

What conditions are treated with Myotherapy?

Myotherapy practitioners use a variety of techniques to provide optimum care for muscles, joints and nerves in order to reduce pain and improve mobility.

The following list gives examples of the types of conditions treated with Myotherapy:

- Sports injuries
- Patellofemoral pain syndrome (PFS)
- Plantar fasciitis
- Achilles tendinitis (tendinosis)
- Headaches
- TMJ dysfunction
- Low back pain
- Tennis and golfers' elbow
- Frozen shoulder
- Shin splints
- Muscle strains
- Fibromyalgia
- Poor posture

Unanswered questions about the Bachelor of Health Science (Myotherapy)?

Talk to our Admission Team today:

Call **1300 462 887**

or visit **endeavour.edu.au**

Graduate Success Stories

"Graduating with a degree in Myotherapy opened up several doors as it allowed me to expand on what had started as a remedial massage business. It allowed me to advance my position within the ranks of the AFL club I was working at."

Bernadetta Giglio

"After graduating with an Myotherapy degree I have worked with multiple elite sporting teams and created my own business specialising in athletic performance and recovery."

Jamie Stratton

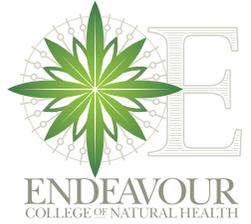
"Graduating with a Bachelor in Myotherapy allowed me to enter a Masters of Physiotherapy. The skills I was taught whilst studying Myotherapy helped me immensely in the musculoskeletal component of Physiotherapy."

Brittany Nicholas

"I was initially drawn to Myotherapy, as I saw myself working in a health care setting that was holistic and patient oriented and Myotherapy ticked all of the boxes. Having the ability to put theory into practice within the Endeavour Teaching Clinic helped me gain valuable clinical experience in a real and accessible way. As a graduate of Myotherapy, I currently work for an insurance company assessing patients for Work Cover and coordinate individual rehabilitation programs for treatments to get patients back to work."

Camilla Agustin

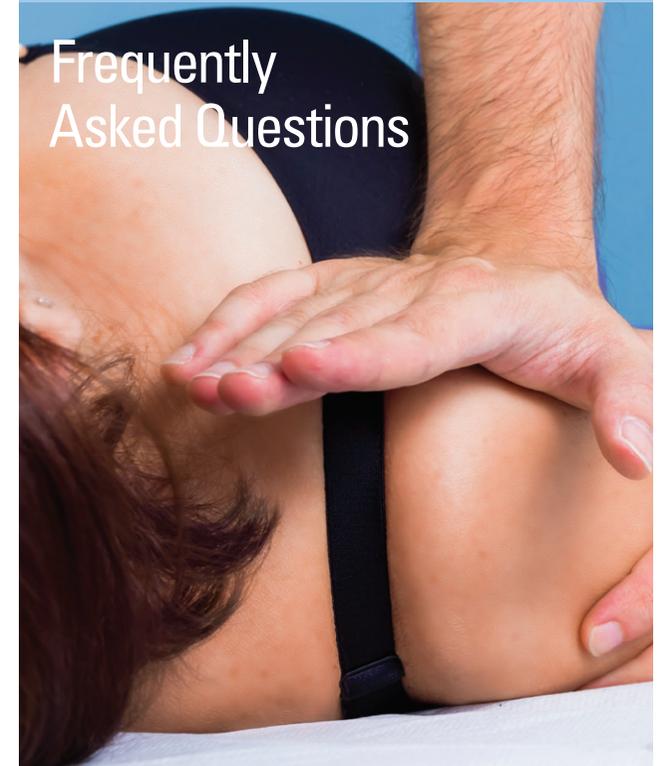
○ 2016_08_05



A HANDS-ON
CAREER IN HEALTH

Bachelor of Health Science (Myotherapy)

Frequently Asked Questions



This degree is accredited through the Office of Higher Education and as such, students are entitled to the Federal Government's FEE-HELP scheme which is similar to the HECS system and open to any Australian citizen undertaking a degree.

What is Myotherapy?

Myotherapy is a branch of manual medicine that focuses on the treatment and management of musculoskeletal pain and dysfunction. Myotherapy involves an extensive physical evaluation and an integrated therapeutic approach in the treatment of affected muscles, joints and nerves. It uses standard methods of assessment such as postural evaluation and neurological and functional testing to determine the particular cause of musculoskeletal pain and associated dysfunction.

Myotherapy treat muscles, joints, nerves and connective tissue. The goal of an Myotherapy treatment will vary depending on the client's specific situation.

Examples include:

- Treating muscle contracture and movement restriction caused by trauma in an elite athlete. Rehabilitation and prevention work to ensure return of full, strong movement.
- Alleviating pain and stiffness in a client with chronic arthritis, to improve quality of life.
- Manual skills are core to Myotherapy training and are used to explore and evaluate joint restriction and the contractile state of specific muscles. Students learn to isolate specific structures and evaluate their integrity.

Why is professional recognition important?

Membership in a professional association is required to receive reimbursement by certain health funds. Endeavour College of Natural Health Myotherapy graduates are recognised by professional associations such as:

- Australian Association of Massage Therapists (AAMT)
- Australian Natural Therapies Association (ANTA)
- Institute of Registered Myotherapists of Australia (IRMA)

What will I learn?

Myotherapy develop competence in the following range of treatment options:

- Soft tissue therapy
- Joint mobilisation
- Neural mobilisation
- Dry needling
- Electrotherapeutics
- Pain management techniques
- Myofascial release techniques
- Thermotherapy and cryotherapy
- PNF, MET and static stretching approaches
- Rigid and kinesiology taping
- Prescriptive exercises

Myotherapy is a three year degree which provides a comprehensive theoretical foundation in biomedical and clinical sciences, as is standard in most health science degrees.

A myotherapist is trained in communication and patient management skills, as well as developing an understanding of the legal and ethical issues in a clinical setting.