

Soft Tissue Conference

2009

The **Soft Tissue** conference focus's on the assessment and treatment of musculoskeletal disorders and integrating our health professions to enhance a best practice treatment model.

Sponsored by:



Date

29th and 30th of August 2009

Venue:

Rydges Hotel, Cronulla, Sydney

Investment:

\$380 for both days (GST included)
\$330 for students

Morning and afternoon tea provided.

Conference Time Table

Day 1—Saturday 29th August

8.30	Welcome and Registration	Jimmy Barker
9.00	Keynote Speaker	Kingsley Gibson
	Rehabilitation protocols for Osteitis Pubis	
10.00	STT for optimum pelvic stability	Andrew Curry
11.00	Morning Tea (provided)	
11.30	Techniques for Osteitis Pubis	Brad Hiskins
12.30	Lunch (self directed)	
1.30	MDN for the pelvic region	Stewart Condie
2.30	Pelvic Strength	Rod Lindsell
3.30	Afternoon Tea (provided)	
3.45	Working with Elite Sporting Teams	Matt Young
4.30	Close	

Conference Time Table

Day 2—Sunday 30th August

9.00	Osteitis Pubis Assessment	Dr Tom Cross
10.00	Running Mechanics	Lex Anderson
11.00	Morning Tea (Provided)	
11.30	Pelvic Stability Practical	Trish Wisbey Roth
1.00	Lunch (self directed)	
2.00	Optimal Pelvic Function Practical	Andrew Curry
3.00	Afternoon Tea and prizes	
3.30	Close	

Accommodation

Rydges Hotel

20-26 The Kingsway Cronulla,

NSW 2230

(02) 9527 3100

Mention the Soft Tissue Conference for a discount!

Dr Tom Cross Dr Tom cross is one of the most respected Sports Physicians in Australia. He has been assistant team doctor for numerous sporting teams including the Sydney Swans and currently serves with the NSW Waratahs. Tom is a medical reviewer for the British Journal of Sports Medicine and in 2004 published ground breaking studies on MRI investigation into acute quadriceps and hamstring strains. Tom Currently practices in Sydney in two Sports Medicine and Orthopaedic centres. His broad knowledge of sporting musculoskeletal injuries sees him in demand as a presenter and Physician.

Brad Hiskins With 11 years experience at the Australian Institute of Sport and four Olympic Games, two Commonwealth Games and 14 World Champion ships for numerous sports, Brad is an experienced campaigner in sports SIT. Brad was the Head of Service for the Athens and Beijing Olympic Games, and the founder of the Soft Tissue Therapy website. Brad focuses his presentation on the practical application of techniques specifically utilised for Osteitis Pubis pain. This technique can be utilised for numerous other pelvic presentations.

Kingsley Gibson Kingsley has been appointed as a Sports Physio with numerous representative and elite sporting teams and was a member of the Australian Sports Physiotherapy team for the 2006 Commonwealth Games and 2008 Olympic Games. Kingsley has spent 6 years lecturing on core stability for the NSW Institute of Sport and is a current partner of Sydney Sports medicine Clinic. Kingsley has a wealth of experience in the sporting arena and brings his expertise on current sports rehab of the pelvis.

James Barker James graduated from CIT 5 years ago and has been working in clinical practice since then. James is hosting the 2009 Soft Tissue Conference and has organized this years presentations. James practices in Canberra at Clinic 88, with a particular interest in running related injuries.

Stewart Condie Stewart completed his initial training in Geelong in 1996 as a Remedial Massage Therapist and his since gone on to complete his Myotherapy training at RMIT. Stewart was the Program Coordinator of Complementary Therapies until 2009. Stewart has also completed his Acupuncture degree and practices and teaches Dry Needling. Stewart has a special interest in the current educational standards of massage therapy (Competency Based) and also has a Post Graduate Education Qualification.

Rod Lindsell Rod holds tertiary qualifications in exercise science, coaching and massage therapy. He has over 10 years experience as a strength & conditioning coach working with elite athletes including a 4-year term at the Australian Institute of Sport. Rod's has spent the past 5 years as Strength & Conditioning Coach & Rehabilitation Coordinator at Brumbies Rugby. Rod is also the designer and director of Pro Conditioning Exercise Software.

Lex Anderson Lex Anderson is heavily involved with biomechanics of running and dysfunction of the gait cycle. Lex has served with the ACT Academy of sport for many years and has also been involved with coordinating fitness and conditioning for elite sporting teams such as the ACT Brumbies and Canberra Raiders. Lex currently runs his own business dealing with biomechanics of running and ultimately injury prevention. Lex has a strong history as a strength and conditioning coach and is one of a select few specializing in this area

Andrew Curry Andrew studied at the CIT in Canberra before setting up in private practice in Goulburn in 2001. During this time he has also worked at the Australian Institute of Sport, and traveled with AIS swimming and the Australian Rowing team, prior to the Athens Olympics in 2004. In 2006/2007 he studied to be a Pilates Instructor. He integrates Pilates with his Soft Tissue Therapy practice. This combination provides clients with great treatment options to more effectively treat their musculoskeletal problems. Andrew's broad base of knowledge has recently been utilised to offer injury prevention programs for companies looking to prevent injury in the workplace. He has a special interest in anatomy and feels that continued learning in this field improves his practice.

Trish Wisbey-Roth Trish Wisbey-Roth is a Sports Physiotherapist in private practice with a special interest in the management of spinal conditions. She is the Founder and Director of Bounce back Active Rehabilitation Exercise Systems, a treatment approach used throughout Australia for clients with various forms of spinal pathology. Trish served as a member of the Sports Physiotherapy team at the Sydney 2000 Olympics. Trish is a sought after speaker within the rehabilitative setting and with years of experience will present on pelvic and spinal stability.

Matt Young Matt Young is the current Soft Tissue Therapist with the Brisbane Lions. Matt went to the Athens Olympics with Australian Rowing team and spent many years with the Wallabies as their Soft Tissue Therapist. Matt also has worked with the Queensland Reds as their head Soft Tissue Therapist. Matt will give you an insight into what it takes to work with an elite sporting team as part of the health support staff. Matt will look at dealing with the players, injury protocol and liaising with medical staff.

The Soft Tissue Conference is a first in best dressed conference. Hence get your registrations in quickly to secure your spot—only 80 available!

The Soft Tissue Conference provides expert speakers on musculoskeletal conditions, assessment procedures, treatment options and working with elite sport.

This years presenters are the best in sports physical therapy with decades of experience in elite and professional sport.

We hope to see you there.