primary source of nociception (cause) in MPS and are initiated by a local injury to the muscle, either acute or chronic, leading to dysfunctional motor endplates and local muscle contracture. However, emerging research suggests that neurogenic mechanisms play a foundational role in the formation of MTrPs and MPS without the need for direct local injury to the muscle.

Accordingly, the Neurogenic Hypothesis proposes that the clinical manifestations of MPS are initiated, amplified and perpetuated by central sensitization and neurogenic inflammation, in the absence of mechanical injury to the muscle. Notably and significantly, MTrPs may form secondary to central sensitization (effect), evoked by persistent nociceptive input from a distinct primary pathologic source (i.e., somatic and/or visceral) in the common neuromeric field and/or secondary to dysfunctional descending pain modulation.

Novel animal model and clinical research demonstrates strong neuro-inflammatory responses in neuro-segmentally linked muscles and joint cartilage. Our group’s intriguing findings will inspire and empower you by greatly enhancing your understanding of the underlying neuro-inflammatory, neuro-segmental mechanisms in muscle, and help you identify the potential physiologic mechanisms contributing to the dynamic clinical manifestations of chronic MPS that you encounter in your daily practice. Most importantly, they have profound implications for the management and optimization of your clients’ clinical outcomes.

My promise – this lecture will help you and your clients soar to new heights – a truly transformative experience!

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Mr Wayne Rodgers

Sports & Exercise Physiotherapist

Presentation Time: 9:30am | Presentation Duration: 45mins approx.

Shoulder Rehab - Taken to the Next Level

Looking to restore your shoulder rehabilitation clients to 100% functional capacity?

In this cutting-edge presentation you will explore the latest evidence regarding the utilisation of exercise in the management of shoulder dysfunctions. Shoulder exercise prescription is simplified for a wide spectrum of clients by taking a 5-phase approach to progressive resistance training.

Elevate Conference Exclusive Offer: All attendees will be able to view detailed narrated videos of all the exercises taught in this presentation complimentary online for 4 weeks after the event.



Mrs Courtney Nance

Pelvic Health Physiotherapist

Presentation Time: 10:15am | Presentation Duration: 45mins approx.

The pelvic floor: the missing link to elevate your practice

We often assume pelvic floor dysfunction only occurs in women who have had children. You may be surprised to learn just how common pelvic floor issues like incontinence are, even in young, active women without children.

In this presentation, Courtney will be discussing the anatomy and function of the pelvic floor muscles, often overlooked in anatomy courses, and their close relationship to the hip and core. She will also reveal how pelvic floor issues are linked to common musculoskeletal presentations, particularly lumbopelvic pain.

You will walk away with the confidence to screen for pelvic floor symptoms and collaborate with pelvic health physiotherapists.

By addressing the pelvic floor, you may just find the missing link to elevate your patient outcomes to the next level.



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Mr Paul McMann

Wellness Educator & Therapist

Presentation Time: 2:00pm | Presentation Duration: 30mins approx.

Mindfulness & Meditation techniques can elevate your practice and your life.

Paul will take a dive into the latest research supporting the use of mindfulness and meditation, for both you and your clients.

The session will investigate the neuroscience behind how these powerful techniques positively affect your nervous and endocrine systems.

Mindfulness & meditation practices can elevate your professional life, supporting you to be an even better practitioner, while helping you to live a healthier, happier, and more deeply fulfilling life.



Mr Bodine Ledden

Soft Tissue Therapist & Snr Educator

Presentation Time: 2:30pm | Presentation Duration: 45mins approx.

Exploring Femoroacetabular Impingement Syndrome

Accurate physical assessment and patient education should be a key focus when managing hip and groin pain presentations in clinical practice.

To do this well, we must first fully understand the pathological entity of Femoroacetabular impingement syndrome (FAIS).

This presentation aims to elevate participants understanding of FAIS, while providing the most up to date, evidence informed approach to physical assessment, manual therapy treatment and exercise interventions.

Participants will be guided through the pathoetiology, incidence, key signs & symptoms and associated intra-articular pathologies while exploring the complexities of a pain experience.

Participants will also be guided through demonstrations on the physical assessment for FAI that will help to differentiate FAI from other hip and groin related presentations.



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Ms Joanne Elphinston

Wellness Educator & Therapist

Presentation Time: 3:50pm | Presentation Duration: 45mins approx.

Step Off the Merry Go Round: Rethinking Repetitive Soft Tissue Presentations.



You know the patient – every time you see them, they come with the same old pattern of muscle pain or tightness.

Is it inevitable?

Many repetitive soft tissue presentations have their fundamental roots in how the patient uses themselves, which helps us to answer the key question: why is this structure under pressure? In this presentation, we will be looking at a number of JEMSO concepts that offer fresh insight into the effects of movement habits, embodiment and beliefs on how those neuromuscular patterns show up.

Elevate your practice using simple but powerful cues which complement your soft tissue treatments and transform your patient's experience without complex exercise programmes, as you help them to discover new movement possibilities.

Elevate Conference Exclusive Offer: Joannes most recent book, “The Power and the Grace: A Professional’s Guide to Ease and Efficiency in Functional Movement”, is available with a 12% exclusive to day delegates.

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CONFERENCE PROGRAM

Session

8.30am | Registrations & Exhibitor Hall Opens

8.50am | Welcome

Erin Baker & Tessa Verrier

Guided welcome, meditation and mindfulness session

Paul McCann

9:30 | Wayne Rodgers

Sports & Exercise Physiotherapist

Specific shoulder pathology and a comprehensive approach to assessment and management of rehabilitation.



10:15 | Courtney Nance

Pelvic Health Physiotherapist

The pelvic floor: the missing link to elevate your practice.



Q & A Session - With Wayne Rodgers & Courtney Nance

Morning Tea Break

11:30 | Jay Shah

Physiatrist and Clinical Investigator

Sharing fascinating and impactful knowledge emerging from the basic and clinical pain sciences, helping clinicians to elevate their evaluation and management approaches to musculoskeletal pain and dysfunction.



Q & A Session - With Jay Shah, moderated by Erin Baker

Lunch Break

2:00 | Paul McMann

Wellness educator & therapist

Mindfulness & Meditation techniques can elevate your practice and your life.



2:30 | Bodine Ledden

Soft Tissue Therapist & Snr Educator

Exploring Femoroacetabular Impingement Syndrome



Q & A Session - With Paul McCann and Bodine Ledden

Afternoon Tea Break

3:50 | Joanne Elphinston

Physiotherapist & Performance Coach

Step Off the Merry Go Round: Rethinking Repetitive Soft Tissue Presentations.



Q & A Session - With Joanne Elphinston & entire speaker lineup, moderated by Erin Baker

4:45pm | Formalities and Close

Erin Baker and Tessa Verrier

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