

## MYOTHERAPY

**Minimum Award Level:** Equivalent to Advanced Diploma

**Minimum Total Hours** 1135

**Total Core Component Hours** 1135

### Core Components

Anatomy & Physiology	140 hours
Diagnosis, Symptomatology, Pathology & Pharmacology	130 hours
Manual Therapy	200 hours
Myotherapy	300 hours
Communication	60 hours
Professional Practice	90 hours
Safe Practices	15 hours
Supervised Clinical Training	200 hours

### Notes

Provide First Aid Certificate - required.

ATMS requires that all supervised clinical training be completed by face to face practical training.

*These are the Minimum Education Standards for ATMS Accreditation, however, no training in needling, manipulation, ingestible medication or electrophysical therapies can be included unless otherwise indicated in these Standards. The ATMS Minimum Education Standards are subject to ongoing review and therefore may change at any time without notice.*

## Anatomy & Physiology

Minimum total hours for this component: 140

### Learning Outcomes

- Describe commonly used terminology used in anatomy and physiology
- Describe the fundamentals of cell structure and function
- Describe the nature of metabolism
- Describe the management of body fluids
- Describe tissues, organs, and systems relevant to natural medicine practice
- Describe the organisation of the human body from the chemical to the organism level
- Define homeostasis, and explain the significance of homeostatic mechanisms in the body
- List the components, functions, and structure of the musculoskeletal system
- Describe the structure and function of the bones of the skeleton
- Describe the structure and function of the joints and muscles
- Give an explanation of the components, functions, and structure of the circulatory system
- Give an explanation of the components, functions, and structure of the respiratory system
- Give an explanation of the components, functions, and structure of the urinary system
- Give an explanation of the components, functions, and structure of the gastrointestinal system
- Give an explanation of the components, functions, and structure of the immune system
- Give an explanation of the components, functions, and structure of the nervous system
- Give an explanation of the components, functions, and structure of the endocrine system
- Give an explanation of the components, functions, and structure of the reproductive system
- Apply knowledge of human anatomy and physiology to specific conditions, such as ageing and health problems



## Diagnosis, Symptomatology, Pathology & Pharmacology

Minimum total hours for this component: 130

### Learning Outcomes

- Define the key terms used in pathology
- Demonstrate an understanding of the general concepts related to cell injury, inflammation, and repair, regeneration and fibrosis
- Demonstrate an understanding of health conditions which have an immunological, genetic, environmental or nutritional origin
- Demonstrate an understanding of health conditions which have a genetic origin
- Demonstrate an understanding of the nature of the important neoplasias
- Demonstrate an understanding of important health conditions which have an environmental or nutritional origin
- Demonstrate an understanding of important health conditions which are caused by infectious or parasitic organisms
- Demonstrate an understanding of important health conditions of the cardiovascular system, respiratory system, gastrointestinal system, excretory system, male and female reproductive systems, endocrine system, skin, musculoskeletal system, and nervous system
- Demonstrate an understanding of musculoskeletal health conditions of the upper body and
- Demonstrate an understanding of musculoskeletal health conditions of the lower body
- Demonstrate ability to interpret pathology and haematology reports
- Demonstrate ability to utilise diagnostic/health analysis equipment appropriate to the natural therapist (eg sphygmomanometer) and interpret and apply findings
- Identify emotional symptoms associated with health conditions and disease processes
- Demonstrate an understanding of the processes for health analysis/disease diagnosis, including the role of investigation
- Demonstrate an ability to take case histories and conduct a physical examination
- Demonstrate an understanding of the relationship between disease processes and healing
- Demonstrate an understanding of the basic principles of pharmacology and pharmacokinetics
- Demonstrate an understanding of drug actions, uses, contraindications, drug interactions and adverse effects
- Demonstrate an understanding of pain and referred pain
- Assess, treat and manage musculoskeletal conditions of the upper body and
- Assess, treat and manage musculoskeletal conditions of the lower body

## Manual Therapy

Minimum total hours for this component: 200

### Learning Outcomes

- Demonstrate commitment to the central philosophies and principles of manual therapy
- Describe the contraindications and precautions of manual therapy
- Perform a massage therapy health assessment, including client history and postural assessment
- Perform a comprehensive musculoskeletal assessment of the upper body and
- Perform a comprehensive musculoskeletal assessment of the lower body
- Identify the trigger points and referred pain patterns of specific muscles
- Perform soft tissue mobilisation – including massage, myofascial release and muscle energy technique
- Describe the location, composition and function of fascia
- Determine treatment sequence, location and degree of pressure according to assessment indications
- Identify musculoskeletal injuries and their potential for treatment with massage within scope of own practice
- Provide massage therapy treatment, positioning client correctly to optimise client comfort and support while allowing optimal application of techniques
- Identify and respond to indications or contraindications for manual therapy
- Recognise reactions to treatment and respond promptly
- Develop treatment plans based on clinical findings and treatment protocols
- Review effectiveness of treatment plans based on client response to preventative and injury related treatments
- Educate client in relevant and practical techniques that support the treatment plan



- Demonstrate a knowledge of other complementary therapies including physiotherapy, osteopathy, chiropractic and naturopathy
- Maintain appropriate posture to optimise ergonomics during treatment
- Observe all occupational health and safety procedures
- Comply with infection control procedures and policies
- Observe all ethico-legal boundaries as they relate to massage therapy
- Demonstrate the key elements of draping
- Monitor progress of treatment and negotiate changes to the treatment plan with the client to ensure the best outcomes for the client
- Accurately record and organise all clinical data in a way which can be readily interpreted by other health professionals

## Myotherapy

Minimum total hours for this component: 300

### Learning Outcomes

- Describe the history and development of Myotherapy
- Define Myotherapy
- Differentiate between Trigger Point Dry Needling and traditional Chinese acupuncture
- Demonstrate an understanding of the concept of trigger points and how they develop
- Demonstrate the ability to locate trigger points on the human body
- Discuss the neurophysiology of pain
- Discuss the management of pain through digital trigger point therapy
- Describe exercise techniques as a treatment plan
- Demonstrate joint mobilisation
- Demonstrate the management of pain through digital trigger point therapy
- Explain the limitations of digital trigger point therapy in pain management and treatment of soft tissue dysfunction
- Discuss the management of pain and soft tissue dysfunction through Myotherapy
- Explain the role of Dry Needling within the scope of practice of Myotherapy
- Describe contraindications and precautions for the use of Myotherapy
- Explain the importance of health and safety procedures in relation to Myotherapy
- Demonstrate needling techniques to prevent injury to blood vessels, nerves, organs, joints, and implanted devices
- Discuss health and safety regulations and legislation of relevance to Myotherapy (Federal, State and Local Government)
- Demonstrate the implementation of infection prevention and control in the clinical application of Dry Needling (including hygiene measures, hand and foot protection, management of bleeding and blood spills, disposal of needles and waste)
- Explain the differences between superficial Dry Needling technique and deep Dry Needling technique
- Demonstrate Trigger Point Dry Needling techniques, including deep Dry Needling and superficial Dry Needling techniques, to the various regions of the body (upper and lower extremities, head, neck and thorax, abdomen, lower back)
- Discuss the use of vapocoolant sprays and stretching in the deactivation of trigger points
- Explain the importance of informed consent where Myotherapy may be considered in the treatment of a client
- Explain the information required for client record-making where Myotherapy is performed (to include needle selection, needling depth, duration of needling, patient response where Dry Needling is performed)
- Demonstrate effective recording of client information and treatment details



## Communication

Minimum total hours for this component: 60

### Learning Outcomes

- Demonstrate effective professional communication skills with staff, clients, and other health care professionals
- Record information from interviews and client contacts
- Plan and conduct interviews with clients and staff
- Provide clear instructions to peers, staff and other health care providers
- List the key points associated with group dynamics
- Identify positions of conflict and strategies to deal with negative and positive group dynamics
- Debate the legalities and ethical issues associated with confidentiality as relates to Myotherapy

## Professional Practice

Minimum total hours for this component: 90

### Learning Outcomes

- Describe the role of the natural medicine practitioner within the health care system
- Identify possible job opportunities in the health care industry
- Plan the establishment of a natural medicine practice (including a business plan)
- Describe the knowledge & skills required to manage a natural medicine practice (including operational strategies, marketing strategies, stock level monitoring)
- Demonstrate an understanding of financial management procedures
- Demonstrate an understanding of personnel management procedures
- Identify methods of monitoring successful natural medicine practice (including development and implementation of policies and procedures)
- Apply safe work practices in a natural medicine practice
- Observe legal and ethical requirements in a natural medicine clinic
- Maintain a professional development program
- Monitor and evaluate one's own work practices
- Demonstrate an ability to write a professional report about a client

## Safe Practices

Minimum total hours for this component: 15

### Learning Outcomes

- Follow organisational procedures for hazard identification and risk control
- Contribute to occupational health and safety in the workplace
- Use and implement strategies as directed to prevent infection in the workplace
- Use strategies to prevent work overload
- Work in a safe manner
- Use and implement strategies to prevent manual handling injuries
- Collect, handle, store and manage clinical and other waste in a safe manner
- Clean and disinfect equipment and surfaces
- Demonstrate hygiene management procedures
- Identify and respond to infection risk



## Supervised Clinical Training

Minimum total hours for this component: 200

### Learning Outcomes

- Demonstrate the ability to record and maintain client's records
- Perform daily operations of a Myotherapy clinic
- Perform routine physical assessments and simple diagnostic tests on clients
- Describe how a Myotherapist applies their knowledge and skills in practice
- Formulate and test trials diagnoses for clients
- Work with clients to create treatment plans
- Demonstrate a competent and caring professional manner in a Myotherapy practice
- Treat clients in a Myotherapy clinic using appropriate techniques
- Describe the place of Myotherapy within the framework of health and health-related services in a local community
- Demonstrate an awareness of the particular requirements for a group practice
- Demonstrate financial viability of operating a Myotherapy practice
- Describe the place of Myotherapy within the framework of health and health-related services in the local community
- Demonstrate behaviour conforming to ethical and legal standards when dealing with clients and other health professionals
- Demonstrate an understanding of cross-cultural issues for working with a range of clients
- Demonstrate an ability to work in a sole practice
- Demonstrate a knowledge of group practice requirements
- Demonstrate an ability to write a professional report about a client

### Notes

Supervised clinical practice refers to a situation where a student consults with clients, performs an appropriate health assessment, prepares and provides treatment/management plans, in a clinic open to members of the public and while under the supervision or direction of a clinician, trainer or practitioner employed or contracted by the college or institution.

Supervised clinical practice must be undertaken in the presence of a lecturer, trainer, or qualified supervisor who must be present at and directly observing at least part of each student consultation. Selection of a clinical practice supervisor is determined by the teaching institution.

ATMS requires that at least 80% of supervised clinical training hours be completed by face-to-face practical training. Supervised clinical practice does not include any unsupervised practice on family, friends or other students, or consultations/treatments provided in a classroom setting.

For Myotherapy at least 80% of the clinic hours must be spent actively assessing and treating clients under supervision (i.e. no more than 20% of the time spent observing, working in reception etc.).

A minimum of 30 patient consultations is required by student practitioners, of which, 10 consultations are to involve dry needling to demonstrate competency. Of those 30 patient consultations, the minimum time to be spent on each consultation is to be no less than one hour. That one hour of practice can include the obtaining of client details and diagnosis, however, a minimum 'hands on' practice time of 30 minutes of the consultation must be delivered as directed via proper consultation of the client's needs, diagnosis and the decided upon protocol for therapy, as ascertained by the student practitioner in consultation with his or her clinical supervisor. Notwithstanding, the student practitioner is entitled to provide a treatment time of greater duration if it is in accordance with a correct assessment of the clients needs, in consultation with the clinical supervisor.

Of the 10 consultations requiring dry needling, these consultations may form part of an overall treatment plan, however, the clinical supervisor must observe the needling itself. The clinical supervisor must ensure that not only the correct trigger point location is obtained, but that all safe needling, hygiene and universal precaution processes are thoroughly observed and followed. Acupuncture techniques that fall outside of the scope of trigger point needling, such as distal needling, are to be discouraged so as to stay within the scope of safe myotherapy practice and in relation to observing the Health Practitioner Regulation National Law Section 113.



It is required that student practitioners are under direct supervision for at least 80% of the time required for clinical supervision. This includes the application of myotherapy treatments on clients.

Of the 20% component potentially not under direct clinical supervision: this can include demonstration of physical assessments and simple diagnostic assessments and tests via video recording or live video link. This unsupervised component does not include the treatment of clients using myotherapy or its associated techniques.

