



22656VIC

ADVANCED DIPLOMA OF MYOTHERAPY

COURSE GUIDE



Why Study Myotherapy?

Introduction to the 22656VIC 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.

The Advanced Diploma of Myotherapy has been designed to be flexible, with a combination of on-campus, on-the-job, and online learning from home to fit around the busy schedules of working therapists.

As a myotherapist you will have enhanced treatment options over Remedial Therapists such as cupping, dry needling, mobilisation techniques, corrective exercise plans, and TENs. You will be able to treat more complex conditions, including myofascial and joint pain and dysfunction, as well as pain derived from the nervous system, which allows you to assist a broader range of clients.

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



Course Details



Entry Requirements

Entrants to the 22656VIC Advanced Diploma of Myotherapy must provide evidence that they have:

- The HLT50307, HLT52015 or HLT52021 Diploma of Remedial Massage qualification, and

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 Fee

The course tuition fee for the 22656VIC 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 the Diploma of Remedial Massage Advanced Rehab & Sports 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.

Resit and Refresh Guarantee

Q Academy has a unique Re-sit and Refresh Guarantee. 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 if completed with us. This includes free First Aid updates; potentially saving graduates hundreds of dollars over their career!

Course Locations

We have 3 great campus locations:

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 4 hours per week, and 1 day per month for active attendance in Q Academy's Student Clinic.

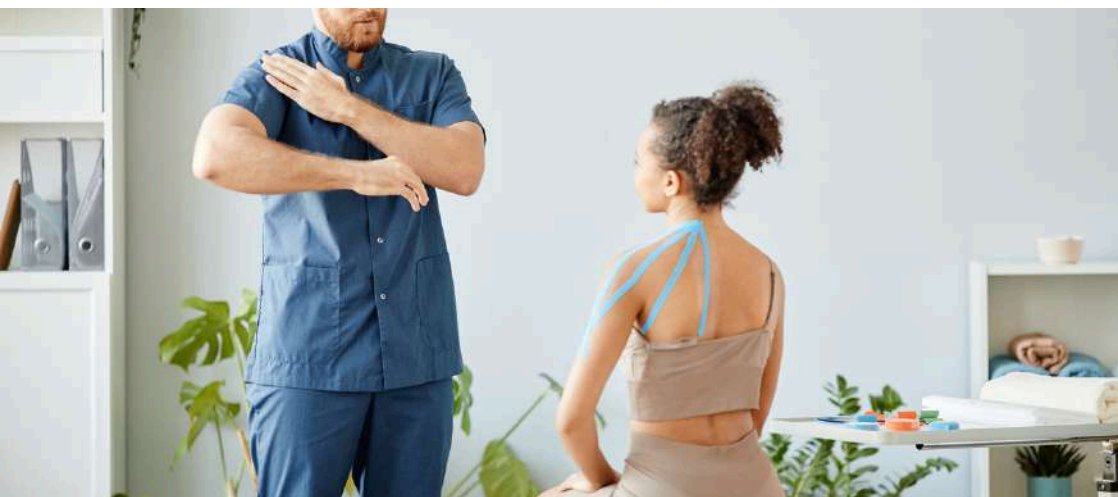
On top of your on-campus schedule, we expect you to spend at least 1 day per week completing at-home study. If you have not already completed the VU23639 Provide myofascial dry needling treatment subject, you will need to do so before your qualification can be issued.

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.

Course Inclusions

You will 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.



Student Clinic

Clinical Practice

As part of the requirements for the 22656VIC Advanced Diploma of Myotherapy, you will need to complete a minimum of 80 hours of clinical practice. The course schedule has been designed so the hours are evenly distributed over the duration of the program - giving you frequent and consistent practice treating a variety of clients. The days, hours, and location are subject to change throughout your course. Your clinic hours can be scheduled 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.

Industry Exposure and External Events

With Q Academy continually developing exciting initiatives and partnerships in the wider community, you may be given exposure and experience treating at external events. This would be part of your clinic placement hours, and organised and supervised by your course coaches. This can include sporting, community, corporate events and industry expos. Recent Q Academy students have had the opportunity to support AFL Queensland by offering weekly sports massage sessions on game nights, right beside all the on-field action.

Students have also been involved in providing treatments at community and corporate events with NAB Bank, Crossfit, Ultimate Frisbee and Mental Health Week.



Units of Competency

VU23632	Apply knowledge of pain science in a clinical setting
VU23633	Develop, implement and evaluate corrective exercise
VU23634	Manage health risks in a myotherapy environment
VU23635	Apply myotherapy clinical practice
VU23636	Perform myotherapy clinical assessment
VU23637	Plan, implement and evaluate the myotherapy treatment strategy
VU23638	Provide myotherapy treatment
VU23639 **	Provide myofascial dry needling treatment**
VU23640	Research, evaluate and apply information about myotherapy clinical practice
CHCCOM002	Use communication to build relationships

** 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 \$1,800.

Course Fees and Finance

Finance

The course tuition fee for the complete 22656VIC Advanced Diploma of Myotherapy is \$9,960. There is an additional \$35 materials fee that is payable on enrolment.

Subject List & Fees

The 22656VIC Advanced Diploma of Myotherapy course consists of the 7 independent subjects listed below and these subjects can be completed in any order other than the Myotherapy Clinic, which requires the other 6 subjects to have already been gained.

SUBJECTS	SUBJECT PRICE
DRY NEEDLING	\$1,800
FUNCTIONAL MOVEMENT	\$1,250
PROFESSIONAL MYOTHERAPY	\$710
CORRECTIVE EXERCISES	\$1,400
MYOTHERAPY TECHNIQUES	\$1,400
MYOTHERAPY RESEARCH & PAIN EDUCATION	\$1,400
MYOTHERAPY CLINIC	\$2,000
TOTAL	\$9,960

Course Fees and Finance

Q Academy's Skilled Advanced Rehab & Sports Therapist Discount

If you have completed Q Academy's HLT52021 Diploma of Remedial Massage "Advanced Rehab & Sports" programs you will be eligible for:

- Introduction to Myofascial Dry Needling credit : \$150
- Introduction to Myotherapy subject credit : \$710

Recognition of Prior Learning (RPL)

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 Rehab & Sports Therapist Discount or Recognition of Prior Learning are evaluated on a case by case basis, based on evidence supplied at the time of enrolment.



Subject Descriptions:

22656VIC Advanced Diploma of Myotherapy

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.



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 22656VIC 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 22656VIC 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.

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 22656VIC Advanced Diploma of Myotherapy, which is a Nationally Accredited course.



Private Healthcare Compliance

Q Academy's 22656VIC 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 myotherapy massage. The current minimum qualification required to obtain private provider numbers is the HLT52021 Diploma of 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.



About Q Academy

Q Academy is a Massage and Myotherapy training college, who over the last decade, has trained over 2,500 highly skilled therapists. Q Academy has grown in recent years, and currently has campuses in Brisbane, Gold Coast, Sunshine Coast, Cairns and Sydney.

Here are a couple 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. 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

Cairns Campus

91 Mulgrave Road,
Parramatta Park
4870

Sydney Campus

Castle Towers
Shopping Centre,
NSW 2154

