

*12th Annual*  
**SOFT TISSUE THERAPY**  
**CONFERENCE** .com.au

**2018 Soft Tissue Therapy  
Conference**



**October 12<sup>th</sup>-14<sup>th</sup>, 2018**

**Tradies Club, Gymea, Sydney**

*Clinic 88*  
*ABN 50 108 098 540*  
*Register [here](#)*



***Be Challenged***

***Be Inspired***

***Be Better***

*Soft Tissue Therapy Conference has always been dedicated to bringing the new, the cutting edge, the topical and the best.*

*We are very excited to achieve this goal in what looks to be the most exciting conference to date.*

*Looking forward to seeing you there.*

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Friday 12<sup>th</sup> October

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12.00 Midday

Registration Open

12.45 Welcome

Special Guest

1.00 - 5.00pm

Dan Fitzpatrick

Mobilisation of the foot.  
An afternoon of anatomy, pathology  
and mobilisation of the foot

5.00 – 6.00pm

Break

6.00 – 8.00pm

Brad Hiskins

*The best model for the sports medicine  
team? Where do we all fit in? Can we  
replicate this in general health?*

*Drinks and nibbles throughout.*

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Saturday 13th October

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9.00 – 10.30am

Dr Roy Sugarman

*The rise of Chronic Pain. It's aetiology and treatment considerations*

10.45 – 11.45am

Andrew Curry

*Assessing stability using Pilates*

11.45 – 12.45pm

Mark Rasmussen

*The Squat Technique.*

*What is perfect and how do we use this clinically.*

1.30 v- 5.00pm

Jeff Murray

*MET of the Lumbar and Sacral Spine*

6.30pm

Dinner

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Sunday 14<sup>th</sup> October

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8.30 – 9.30am

Dr Wilson Lo

*When to use Cortisone.*

9.30 – 10.30am

Dr Ebonie Rio

*Juvenile tendon assessment and treatment*

11.00 – 12.00pm

Dr Ebonie Rio

*Tendon Neuro Plastic Training. Training The brain.*

12.45 – 2.45pm

Dr Ebonie Rio

*How to treat a tendon*

2.45pm

Closing Remarks

*Safe Travels home.*

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All registration through [www.softtisuetherapyconference.com.au](http://www.softtisuetherapyconference.com.au)

Full Fee	\$545 Inc. GST
Early Bird	\$475 Inc. GST
Students	\$345 Inc. GST
Clinic (3 minimum)	\$425 Inc. GST per individual

In an endeavour to make this conference accessible for those who must travel long distances we also offer :

NZ participants	\$345 Inc. GST
Interstate (Outside NSW - not Inc ACT)	\$475 Inc. GST
Dinner (Saturday night)	\$42

Drinks and nibbles on Friday night are complimentary. Just bring your wit, your discussion and your smile.



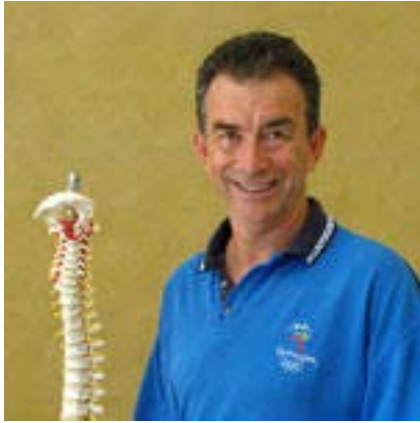
# Dr Ebonie Rio

## *Physiotherapist*

Ebonie is a post doc researcher at La Trobe University and has completed her Phd in tendon pain, Masters Sports Phys, Ba. Phys (hons) and Ba. App Sci.

Her research has been awarded Victorian Fresh Scientist of the year 2015, ASICS SMA Best New Investigator 2004, 2013 & 2014 in Clinical Sports Medicine, best clinical science Pain Adelaide 2013, BJSM young investigator Best Clinical Paper 2014 and the Professor Mollie Holman medal for the best thesis of the faculty of Medicine, Nursing and Health Sciences Monash University 2015 and the ECR best paper 2015.

Her clinical career has included Australian Institute of Sport, Australian Ballet Company, Australian Ballet School, Melbourne Heart football club, Alphington Sports Medicine Centre, Victorian Institute of Sport, Commonwealth Games 2006, 2010 Vancouver Winter Olympics, 2010 Singapore Youth Olympics, 2012 London Paralympics, 18 months travelling with Disney's The Lion King stage show (Melbourne and Shanghai tour) and she was awarded the Post-Graduate Scholarship at the AIS (2007).



# Jeff Murray

## *Soft Tissue Therapist*

Jeff manages his busy private practice in Tweed Heads, New South Wales, Australia. He currently teaches at Kingscliff TAFE, teaching remedial and sports massage in the Diploma of Health Science Department.

Jeff spent over 20 years integrating The Treatment of Pain™; also known as Onsen Muscle Therapy® or Onsen Therapy™ into his practice. He was a RMT specialising in finding the source of pain in world class athletes. He helped many athletes prevent injuries by using Onsen® which took them out of pain that occurred often prior or during the middle or end of an event when no one else could. He used these same Onsen® tools with his chronic pain clients to alleviate their pain quickly since the Developer, Rich Phaigh taught the Treatment of Pain courses in Australia in 1992.

Jeff was promoted in 2009 to Dean of Onsen International® for Australia after he graduated as their Certified Onsen Techniques Therapist/ Instructor/ Examiner and Instructor Examiner™





# Dan Fitzpatrick

## *Podiatrist*

Dan is a qualified podiatrist (BappSc (Pod) M.A.Pod A.) in 2002 at the University of Western Sydney

Dan came across Foot Mobilisation Therapy in 2004 after deciding he had his last argument with a woman about shoes. High fashion and orthotics are not a good mix—orthotics are too restrictive to use with most female footwear. In desperation Dan went looking for other therapies, finding a podiatrist in Adelaide who had developed an effective corrective method named Foot Mobilisation Therapy. The main advantage of the treatment is the positive approach—I don't restrict people's footwear or their activity as I correct them.

Foot Mobilisation Therapy works for everyone and is gentle and corrective. It physiologically changes the alignment of the joints in your feet, knees and hips through the use of gentle mobilisation and manipulation. Dan also uses acupuncture in certain cases to reduce inflammation and pain. The therapy aims to correct the underlying cause of the problem, rather than accommodate it. Making the change intrinsic rather than extrinsic is less restrictive for the patient, and that leads to a far more positive relationship between the patient.



# Mark Rasmussen

## *Soft Tissue Therapist*

## *Strength and Conditioning*

Mark completed a Bachelor of Sports science (coaching) in 1999 with a strong interest in strength and conditioning. Mark complemented this by completing a Graduate Diploma in Education and became a maths and science teacher, inspiring students to break with stereotype and enjoy an understanding of how the world works through numbers. After two years in education the call back to anatomy and physiology became too strong and an Advanced Diploma in Health Science (Soft Tissue Therapy) was added to the resume. After a few years working as a Soft Tissue Therapist with Clinic 88, then another stint of teaching, Mark's fascination with the human body, its function and the limits of human performance prompted his current undertaking of a Physiotherapy degree. Mark hopes this will be his last career change, but it probably won't be. His almost desperate necessity to learn and teach is insatiable.

Throughout his educational and professional journey Mark continued to enjoy his own training, becoming fanatical about strength. Originating with a strong interest in hypertrophy, his training morphed into maximum strength, and the transition into powerlifting was made. The Conjugate Method opened another world of physiology and anatomy to explore. The Learning led to several Australian powerlifting records and an understanding of key considerations of the three main lifts, the squat being one of them.

With the advent of family life, a change in training philosophy emerged. The experiences lived, and the learning arising from it, have laid the foundations for new challenges that drive Mark to seek a deeper clarity on the topics that capture his imagination. The physiology of fatigue, pain and neuroplasticity continues to pervade his waking hours, and it is his hope that with any presentation he leaves you with more questions than answers.



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# Andrew Curry

## *Pilates Instructor, Soft Tissue Therapist*

Andrew operates a modern, progressive, regional Soft Tissue Therapy, Pilates and Fitness studio. The studio uniquely caters for the needs of clients with a mixed delivery of Soft Tissue Therapy and Pilates combined with sound movement re-education. The studio also addresses the needs of the fitness industry by incorporating these modalities as a fundamental requirement for people who wish to be physically fit and active.

Andrew's training combines Soft Tissue Therapy, Pilates and Personal Training with over 20 years experience in private practice, teaching and working in elite sports at the AIS and with the Australian Rowing team. His personal interests stem from treating Osteitis Pubis. The success of this treatment led to Andrew having his Soft Tissue treatment analysed using ultrasound. This investigation gave insight into the effect of treatment and how it could improve the strength of the pelvic floor and abdominal musculature. The interest in these findings has led to a major investigation into the Autonomic Nervous System and its influence on movement/function.

Professional development has seen Andrew study Anatomy Trains, Fascial Manipulation, Kinesio Taping, Integrative Dry Needling, Lymphatic Drainage, Pilates for Cancer/lymphedema/Advanced Neurological Conditions, Integrated Functional Movement Training, Soft Tissue therapy for Frozen Shoulder, Active Reciprocal Inhibition for the Hip and more recently, Visceral Manipulation with the Barral Institute.



# Dr Wilson Lo

## *Sports Doctor*

Wilson completed a Graduate Diploma in Sports Medicine via the University of NSW and has been very active in the sports medicine circles around Canberra since 2001. He was a board member of the ACT Branch of Sports Medicine Australia for 7 years and has worked in the past with various sporting teams including ACT Brumbies, Matildas, Kookaburras, Tongan Rugby Union (Rugby World Cup 2003), Canberra Marathon, World Long Distance Triathlon Championships, Half Iron Man Triathlon, Wests Rugby Union, Canberra Gunners, Canberra Capitals, Belconnen Magpies, Canberra Womens Classic WTA Tournament and Canberra Cavalry Baseball Team.

In recent years he has been the assistant team doctor for GWS Giants, team doctor for Canberra Raiders NRL and NYC teams, Kangaroos Rugby League Team, New Zealand Junior Kiwis, Kiwi Ferns and Cook Islands Rugby League Teams.

His current appointments include team doctor for Canberra Raiders junior teams, Canberra United (W league) and the Chief Medical Officer for Capital Football and the ACT Academy of Sport. He is a professional associate of UCRISE (University of Canberra Research Institute For Sport & Exercise).

He is a full member of Sports Doctors Australia and Fitness Australia. Bruce Sports Medicine is his brainchild and is a place where experienced practitioners from various disciplines can share and discuss knowledge to aim for better outcomes of patients and clients. It is based on the campus of UC in order to integrate with public multidisciplinary clinics, teaching allied health students and research into medicine, exercise and nutrition. It also provides a service for consultation for other private practitioners of various disciplines across Canberra and surrounding region



# Dr Roy Sugarman

## *Clinical Psychologist*

Using the skills of Clinical Psychology and Clinical Neuropsychology, Roy has applied the underlying neuroscience to the practice of enhancement of both damaged and elite individuals, in the fields of everyday life and in elite athletic, military, and corporate settings.

Currently his company LifeIQ International is building the best of breed digital platforms with the capacity to build resilience and human capital in corporate settings and direct to consumer applications.

With Team EXOS performance innovation, Roy has honed his skills in the neuroscience of peak performance, and together with the endless talent there, EXOS has become the third rated sports innovation company in the world.

Roy has worked with such talent across the world, including the US National Men's Soccer team under Juergen Klinsmann, the University of San Francisco's mindset coaches and athletes, as well as the teams supporting special operations personnel internationally.

Roy's books and presentations in coaching science with particular applications in motivating behavioural change have reached an international audience



# Brad Hiskins

## *Soft Tissue Therapist*

Brad has been a practising Therapist for 27 years.

He has had five Olympic Campaigns (Soft Tissue Therapist); Atlanta, Sydney, Athens and Beijing with Australian Head Quarters and London with Australian Triathlon team. Brad was head of service (Soft Tissue Therapy) for the Athens and Beijing Olympic Games as well as the Manchester and Melbourne Commonwealth Games

Brad was a Soft Tissue Therapist at the Australian Institute of Sport from 1994 to 2005

President, A.C.T branch, Sports Medicine Australia 2007-2009

Provider of Soft Tissue Therapy to numerous national sporting teams and A.I.S athletes and post AIS continued to work with National sporting teams (National Triathlon) and professional sporting teams such as the ACT Brumbies.

Soft Tissue Therapist to the National Triathlon Team 1998 – 2012

Brad has been a part of two peer reviewed research papers. He was also one of the authors of the first competency standards for the Massage Profession.

He now runs his own Practise