



22656VIC

ADVANCED DIPLOMA OF MYOTHERAPY

INTERNATIONAL COURSE GUIDE

CRICOS Course #117639M



Why Study Myotherapy?

Introduction to the 22656VIC Advanced Diploma of Myotherapy

If you are looking to study an Allied Health qualification in Australia with skills that you can use anywhere in the world then consider becoming an elite Myotherapist with Australia's highest level vocational qualification: the 22656VIC Advanced Diploma of Myotherapy.

Why Study Myotherapy?

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

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.

Who Can Study Myotherapy?

To study Myotherapy you first need to have completed the HLT52021 Diploma of Remedial Massage qualification.

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



Myotherapy Pathways for International Students

1 Master of Myotherapy program

If you are starting your path to become a therapist (no previous Australian qualifications)

Duration: 30 months

Qualifications:

- HLT52021 Diploma of Remedial Massage
- HLT57715 Diploma of Practice Management
- VIC22656 Advanced Diploma of Myotherapy

2 Upgrade to the Master of Myotherapy program

If you already have the HLT52021 Diploma of Remedial Massage qualification

Duration: 18 months

Qualifications:

- HLT57715 Diploma of Practice Management
- VIC22656 Advanced Diploma of Myotherapy

3 Direct entry to the 22656VIC Advanced Diploma of Myotherapy

If you already have the HLT52021 Diploma of Remedial Massage qualification

Duration: 13 months

Qualifications:

- VIC22656 Advanced Diploma of Myotherapy



Course Comparison Table

	Advanced Diploma of Myotherapy	Upgrade to Master of Myotherapy (Dual Diploma)	Master of Myotherapy (Triple Diploma Package)
Course Delivery	Full-time 13 mnths 2 days/wk. Blended on-campus learning	Full-time 18 months 2 days/wk. Blended on-campus learning	Full-time 30 mnths 2 days/wk. Blended on-campus learning
Course Description	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.	Once completed the Diploma of Remedial Massage upgrade to the Master of Myotherapy with the Diploma of Practice Management and Advanced Diploma of Myotherapy.	Combine your studies with the Triple Diploma Master of Myotherapy course package. Starting with the 'Rehab' Diploma of Remedial Massage program and continuing your studies with the Diploma of Practice Management and Advanced Diploma of Myotherapy.
Qualification Outcomes	22656VIC Advanced Diploma of Myotherapy	<ul style="list-style-type: none"> • HLT57715 Diploma of Practice Management • 22656VIC Advanced Diploma of Myotherapy 	<ul style="list-style-type: none"> • HLT52021 Diploma of Remedial Massage (Rehab Program) • HLT57715 Diploma of Practice Management • 22656VIC Advanced Diploma of Myotherapy
Course Cost	\$13,280 \$1,107/month	\$19,622 \$1,090/month	\$35,468 \$1,182/month
Campuses	Brisbane & Sunshine Coast	Brisbane & Sunshine Coast	Brisbane & Sunshine Coast
Study requirements	Completed the HLT52021, HLT52015 or HLT50307 Diploma of Remedial Massage	Completed the HLT52021 Diploma of Remedial Massage	No qualification pre-requisite to start
Career Outcomes	Work in a multi-modality clinic, providing excellent treatment options alongside other highly-regarded allied health professionals such as chiropractors and physiotherapists, assist professional or recreational athletes to maintain peak physical condition or have the flexibility of working as a Myotherapist in an established clinic, or your own small business.		

Q Academy does not guarantee graduation, career or employment outcomes for students

Course Details

22656VIC Advanced Diploma of Myotherapy

CRICOS course #117639M

Entry Requirements

Entrants to the 22656VIC Advanced Diploma of Myotherapy must provide evidence that they have completed the HLT50307, HLT52015 or HLT52021 Diploma of Remedial Massage qualification.

Start Dates

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

Course Locations

We have two great campus locations:

Brisbane: 100 Brookes St, Fortitude Valley 4006

Sunshine Coast: 64C Aerodrome Road,
Maroochydore 4558

Course Fees

The course tuition fee for the 22656VIC Advanced Diploma of Myotherapy is \$13,280. There is an additional \$150 application fee and \$235 material fee.

Payment Plan:

Term fees are divided into 12 equal payments over the course duration for individual payment plans

Enrolment transfer fee:

Students can transfer their Q Academy enrolment between Q Academy campuses for \$50.



Course Delivery

The Advanced Diploma of Myotherapy Program is delivered over 13 months, with study breaks throughout the program. You will be required to attend 2 days per week on campus, and allow 1 day per week for online study from home.

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 may be delivered separately over 6 weeks, with 2 contact days per week.

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 for the duration of your course.

Please note that a once-off \$235 materials fee is payable on enrolment.

Student Clinic

Clinical Practice

As part of the requirements for the 22656VIC Advanced Diploma of Myotherapy, you will need to complete a minimum 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.

To facilitate student learning and practice, Q Academy has established a student clinic which is open to the public. Under the supervision of a course coach, students are given extensive experience in managing a clinic and treating clients in a professional setting.

Please note that the days, hours and location of your clinical practice is subject to availability. Opening hours vary by location.

At the start of each term, you can select your preferred clinic hours to fit around your work and family commitments. We will always do our best to make this as convenient as possible, but we may not always be able to offer you your first preference. Your flexibility and understanding is appreciated.

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.

Learning Environment

Q Academy has all of the facilities and learning resources to help you become the best possible Remedial Therapist. When you complete the clinical practice component of the course, Q Academy will provide the massage tables, towels, oil, and clients to practice on while you are treating in the Student Clinic.



Units of Competency

22656VIC Advanced Diploma of Myotherapy

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

** The VU23639 Provide myofascial dry needling treatment unit can be credited if you have completed this through Q Academy previously

Subject Descriptions:

22656VIC Advanced Diploma of Myotherapy

Dry Needling

Q Academy's Dry Needling program covers myofascial trigger point dry needling for the major muscle groups of the body. This program is recognised by all major massage and myotherapy associations and meets industry standards for safe effective dry needling. You will learn musculoskeletal anatomy, trigger point locations and identification, safe needling techniques and how to communicate and market dry needling to your clients.

Functional Movement

Functional movement is learning how to assess movement patterns to prescribe manual therapy techniques and exercise therapies. You will learn how to expand your existing assessment methods to consider musculoskeletal and neurological function and how this can be integrated into your therapeutic processes. You will be given the opportunity to review and refine special orthopaedic testing where appropriate and ensure you are providing gold standard care.

Professional Myotherapy

Develop your professional standards including your communication skills, team building and service levels. This subject will give you the opportunity to review your existing professional processes and develop them to the highest industry standard. This topic defines and explores the professional standards of myotherapy and leadership in the massage and myotherapy industry.

Corrective Exercises

Myotherapy corrective exercise is focused on being able to prescribe and teach exercises to assist in the management of musculoskeletal conditions and improve function. Exercise will be focused on developing mobility, stability, strength and coordination within the framework of clinical care. Myotherapists will develop the ability to review exercise interventions from an evidence based perspective.

Myotherapy Techniques

The main myotherapy treatment modalities taught in the course apart from dry needling will be joint mobilisation and therapeutic exercise. We will also provide the opportunity to learn cupping, taping and TENS if you haven't learnt these skills previously. In addition to this, we will also provide the opportunity to review and refine your remedial soft tissue skills, such as MFR, NMT and MET. You will be taught a variety of manual and exercise methods and develop the capacity to implement these with a specific focus on conditions and injuries common to musculoskeletal healthcare.

Myotherapy Research & Pain Education

Myotherapy research and pain education is focused on developing the skills to critically analyse clinical care approaches. Myotherapists will learn how to source and review information from a variety of sources including popular media as well as peer reviewed research. Pain education, is then developing the skills to be able to inform clients about the best care options and to ensure both clients and therapists are enabled to make the best care options.

Myotherapy Clinic

Your myotherapy clinics will include treating the public as an opportunity to refine the new skills you are learning in the course. In addition to this, you will also be working on researching, defining and applying gold standard industry care, which will serve to raise your own professional standards as well of the standards of practitioners that may work in your practice. You will develop your critical thinking and leadership skills. Whether you are a solo therapist or running your own practice with other therapists, you will have the opportunity to establish continuous improvement in a clinical setting for yourself, and those around you.



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.

Application Process

Q Academy recommends that you apply as soon as possible to allow enough time to secure your student visa, flights and accommodation.

As a general guide, the process of application for enrolment with Q Academy is as follows:
(Please note, if enrolling through your agent they will discuss this process with you and help you through each step)

STEP 1:

Read across our website and courses page and express interest to apply as an International Student.

STEP 2:

Q Academy will email through course information and pre-enrolment forms.

STEP 3:

Complete all the pre-enrolment documents including supplying documents to prove your English language proficiency and copy of your passport.

STEP 4:

Engage in a video call with the Admissions Manager to discuss your interest in the course.

STEP 5:

Q Academy will then assess the application and let you know if you have been approved to enter the program.

STEP 6:

Q Academy will send through an acceptance letter of offer, enrolment form and pre-enrolment checklist.

STEP 7:

Return forms along with your Overseas Student Health Cover (OSHC) and any further documents requested.

STEP 8:

Student to provide payment of first term and materials fee for processing.

STEP 9:

Q Academy will send Confirmation of Enrolment (CoE).

STEP 10:

Apply for your student visa online via eVisa, directly through an Immigration department office or your visa agent.

Visa Requirements

Attendance

Q Academy encourages the attendance of all classes. Every class and the content within it is important and required for competency within study. All international students must maintain at least an 80% attendance rate for the full duration of the course, otherwise, their student visa may be subject to review and subsequently cancelled.

Q Academy maintains attendance rolls for all international students studying on a student visa are kept on record and makes them available for inspection by regulatory bodies. Any subject-specific attendance requirements are clearly stated in the Subject Outlines.

If at any time it becomes impossible for a VET student studying on an Australian student visa to achieve an attendance rate of 80% for the entire course, they will be issued an intention to report letter which sets out that Q Academy intends to report the student's unsatisfactory attendance as required through PRISMS. This is a requirement of the National Code 2018 for VET students and a condition of the student visa for VET students.

There is no discretion for Q Academy not to report a student, even if the student has a genuine reason for all absences (such as an illness) and supporting documentation (such as a medical certificate). In these cases, however, Q Academy may choose to provide documentation in order to support the student's continuation of study.

Overseas Student Health Cover (OSHC)

Overseas student health cover (OSHC) is insurance that provides cover for the costs of medical and hospital care which international students may need while in Australia. OSHC for the duration of the visa is mandatory for student visa holders.

How do I get OSHC?

Only Australian health funds that have signed an agreement with the Australian Government can provide Overseas Student Health Cover (OSHC). You must arrange your own OSHC. You may choose to change your health fund at any time, but will need to abide by the conditions of change of the health fund provider you are leaving and provide updated proof of OSHC to Q Academy.

A copy of your OSHC policy must be provided to Q Academy at the time of your enrolment showing it covers the full duration of your course.

Living in South-East Queensland

Living in Brisbane

Fortitude Valley is in the heart of Brisbane city, the capital of Queensland. It is a diverse city, with museums, nightlife and sporting events. Brisbane is close to the beaches of the Gold and Sunshine Coasts, and has consistently been named one of the world's most livable cities.

Learn more about Brisbane here: www.visitbrisbane.com.au

Living on the Sunshine Coast

Maroochydore is located on the Sunshine Coast which is midway on the eastern coast of the Australian mainland. It is built close to the beach with pleasant climate and relaxed lifestyle with an emphasis on outdoor living. The region is known for its beautiful surf beaches, rainforests and mountains.

Learn more about the Sunshine Coast here: www.visitsunshinecoast.com

Arranging Accommodation

The cost of accommodation in Australia varies and the cost of accommodation while studying can be high. Many International students choose to share accommodation to keep costs down. Most international students choose to rent a home with friends or find people to share with through websites. It is important to stay safe when searching for accommodation or people to share online. Suggestions on where to find accommodation:

www.easyroommate.com

www.domain.com.au

www.flatmates.com.au

www.realestate.com.au

www.gumtree.com.au

For information on renting in QLD refer to the RTA website <https://www.rta.qld.gov.au/>

Living Expenses

Starting from 1 October 2023, a single international student requires a minimum of \$24,505 to cover living expenses for 24 months of study. In their visa application, students are required by the Department of Home Affairs to declare they have enough money to pay for travel, tuition, and living expenses for the duration of their stay in Australia.

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

Brisbane Campus

100 Brookes St,
Fortitude Valley QLD
4006

Gold Coast Campus

Level 1, Robina Town
Centre Robina QLD 4230

Sunshine Coast Campus

64C Aerodrome Road,
Maroochydore QLD
4558

