

22316VIC

ADVANCED DIPLOMA OF MYOTHERAPY

ADV

Become a Myotherapist



MYOTHERAPISTS ASSESS AND PHYSICALLY TREAT MYOFASCIAL PAIN, INJURY AND DYSFUNCTION AFFECTING MOVEMENT AND MOBILITY.

Myotherapy is a manual therapy used to assess and holistically treat muscular, bone, connective tissue and nervous system concerns. In addition to hands on treatment, a Myotherapist prescribe rehabilitation plans and give other advice to treat or manage a client's condition.

Building on the skills and knowledge you have gained as a Remedial Massage Therapist, the 22316VIC Advanced Diploma of Myotherapy will focus on relieving joint and muscle pain through manual and natural techniques, such as remedial massage, trigger-point therapy, dry needle application and the use of cold and heat packs. The course identifies and targets specific areas of myofascial pain which contribute to loss of mobility and range of movement. A Myotherapist works to relieve strained muscles, strengthen weaker areas and correct physical behaviours such as bad posture.

Upon successful completion of the qualification, students can register and take out insurance with Massage Myotherapy Australia, Massage Australia, or another registration body.

Career Outcomes

- › Self-employed private clinic with or without provision for health fund rebates
- › Integrative health care facilities – working with Allied Health Professionals
- › Complementary or medical service providing injury management & rehabilitation
- › Hospital
- › Local, national & international sports therapist and with athletes competing at all levels
- › Business & corporate sector

Key Areas of Study

The 22316VIC Advanced Diploma of Myotherapy explores a wide range of skills and treatment methods to facilitate a wide range of client treatment options:

- › Corrective exercise
- › Cupping
- › TENS
- › Nutrition
- › Dry needling
- › Myofascial treatment methods
- › Pathologies and treatment strategies
- › Function and movement assessment methods
- › Business management skills, enabling you to manage staff in your own Myotherapy Clinic

Clinical Experience

Students are required to complete 200 hours of Myotherapy treatment sessions in a clinical environment. VFA Learning has structured the 200 hours as follows:

- › 150 supervised
- › 50 non-supervised

VFA has a fully functional clinic that provide services to the public to accommodate clinical hours. Due to the fact that clinical hours need to be supervised by a qualified Trainer and Assessor, all supervised clinical hours will occur at the academy.



**MASSAGE
THERAPY**

FIND OUT MORE
Call us today on 1300 304 329
vfalearning.vic.edu.au

**LIVE YOUR
PASSION**

Course Overview

22316VIC ADVANCED DIPLOMA OF MYOTHERAPY

Training Package - Current

Duration: 12 Months - Full Time

Each week of training, students will complete:

- > 1 day per week (9am - 5pm) of classroom-based training
- > 1 day per week of supervised clinic hours
- > 1 day per week of self-directed learning

Students can also expect self-directed studies and practical experience on the remaining days of the week to reinforce skills.

Intake: TBA

Delivery Methods: Face-to-Face / Classroom-based with large practical element / Practical Workplace Experience / Self-Directed Learning

Assessment Methods: Written Questions / Quizzes / Assessor Observations / Case Studies / Assignment Project / Report / Treatment Logbook Work Sample / Scenarios / Role Plays / Oral Questioning / Interviews

Delivery Mode: On-Campus

Entry Requirements: Evidence of successful completion of HLT52015/HLT50307 Diploma of Remedial Massage, successful completion of VFA Learning Pre-Training Review and approved Language, Literacy and Numeracy Test (LLN).

To view student entry procedure of this course, go to www.vfalearning.vic.edu.au

Payment Options: Payment Plans are available through Debit Success

ON COMPLETION OF THE ADVANCED DIPLOMA OF MYOTHERAPY YOU ARE ELIGIBLE TO APPLY FOR MEMBERSHIPS WITH SEVERAL MASSAGE AND MYOTHERAPY ASSOCIATIONS

**GOVERNMENT
FUNDING
AVAILABLE**



**ASSOCIATION
RECOGNITION**



Aboriginal and Torres Strait Islander students as well as students from culturally and linguistically diverse backgrounds are encouraged to apply.

Units of Competency

Myotherapy Assessment

VU21875	Work within a Myotherapy framework
VU21876	Perform Myotherapy clinical assessment
VU21877	Plan Myotherapy treatment strategy

Myotherapy Treatment

VU21878	Provide Myotherapy treatment
VU21879	Provide myofascial dry needling treatment
VU21874	Manage health risks in a Myotherapy environment

Business Management

VU21873	Establish and manage a Myotherapy practice
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Business Management

VU21880	Conduct research relating to Myotherapy clinical practice
CHCCOM002	Use communication to build relationships

Educational Pathways

Myotherapist can choose to do further study in the areas of physiotherapy, chiropractic, occupational therapy, chronic pain speciality, osteopathy and exercise physiology.



This training will be delivered by Victoria Fitness Academy T/A VFA Learning RTO 22360. This training may be delivered with Victorian and Commonwealth with Victorian and Commonwealth Government Funding to eligible individuals. People with disabilities are encouraged to apply.