

Q ACADEMY
REMEDIAL + MASSAGE THERAPIES

22656VIC

ADVANCED DIPLOMA OF MYOTHERAPY

COURSE GUIDE

INTRODUCTION TO THE ADVANCED DIPLOMA OF MYOTHERAPY 3

COURSE DETAILS 4

TRAINING & DELIVERY 5

STUDENT CLINIC 6

UNITS OF COMPETENCY 7

COURSE FEES AND FINANCE 8

SUBJECT DESCRIPTIONS 9

CAREER BENEFITS 11

ACCREDITATION 12

ABOUT Q ACADEMY 13



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.

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.
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 13 months, with study breaks throughout the program. You will be required to attend 1 day 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.

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 $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 78 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.

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

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

Course Fees and Finance

22656VIC Advanced Diploma of Myotherapy

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

A zero interest, 1 year payment plan can be requested to self fund the $9,960 full course tuition fee.

Payment Plan : 12 x $830 / month

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.



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.

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

Q ACADEMY DOES NOT GUARANTEE CAREER OR EMPLOYMENT OUTCOMES FOR STUDENTS OR GRADUATES. Q ACADEMY PTY LTD. RTO 31896

