



ADVANCED TREATMENT MODULES IN MUSCULOSKELETAL MEDICINE



EXPAND AND ADVANCE CLINICAL KNOWLEDGE AND SKILLS LEARNT IN THE AAMM CERTIFICATE OF MUSCULOSKELETAL MEDICINE WITH THE ADVANCED TREATMENT MODULES IN MUSCULOSKELETAL MEDICINE.

PRACTICAL

COMPREHENSIVE

TRANSFORMATIVE

The advanced treatment modules were designed to build on and expand knowledge and skills learnt during the AAMM Certificate of Musculoskeletal Medicine. Highly relevant for GPs, Sports and Exercise Medicine, Pain Medicine and Rehabilitation Medicine physicians who work with musculoskeletal conditions on a regular basis.

These intensive and comprehensive workshops will enable practitioners to work confidently and effectively with a variety of musculoskeletal pain management techniques to improve patient mobility and quality of life. Developed in consultation with senior musculoskeletal medicine practitioners who bring together years of clinical experience and knowledge to enable members to provide a high level of patient care and treatment.

TREATMENT MODULE 1

Spinal Manual Therapies and Exercises.

TREATMENT MODULE 2

Injection Therapies: Prolotherapy, Perineural Therapy, Trigger Point Therapy and Platelet Rich Plasma Injections

TREATMENT MODULE 3

Pain and its management, spinal interventions and musculoskeletal Medicine overview

OUTLINE

Modules are designed to be independent but also reinforcing of each other. They may be completed in any order, with the expectation that the entire suite of modules be completed within one to two years. .

PRE-REQUISITES

Participants must have completed the below pre-requisites:

- Hold a current AAMM Membership
- Completed the AAMM Certificate of Musculoskeletal Medicine (or equivalent, to be approved by Convenor)

TREATMENT MODULE ONE: SPINAL MANUAL THERAPIES AND EXERCISES

This module includes a two-day workshop held in Brisbane, which provides training in:

- Applying spinal examination skills in selection of patients and appropriate manual therapies and exercises
- A range of mobilisation techniques in all spinal regions
- Specific manipulation techniques for the thoracic spine
- Muscle energy therapy exercises for the cervical spine
- Stretching exercises for all spinal regions
- Counter strain and positional release techniques for the cervical spine and chest wall pain.

Participants will attend a two-day workshop held in Brisbane.

TREATMENT MODULE TWO: INJECTION THERAPIES, PROLOTHERAPY, PERINEURAL THERAPY, TRIGGER POINT THERAPY AND PLATELET RICH PLASMA INJECTIONS

This module consists of a three-day workshop in Adelaide, June 2024 (Final date TBC, \$2100) and will provide training in the following:

- Explaining the theory, practice, potential benefits and side effects to patients
- Demonstrating accurate surface markings for key neuromusculoskeletal structures
- Selection of appropriate patients
- Safe injection techniques using realistic animal models and patient demonstrations
- Appropriate treatment regimens and follow-up for patients with musculoskeletal pain likely to benefit from treatment.

EXPAND YOUR SKILLS

*ADVANCED TREATMENT
TECHNIQUES*



TREATMENT MODULE THREE: PAIN AND ITS MANAGEMENT, SPINAL INTERVENTIONS AND MUSCULOSKELETAL MEDICINE OVERVIEW

This module consists of a two-day workshop in Brisbane and will provide training in the following:

- Pain theory and its application in practice
- Pain education and counselling
- Pain medication management
- Harnessing the placebo effect
- Informed referral for spinal interventions including nerve root blocks, epidurals, radio frequency ablations and spinal cord stimulators
- Treatment approaches/algorithms combining treatments in Musculoskeletal Medicine
- Secondary prevention of structural, postural and activity factors

PRE-READING REQUIREMENTS

It is anticipated that participants will be required to complete approximately 3-4 hours of pre-reading for each of modules 1, 2 and 3.

On successful completion of all three modules participants will be eligible to sit the Assessment Module to achieve the Advanced Treatment Certificate .

KNOWLEDGEABLE TUTORS

SMALL GROUP LEARNING

FEES

TREATMENT MODULE ONE:

\$1400

TREATMENT MODULE TWO:

\$2100

TREATMENT MODULE THREE:

\$1400

MORE INFORMATION

For more information, please review the Frequently Asked Questions

ENQUIRIES AND EXPRESSIONS OF INTEREST

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AAMM.ORG.AU

Australian Association
of Musculoskeletal Medicine