

22316VIC

Advanced Diploma of Myotherapy

Work as a recognised allied health specialist alongside
Osteopaths, Physiotherapists and Chiropractors *

With Australia's highest VET Qualification in
Manual Therapy

*Q Academy does not guarantee career or employment outcomes for students or graduates.



Course Snapshot

Why study Myotherapy?

Maximise your career potential, expand your manual therapy skills and increase your treatment scope to give yourself a competitive advantage over other qualified Remedial Therapists. Engage your clients with active rehabilitation therapy as well as a range of passive techniques to allow you to achieve better results in your treatments.

Graduate Outcomes

Practical Skills

- Remedial TENs
- Cupping
- Strapping & Taping
- Orthopedic Testing
- Enhanced Manual Therapy Techniques
- Myofascial Dry Needling
- Active Rehabilitation
- Joint Mobilisations

Theoretical Knowledge

- Practice Management
- Advanced Risk Assessments
- Research Knowledge & Skills

Entry Requirements

Entrants to the 22316VIC Advanced Diploma of Myotherapy must provide evidence that they have:

- The HLT50307 or HLT52015 Diploma of Remedial Massage qualification, and
- The ability to treat clients for 10 hours per week.

Course Delivery

On-Campus Delivery

- 2 days per month for classroom learning
- 1 day per month for student clinic active attendance
- up to 14 days for Advanced Rehab skills (depending on your RPL outcome)

External Delivery

- 1 day per week of at-home study
- 10 hours per week of client treatments

Please note, the above schedule excludes the VU21879 Myofascial Dry Needling subject. Dry Needling is delivered separately over 6 weeks, with 2 contact days per week. Please contact your chosen campus for further details.

Course Duration

18 months

Course Fee

The course tuition fee for the 22316VIC Advanced Diploma of Myotherapy is \$9,960. There is an additional \$35 materials fee payable on enrolment.

Q Academy graduates may be eligible for a Skilled Therapist Discount, due to the advanced skills covered in their Diploma of Remedial Massage qualification or relevant short courses.

Recognition of Prior Learning (RPL) may be available for eligible students, which may reduce your course fees. RPL will be evaluated on a case by case basis, based on evidence supplied at the time of enrolment.



Course Details

Entry Requirements

Entrants to the 22316VIC Advanced Diploma of Myotherapy must provide evidence that they have:

- The HLT50307 or HLT52015 Diploma of Remedial Massage qualification, and
- The ability to treat clients for 10 hours per week.

Start Dates

We have a number of intakes throughout the year, across 3 different campuses. Please contact your nearest campus on 1300 20 40 80 for more information.

Course Delivery

The Advanced Diploma of Myotherapy has been designed to be flexible, to fit around the schedules of working Remedial Therapists. The course will take 18 months to complete based on the following study load:

On-Campus Delivery

- 2 days per month for classroom learning
- 1 day per month for active student clinic attendance
- up to 14 days for Advanced Rehab skills (depending on your Skilled Therapist Discount outcome)

External Delivery

- 1 day per week of at-home study
- 10 hours per week of client treatments

Please note, the above schedule excludes the VU21879 Provide myofascial dry needling treatment subject. Dry Needling is delivered separately over 6 weeks, with 2 contact days per week. Please contact your nearest campus for further details.

Course Locations

We have 3 campus locations across South-East Queensland:

Brisbane: 100 Brookes St, Fortitude Valley 4006

Gold Coast: Level 1, Robina Town Centre (above Myer), Robina 4230

Sunshine Coast: 64C Aerodrome Road, Maroochydore 4558



Training & Delivery

Course Delivery

The Advanced Diploma of Myotherapy Program is delivered over 18 months, with study breaks throughout the program. You will be required to attend a minimum of 2 on-campus days per month, and 1 day per month for active attendance in Q Academy's Student Clinic. Subject to your eligibility for Q Academy's Skilled Therapist Discount, you may be required to complete an additional 14 on-campus days over the duration of the course.

On top of your on-campus schedule, we expect you to spend at least 1 day per week completing at-home study, and maintain professional practice by treating clients for at least 10 hours per week.

If you have not already completed the VU21879 Provide myofascial dry needling treatment subject, you will need to do so before your qualification can be issued. The Dry Needling subject is delivered separately over 6 weeks, with 2 contact days per week. This contact time is also in addition to the program schedule outlined above.

Clinical Practice

You will be required to complete supervised clinical practice in Q Academy's Student Clinic. This involves treating members of the general public with varied musculoskeletal conditions, as well as managerial tasks, to earn your qualification.

The days, hours, and location are subject to change throughout your course. Our student clinic is open on weekdays and some weekends, depending on location. Your clinic hours can be scheduled for either daytime or evening sessions, subject to availability.

Learning Environment

Q Academy has all of the facilities, learning and teaching resources needed to help you become the best possible Myotherapist.

As is standard with all Q Academy courses, when you complete the clinical practice components of the course, you will have access to all equipment and treatment materials required. This includes the clients to treat, the client management systems and all treatment materials. Q Academy's on-site gym is accessible to Myotherapy students, under the guidance of a course coach, to facilitate with the active rehabilitation components of the course.

Myotherapy students will also have weekly access to a 2-hour tutorial session with their course coaches.

Course Inclusions

Q Academy is proud to offer graduates a unique "Re-sit & Refresh" service. This means that once you have graduated, you are welcome to come back on-campus and re-sit or refresh any part of your course, while the course is current, for no additional cost.

You will also receive a starter pack at the end of the Dry Needling subject, which includes a sharps bin, kidney dish, and needles for Dry Needling. You will also be given online access to course learning materials that can be accessed 24/7.

Please note that a once-off \$35 materials fee for one student shirt is payable on enrolment. This is a requirement to treat in our student clinic.



Units of Competency

VU21873	Establish and manage a myotherapy practice
VU21874	Manage health risks in a myotherapy environment
VU21875	Work within a myotherapy framework
VU21876	Perform myotherapy clinical assessment
VU21877	Plan myotherapy treatment strategy
VU21878	Provide myotherapy treatment
VU21880	Conduct research relating to myotherapy clinical practice
VU21879**	Provide myofascial dry needling treatment**

** It is a requirement of the program that you complete the VU21879 Dry Needling subject. If you have not already completed this subject, you can enrol in Q Academy's Dry Needling subject for \$ 1,500.

Subject Descriptions

Professional Myotherapy

This subject covers the scope of practice of Myotherapy, its different skills and knowledge required and their application to active Rehabilitation. It also engages with the communication skills and the ability for Myotherapists to better communicate with clients and also other professionals in the industry.

Myotherapy Establishments

This subject describes the skills and knowledge required to establish and manage a myotherapy practice. It includes business skills, legal compliance and interacting with the health care system/other health professionals.

Tasks involved in this subject will be linked to competently interpreting business information and numerical data.

Myotherapy Health & Safety

This subject is based on managing health risks within a myotherapy environment. It includes aspects of health risk analysis, personal and premises hygiene, as well as infection prevention and control. It also covers special infection prevention and control for treatments involving dry needling.

Functional Movement

This subject is based on the skills to assess a client's condition in order to provide myotherapy treatment. It focuses on being able to effectively gather and interpret information during an examination and to make an accurate appraisal for myotherapy treatment.

Myotherapy Treatment

This subject will deliver the required knowledge and skills to prepare and plan for myotherapy treatment. This includes negotiating the treatment plan with the client. It will also demonstrate the application of the diverse techniques including cupping, joint mobilisations, advanced manual therapy skills, performing advanced assessment skills including special orthopaedic testing, active rehabilitation programs, Myofascial TENS, Kinesiology taping and application of rigid taping and exercise to implement in the myotherapy treatment plans.

Myotherapy Research

In this subject, the focus is on sourcing and evaluating relevant research information and applying these findings to a myotherapy clinical practice.

Dry Needling**

The student will learn the skills of dry needling to stimulate specific soft tissues for therapeutic effect. The student will learn this increasingly popular treatment of choice for healthcare professionals to assist their clients return to optimal function. The style of needling taught at Q Academy is a gentle style with a large emphasis on safety. As part of this subject students will learn to demonstrate a high level of safe practice, and implement and monitor infection control policy and procedures.





Course Fees and Finance

22316VIC Advanced Diploma of Myotherapy

Q Academy Payment Plan

The course tuition fee for the 22316VIC Advanced Diploma of Myotherapy is \$9,960. There is an additional \$35 materials fee that is payable on enrolment.

The \$1,500 subject fee for VU21879 Myofascial Dry Needling is not eligible for a payment plan and needs to be self-financed. If you have already completed the VU21879 Myofascial Dry Needling subject, you will be eligible for Direct Credit Transfer to the value of \$1,500.

The remaining \$8,460 course tuition fee can be financed in equal monthly instalments over an 18 month period. Your instalments will be \$470 per month ($\$470 \times 18 = \$8,460$).

Q Academy's Skilled Therapist Discount

If you have completed one of Q Academy's Diploma of Remedial Massage programs or relevant short courses, you may be eligible for a Skilled Therapist Discount.

If you are a graduate of Q Academy's HLT52015 or HLT50307 Diploma of Remedial Massage program, you may be eligible for a Skilled Therapist Discount. Your maximum instalments may be \$336.66 per month ($\$336.66 \times 18 = \$6,060$).

If you are a graduate of Q Academy's HLT52015 Diploma of Remedial Massage (Advanced Rehab) program, you may be eligible for a Skilled Therapist Discount. Your instalments may be \$220 per month ($\$220 \times 18 = \$3,960$).

If you are a graduate of Q Academy's HLT52015 Diploma of Remedial Massage (Health & Wellness) program, your eligibility for a Skilled Therapist Discount will be limited.

Skilled Therapist Discount for Non-Q Academy Graduates

If you have not studied with Q Academy, you will not be eligible for Q Academy's Skilled Therapist Discount. If you think you may be eligible for Recognition of Prior Learning, please contact a Q Academy Career Specialist for more information.

*Applications and fees for Q Academy's Skilled Therapist Discount or Recognition of Prior Learning are evaluated on a case by case basis, based on evidence supplied at the time of enrolment.



Accreditation

Course Accreditation

Q Academy is a Registered Training Organisation (RTO 31896) with the Australian Skills and Qualifications Authority. Q Academy are approved to offer the 22316VIC Advanced Diploma of Myotherapy, which is a Nationally Accredited course.



NATIONALLY RECOGNISED
TRAINING

Private Healthcare Compliance

Q Academy's 22316 Advanced Diploma of Myotherapy is all major private healthcare (including Medibank & HCF) compliant. This means that graduates are eligible to obtain a private healthcare insurance provider number, so they can offer clients healthcare rebates for remedial massage. Graduates of this course are eligible to apply for industry association membership with most professional associations once they have received their Record of Results.

Q Academy works closely with and recommends the following top tier associations: AMT, ANTA, MA, and MMA.





Career Benefits

Personal Benefits

Career Outcomes:

Graduates of the Myotherapy program generally go on to work in Private Practice, Multi-Modality Clinics, or with Professional Athletes or teams. As a graduate of this program you could find work doing the following:

Multi-Modality Clinics

Work in a multi-modality clinic, providing excellent treatment options alongside other highly-regarded allied health professionals such as chiropractors, physiotherapists and osteopaths.

Specialise in Sports

Assist professional or recreational athletes to maintain peak physical condition and become an important member of a sporting club or team. Develop corrective exercise plans and aid with rehabilitation, as well as assess, treat, and manage musculoskeletal pain and dysfunction.

Private Practice

You have the flexibility of working as a Myotherapist in an established clinic, or your own small business. This gives you the ability to maintain control, and the freedom to determine the hours and volume of work; to best suit you and your clients. Clients will be appreciative of the access to a wider range of treatment options and services that Myotherapists can offer.

Study Pathway

The 22316VIC Advanced Diploma of Myotherapy is the Highest VET qualification in Alternative Therapies and Physical Health. It is equal to an associate degree, which could allow you to earn credits towards a University degree, should you wish to explore further study options.

Industry Benefits

Industry Growth

The healthcare industry continues to experience growth, which means that opportunities to work alongside Physiotherapists, Chiropractors and other Medical Practitioners is greater than ever.

Greater Security

The current minimum qualification required to obtain private provider numbers is the HLT52015 Diploma of Remedial Massage. Should the Australian Government, health funds or industry increase minimum standards, having the 22316VIC Advanced Diploma of Myotherapy offers graduates a greater level of security.

Upgraded Skill-Set

Myotherapists are specialists who have expanded on their Remedial Massage therapy skills. These additional skills and qualifications may be highly regarded and sought after by both clients and employers.

About Q Academy

Q Academy is a massage and myotherapy training college, who over the last decade, has trained thousands of highly skilled manual therapists. Q Academy has grown across Queensland in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast and Cairns. As well as a campus in Sydney for our NSW students. Q Academy also has an online division, NETQ, for anyone wanting a more flexible option to study massage from home.

Here are 3 things that you should know about Q Academy:

1. 92.3% of our graduates were satisfied with their training from Q Academy (NCVER 2021 Survey)
2. We offer a unique Guarantee which allows you to come back and refresh or re-sit your completed course, for the life of the qualification.
3. Our completion rate is double the national average for vocational training.

Book in a Chat

You are more than welcome to visit your preferred campus, to find out if Q Academy is the right training college for you. We will gladly show you around the campus, answer any questions and introduce you to some of the team. Bookings are advised.

1300 20 40 80



qacademy.com.au

Gold Coast Campus

Level 1, Robina Town Centre
Robina QLD 4230

Brisbane Campus

100 Brookes St, Fortitude
Valley QLD 4006

Sunshine Coast Campus

64C Aerodrome Road,
Maroochydore QLD 4558