

# 2022 National Conference Scholarship winner report

I had read about the Conference for several years and had hoped one day to attend but knew it would be impossible without winning a scholarship.



| Giovanni Navarrete

**I** do count myself incredibly fortunate to have been supported to come to the first post-COVID Conference as a relatively new practitioner.

I would like to thank the Conference Committee and the Scholarship Committee for selecting me and giving me this opportunity.

The sessions were invaluable, and while all were informative and well-delivered, three very practical sessions that will help me in my practice were on shoulder pain (Garry Lavis and Rob Granter) and on Joint Mobility Investigation and Treatment (Craig Quinlivan). These are the most common areas that I seem to be treating at the moment and their practical advice, illustrative techniques and generous hand-out notes will help me further develop my patient awareness and treatment techniques. Learning more about clinical assessment techniques will ensure I provide the best possible treatments for my patients –

understanding more about dysfunction and particularly around the impact of the scapula on acute pain has already been very helpful in treating some of my patients with chronic injuries in this area. These sessions were the best professional development opportunities that I have experienced since starting my career – a great combination of theory and practice, with plenty of real techniques to incorporate into my own practice.

Although I have never attempted dry needling, I found Robert De Nardis' session on the topic eye-opening and incredibly interesting. It may be a technique that I can pursue to add further treatment options for my clients, though I know this will take time to develop and practice before incorporating it.

A conference is much more than the work sessions though. The social side of this conference was also very helpful in my professional development. I was welcomed warmly as the scholarship holder, introduced to many experienced and senior practitioners, and enjoyed good food and conversation with a wide range of people. My network has increased and I have made some very useful friends and contacts. I know I can call upon

them to discuss issues and support me further when I may need advice. Having time to sit around over a drink and discuss the presentations helped to deepen my understanding while relaxing with new friends and colleagues. Those attending were deeply involved with our profession and many of them have had years of experience to share with newer practitioners. This passing on of knowledge and experience is essential for our profession and I am sure we all benefited from having attended. Every session had a couple of practical take-aways. When you add those to the friendliness of everyone who attended, and the opportunity to network, build connections and enjoy some social time as well – this was an outstanding conference!

My thanks again to everyone who was involved in the organisation of the Conference and to the Scholarship Committee for supporting me in such a generous way. I recommend the Massage & Myotherapy Australia Conference as a vital part of a young practitioner's professional development, and I know I will make sure I can attend in the future.

Giovanni Navarrete

**SAVE THE DATE!**

**2023 MASSAGE & MYOTHERAPY AUSTRALIA**  
**NATIONAL CONFERENCE**  
**GRAND MILLENNIUM AUCKLAND, NEW ZEALAND**

**SAT 27 – SUN 28 MAY 2023**

**MASSAGE & MYOTHERAPY AUSTRALIA**  
Celebrating 20 years

**massage new zealand**