

# Knowledge is Power

## Stand Out From the Crowd

#maconf2020



## MA National Conference May 17, 2020 William Angliss Conference Centre

| Time     | Session   | Speaker           |
|----------|---|-------------------|
| 8:00 AM  | REGISTRATIONS OPEN / EXHIBITORS   |                   |
| 8:45 AM  | Welcome   |                   |
| 9:00 AM  | KEYNOTE 1   | Dr. Tasha Stanton |
|          | <b>New insights from pain science that will change the way you think about pain.</b><br>All of our lives we have been taught that how much something hurts tells us how injured we are. But even at the most basic level of processing, this notion is inaccurate. My talk will explore new insights from pain science that compel us to think differently about pain, and critically, approach the treatment of our patients in pain in a new way. |                   |
| 10:15 AM | Morning Tea / Exhibitors Hall   |                   |
| 10:45 AM | Toni Moynihan Award and Presentation  |                   |
| 10:55 AM | Premium Partner   |                   |
| 11:00 AM | KEYNOTE 2   | Jodie Dakic       |
|          | <b>A 'silent epidemic' we should not ignore - the impact of pelvic floor disorders on exercise in women.</b><br>Pelvic floor disorders are highly prevalent, and have a large impact on exercise participation and performance in women of all ages. Are women seeking help for these conditions? What is our role as health professionals working with exercising women with these conditions?   |                   |
| 12.20PM  |   | Nathan McKeown    |
|          | <b>Enhancing practice with clinical reasoning models - Knowledge is power.</b><br>Explores different clinical reasoning paradigms/methodologies including: Treatment philosophy to physiology, psychology to bio-mechanics, looking at what works to what doesn't, and critically review the evidence we use in a Myotherapy context.   |                   |
| 1:30 PM  | Lunch / Exhibitors Hall   |                   |
| 2:20 PM  | Premium Partner   |                   |
| 2:25 PM  | Door Prizes / Sponsor Presentation  |                   |
| 2:30 PM  | KEYNOTE 4   | Wayne Rodgers     |
|          | <b>Exercise essentials for improving motor control and athletic performance.</b><br>This presentation studies 8 essential elements of motor control which should be considered when returning a client to full function.  |                   |
| 3:45 PM  | Afternoon Tea / Exhibitors Hall   |                   |
| 4.15PM   | KEYNOTE 5   | Dr. Ebonie Rio    |
|          | <b>Chronic knee pain: neuroscience meets exercise for pain relief</b><br>An investigation into exercise combined with neuroscience techniques such as using virtual reality glasses to provide the brain different information about movement in the hope to make exercise more enjoyable and effective.  |                   |
| 5:30 PM  | Closing comments  |                   |

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