

# Advanced Diploma of Myotherapy

## Become a Myotherapist

The Advanced Diploma of Myotherapy gives you the opportunity of further enhancing the clinical and treatment skills attained at the Diploma of Remedial Massage level.

Additional to the remedial massage skills learnt in the Diploma, the Myotherapy student uses treatment regimes and clinical orthopaedic assessments to enhance the overall treatment plan.

Subjects such as myofascial dry needling, therapeutic exercise prescription, nutrition, electrotherapy and business management subjects increase the skills of the remedial therapist. The course emphasises the assessment and treatment of myofascial dysfunction.

Myotherapists use a range of treatment techniques with the aim of restoring and maintaining the integrity of soft tissue.

The graduate of the Advanced Diploma of Myotherapy would expect to work in a multi-disciplinary clinic environment.

The Myotherapy career pathways are endless!

The Advanced Diploma of Myotherapy is made up of twelve stand alone subjects. The pre requisite for this course is a Diploma of Remedial Massage\*.



## SUBJECTS

The subjects consist of:

- » Myofascial Dry Needling
- » Myotherapeutic Palpation Review
- » Myotherapy Clinical Assessment
- » Nutrition
- » Myotherapy Treatment Protocols
- » Myotherapy Practices & Principles
- » Mobilising Techniques
- » Muscle Energy Technique
- » Electrotherapeutic Modalities
- » Exercise Prescription & Rehabilitation
- » Myotherapy Business Protocols
- » Research Methods

## CLASS TIMES

The Advanced Diploma modules are available fulltime with a course duration of 10 months.

## Funding

Skills First funding is available for eligible students. Full time study is Austudy/ Abstudy/ Youth Allowance approved. (This training is delivered with Victorian & Commonwealth Government funding).

Upon completion of all of the units of competency you will be awarded the Advanced Diploma of Myotherapy (22316VIC) qualification.

\*Entrants to the 22316VIC Advanced Diploma of Myotherapy must provide evidence they have completed the Diploma of Remedial Massage HLT50307 or HLT52015.

## SUBJECT OUTLINE

### Myofascial Clinical Assessment (MCA)

This unit further develops the practitioner's soft tissue assessment skills ensuring that all assessment and treatment protocols reflect a comprehensive range of testing to isolate the client's dysfunction.

### Myotherapy Palpation Review (MPR)

This subject reviews the structures of the body so that enhanced palpation skills are utilized to ensure specific soft tissue dysfunctions are identified and appropriate myotherapy protocols determined.

### Nutrition (N)

This detailed subject covers important concepts relating to how the human organism interacts with its food. There is an emphasis on nutritional assessment, dietary problems and special dietary needs. The subject also covers nutrition for athletic performance and a range of nutritional conditions.

### Research Methods (RM)

Research is the hallmark of a professional industry. In this subject the student will evaluate relevant research information and apply their findings to a myotherapy clinical practice.

### Electrotherapeutic Modalities (EM)

This subject focuses on the understanding and appropriate use of electrotherapy modalities. The two main modalities cover both the electromagnetic and acoustic methods. The student will use transcutaneous electro nerve stimulators and muscle stimulators. Students will have a thorough understanding of pain and the benefits of electrotherapy in treatment.

### Exercise Prescription and Rehabilitation (EPAR)

The student will learn a range of specific exercises to address a client's condition. With a thorough knowledge of anatomy, physiology and specialized knowledge of various pathologies, mechanisms of injury and tissue healing, the student will be able to establish exercise rehabilitation protocols.

### Myofascial Dry Needling & Infection Control (MDN)

Based on the work of Travell & Simmons, myofascial dry needling involves the insertion of needles to de-activate myofascial trigger points, alleviate pain and increase range of movement. There is also a strong emphasis on infection control. This unit is based on trigger points and should not be confused with acupuncture.

### Muscle Energy Technique (MET)

The use of "Hold/Relax/Strain & Counterstrain" stretches to bring about correction of spinal deviations.

### Mobilising Techniques (MOB)

Enables students to extend the effectiveness of their treatment through the use of techniques which facilitate access to and loosening of deeper soft tissues.

### Myotherapy Business Protocol (MBP)

This unit covers business planning, budgeting, leadership in the workplace and strategic management. It gives the student a much deeper understanding and appreciation of business practices.

### Myotherapy Principles & Protocols (MPP)

Provides the skills and knowledge that enables the student to work effectively within a myotherapy framework and to review and advance the essential principles of assessment & treatment learnt from the Diploma of Remedial Massage.

### Myotherapy Treatment Practices (MTP)

Enabling students to integrate the knowledge and skills they have learnt throughout the course to transition into the profession of Myotherapy.

## CAREER OPPORTUNITIES

Myotherapists generally work in:

- Private Practice
- Multi disciplinary Clinics
- Allied Health
- Elite Sporting Teams

MIMT reserves the right to: amend or change any of its prices, courses, terms, conditions and policies; Accept, reject or defer any application or student; Reschedule courses for whatever reason. People with disabilities are encouraged to apply.



**Australian College of Health Fitness  
trading as Melbourne Institute of  
Massage & Myotherapy**

**a:** 68 Mount Street, Heidelberg, VIC, 3084  
1/18 Station Street, Moorabbin, VIC, 3189

**p:** 1300 839 839

**w:** [www.mimt.edu.au](http://www.mimt.edu.au)

RTO TOID: 21906