Advanced Diploma of Myotherapy

Through this program you’ll develop advanced techniques to treat myofascial pain, joint pain and peripheral neuropathic pain.

You’ll deepen your understanding of the musculoskeletal system and inherent movement patterns. You’ll apply clinical reasoning to uncover the underlying causes of pain, develop sophisticated skills in palpation, perform refined movement assessment tests, functional movement analysis, and neuro-dynamic testing.

You’ll increase your skills with treatment methods including deep tissue modalities, myofascial techniques, trigger-point therapy, dynamic cupping, myofascial dry needling, neuro-dynamic mobilisation, prescriptive and rehabilitation exercises, joint mobilisation and pain management techniques.

With a focus on practical applications, you will learn to enhance your client consultation practices, develop preventive management plans, and use evidence-based treatment protocols.

At RMIT’s myotherapy teaching clinic, you’ll be able to apply your practical skills and learn advanced business skills needed to manage staff and run your own practice. You will also have the opportunity to undertake a placement with one of RMIT’s industry placement partners.

Learning and teaching

Our Myotherapy Teaching Clinic gives you the opportunity to gain experience in a simulated work environment. You will observe and practise under the supervision of qualified staff.

Assessment may also take place in a simulated work situation.

Assessment consists of successful completion of all assessment activities as well as classroom, project and industry participation.

Career outlook

The Advanced Diploma of Myotherapy is tailored to provide the specific knowledge and practical skills to train you as an industry accredited myotherapist. As a qualified myotherapist you may:

- be self-employed in private practice as an independent myotherapist
- lead a multi-disciplinary practice as part of a team of other allied health practitioners
- work in hospitals, aged care facilities and other health organisations

There are also opportunities in education, community health care services, social welfare, sales and health retreats.

Industry connections

RMIT offers work integrated learning placements with Melbourne United basketball club (NBL), the National Institute of Circus Arts (NICA), The Australian Ballet, Wellington centre community care (underprivileged health), AFL draft camp and Indigenous AFL camps.

Professional recognition

The Advanced Diploma of Remedial Massage is recognised by more than 10 professional organisations, including:

- Myotherapy Association Australia (MAA)
- Massage and Myotherapy Australia (MMA)

Associate membership is available to students currently studying massage. MAA and MMA offers free student membership to enrolled full or part time students of massage therapy.

Graduates are eligible to register for provider number status with private health insurers and WorkCover.

Program snapshot

Program code: C6159
National code: 22316VIC

Duration
Full-time: 1 year

Location
City campus

Selection mode
Direct application

How to apply
Semester 1: Direct to RMIT
rmit.edu.au/programs/apply/direct
Semester 2: Direct to RMIT
rmit.edu.au/programs/apply/direct

Fees
For local fee information:
rmit.edu.au/programs/fees

Contact
Info Corner
330 Swanston Street
(cnr La Trobe Street)
Melbourne VIC 3000
Tel. +61 3 9925 2260

rmit.edu.au/programs/c6159
Program structure

You'll develop the advanced skills and knowledge to extend your career opportunities as a myotherapist, including:

- myofascial dry needling, functional movement and corrective exercises (Semester 1)
- advanced hands-on techniques for treatment of a wide range of conditions and pathologies (Semester 1)
- further clinical knowledge in assessment procedures and protocols, orthopaedic assessment and treatment techniques, neuro-dynamic assessment and treatment, and treatment planning (Semester 1)
- comprehensive understanding of how to discover and implement current research in your everyday practice (Semester 2)
- advanced business skills, so you can run your own myotherapy practice (Semester 2)

You will be given the opportunity to undertake learning and assessment in a workplace, external clinical placements and the RMIT myotherapy teaching clinic. Students will also be asked to complete a research assignment.

### Compulsory Units

<table>
<thead>
<tr>
<th>Unit Description</th>
<th>Semester(s)</th>
<th>Provider Code(s)</th>
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<tbody>
<tr>
<td>Use communication to build relationships (CHCCOM002)</td>
<td>Semester 2</td>
<td>VU21878</td>
</tr>
<tr>
<td>Work within a myotherapy framework (VU21875)</td>
<td>Semester 1 &amp; 2</td>
<td></td>
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<tr>
<td>Provide myotherapy treatment (VU21878)</td>
<td>Semester 1 &amp; 2</td>
<td></td>
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<tr>
<td>Establish and manage a myotherapy practice (VU21873)</td>
<td>Semester 2</td>
<td></td>
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<tr>
<td>Perform myotherapy clinical assessment (VU21876)</td>
<td>Semester 1 &amp; 2</td>
<td></td>
</tr>
<tr>
<td>Provide myofascial dry needling treatment (VU21879)</td>
<td>Semester 1 &amp; 2</td>
<td></td>
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<tr>
<td>Manage health risks in a myotherapy environment (VU21874)</td>
<td>Semester 1 &amp; 2</td>
<td></td>
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<tr>
<td>Plan myotherapy treatment strategy (VU21877)</td>
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<tr>
<td>Conduct research relating to myotherapy clinical practice (VU21880)</td>
<td>Semester 2</td>
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This qualification requires the successful completion of all units.

Please note: This is an example of the program structure. Courses may change and may not be available each semester.