



# club-physio

**Check out what's in the Club Physio Shop.**

New discounted Kinesio Tape prices below!!!

[Order your kinesio tape, kinesio scissors and acustar massagers, shoulder-cisers, groovy grippers, MBrace and more here by emailing \[info@club-physio.net\]\(mailto:info@club-physio.net\)](#)



### **Kinesio Tape**

5m rolls - R160 per roll  
5m Box - R900 per box  
31.5m Clinic Roll - R900  
Kinesio Scissors - R450  
Kinesio - Clinical Application book - R500



**Acuforce Massage Stars - NOW IN STOCK!**

11 May 2010

**Club Physio is pleased to present;**

## **Confirmed Dates for a Brand New International Course**

# **DE-MYSTIFYING PUDENDAL NEURALGIA AS A SOURCE OF PELVIC PAIN**

**with**

**Elizabeth Rummer (USA) and  
Stephanie Prendergast (USA)**

**Jo'burg; 20-21 Nov 2010**

**Course fees; R3300 (if paid before 31 Aug 2010; thereafter R3600)**

**CPD points; 16 ceu's applied for**

### **Past Course Testimonials**

- This is a 'hot' topic right now and they made it very accessible.
- Stephanie and Elizabeth are excellent presenters and valuable resources to PTs practicing pelvic floor rehab.
- Professional, articulate, knowledgeable speakers.
- The instructors' depth of knowledge and their personalities while presenting made this easy to learn and fun to do!

Regular - R250  
XL - R250

All prices exclude postage  
and delivery.

**Check out these New  
Courses!!!**

**business Intelligence and  
Practice Management**

**Course** with Wilma Erasmus in  
JHB, Cape Town and DBN; next  
JHB date set for 4 Sep, CT for  
11 Sep and Durban 31 July  
2010; check the [testimonials](#)  
for feedback. click [here](#)

**The Pain Management**

**course** with Dr Andre Sorger;  
Jo'burg (17-18 April), Dbn (14-  
15 Aug) and Cape Town (20-21  
Nov) in 2010. click [here](#) for  
more info.

**Crash course in Medical Law  
and Ethics for Physios**

with  
Johann Roux; A good  
awareness of the medico-legal  
and ethical aspects relating to  
physiotherapy is essential to all  
professionals. check out the  
dates for CT, JHB, George,  
Bloem, PE, DBN, EL and  
Nelspruit.

**Dynamic Motor Control and  
Pilates Level 1 Course**

with  
Debbie Creamer coming to  
Cape Town again on 6-9 Aug  
2010, JHB (14-17 May) on the  
and Durban (10-13 Sep) 2010;  
look out for confirmed dates.  
[click here](#)

**Kinesio Taping (KT1-KT3);**

you just gotta do the magic  
tape course! If you missed out  
in 2009, don't worry; we're  
scheduling more courses  
throughout 2010; keep a look  
out to avoid disappointment!  
[click here](#)

**The Level 1 Shoulder Course**

- with Aussie Shoulder  
Specialist Physio Lecturer Lyn  
Watson; Shoulder Rehab Physio  
to Shane Warne, Pat Rafter, Ian  
Thorpe...was run in Nov 08.  
Next course dates including

- I wish I hadn't waited so long to take this- you are both a blessing to our profession.
- I have learned so much in this course! It definitely is a wonderful complement to the previous courses I have taken.
- Great course, even better than expected!
- Excellent course, great instructors - always makes me excited about this field when I attend a great course!
- This has been the most beneficial class that I have taken in years.
- The course was the missing link I've been looking for!

**Why should you do this course?**

- *You get two international lecturers / instructors for the price of one!!!*
- *Both Elizabeth and Stephanie are international experts in their field of interest.*
- *Because this course is supported and encouraged by the Women's Health group of the SASP.*

**Who can attend this course?**

This course is open to physios, bios, chiros, osteos, nurses, wid-wives, O&G specialists and GP's; in fact anyone who works with and has a professional interest in women's health.

**COURSE OUTLINE**

Pudendal Neuralgia (PN) is a myofascial pelvic pain syndrome that often frustrates medical professionals and patients.

Common symptoms include burning, stabbing pain in the vagina, anus, perineum, and/or genitals, urinary urgency, frequency and pain, bowel dysfunction and sexual dysfunction.

Despite the apparent complexity of this disorder, PN can successfully be managed through a multidisciplinary approach with an emphasis on manual therapy.

This course will describe the evidence behind soft tissue techniques that are applicable for all patients with myofascial pelvic pain and students will return to their clinics with numerous, immediately-applicable treatments for patients with pelvic pain.

In addition, this course will discuss the range of medical interventions and surgeries currently utilized for PN. The

level 2 will be in 2011.  
[click here](#)

**Anatomy Trains** with Tom Myers. Don't miss out on the Foundation, Movement, Manual Therapy and Abdominal Breathing workshops conducted by the myo-fascial Guru himself! Next series of courses set for Jan / Feb 2011 including the new Abdominal Breathing workshop; confirmed dates just released.....  
[click here](#)

**The Shoulder Management Course** with Janine Gray - next course dates for CT, JHB, EC and DBN in 2010.  
[click here](#)

**The Foot and Ankle Course** with Helene Simpson; extended to 2 days by popular demand with increased F&A rehab technique emphasis; back in CT on the 27-28 Nov 2010.  
[click here](#)

**Muscle Activation - Level 2** with Doug Heel. If you've done Level 1, then Level 2 is a must! New dates just released and confirmed for Ct and JHB. Check the website for details.

**Ethics for Physios** with Narina Gilder; these are your compulsory CPD points - and you get double ethics points!!! JHB & CT in 2010.  
[click here](#)

[For a full course list click here](#)

### Join the Club

Club Physio has expanded its membership options to a two-tiered format.

Tier 1 Club Physio membership allows all participants who wish to book for courses to register with the club physio website for free.

Tier 2 Club Physio membership for a once-off annual subscription fee of only R300

focus will be on developing physical therapy treatment plans for pelvic pain and how successful teams of PTs, MDs, and mental health specialists work together....for more course info including course objectives and pre-requisites, click [here](#).

### About Elizabeth Rummer and Stephanie Prendergast

**Elizabeth H. Rummer, MSPT** received her Master of Science in Physical Therapy from the University of Miami Medical School. Early on, she specialized in orthopedics and chronic pain before becoming involved in treating pelvic pain in 2004. Since then she has focused on myofascial pelvic pain and dysfunction syndromes. She teaches and lectures nationally and internationally, has contributed to multiple textbooks for professionals, has published multiple articles, and mentored many physical therapists in the field of pelvic pain.

**Stephanie A. Prendergast, MPT** received her Master of Physical Therapy degree from the Medical College of Pennsylvania and Hahnemann University. She has specialized in treatment of myofascial pelvic pain disorders since 2001. She has published numerous articles and textbook chapters on pelvic pain, conducts research, teaches courses and lectures internationally. She has served on the Board of Directors of the International Pelvic Pain Society since 2002 and was elected to the executive board in 2010.

## Jo'burg; 20-21 Nov 2010

**Course fees; R3300 if paid before 31 Aug and R3500 if paid after 31 Aug)**

**CPD Points; 16 ceus applied for**

### TO REGISTER OR FOR MORE INFO;

Online: [www.club-physio.net](http://www.club-physio.net)

(Please note that you can only book for courses if you are a registered user / member at [www.club-physio.net](http://www.club-physio.net)). Don't delay, sign up now! Click [here](#) to visit and register on the website and fill in your details and away you go!

Email; [info@club-physio.net](mailto:info@club-physio.net)

Tel: 021 7055 399.

Fax your proof of payment to 0866 724 623 to secure your place.

To book for these or any other club-physio.net courses;

email: [info@club-physio.net](mailto:info@club-physio.net);

tel: 021 7055399

web: [www.club-physio.net](http://www.club-physio.net)

or click [here](#) to view our complete list of courses

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### Selected and Edited Club Physio Course Testimonials

provides you with;

1. Unlimited Classified adverts for your practice and / or your unwanted equipment sales in the newsletter;
2. 50% discount on your own private course adverts per newsletter issue (current cost is R300 per private advert per issue);
3. The monthly club-physio.net newsletter;
4. Guaranteed last-minute bookings up to 1 week before a course for fully paid-up club-physio.net members.
5. A free listing of your practice details in the find-a-physio section in the club-physio.net website.

Sign up now by emailing [info@club-physio.net](mailto:info@club-physio.net) and we'll send you a booking form and bank details.

**Fancy Attending your next Club-Physio course for free???**

**Club-Physio is looking for regional representatives to assist with course organising in your area.**

**In return for a little bit of easy work, you get to attend a course for free and save on the course fees when doing so.**

**If you are interested then please email us on [info@club-physio.net](mailto:info@club-physio.net) and your next course could well be a free course!!!**

#### Event Name

Club Physio cc  
PO Box 15092  
Vlaeberg  
Cape Town,  
8018

tel; 021 7055399

#### **Business Intelligence and Practice Management Course**

An excellent course with great presentation. Thank you to ClubPhysio - all dealings are efficient and pleasant - Sven

Wilma is an extremely competent speaker who engages with course attendees brilliantly. This has positively been one of the most informative courses i have been on. I feel confident now to run a financially fit physio business - Catherine

This is a very good course and I would recommend it to all other practitioners - Rolene.

Wilma is a fantastic facilitator - very dynamic. She knows her content very well and is knowledgeable in most other fields too. This is an awesome course for any practice owner. Its informative, interactive and I would recommend this course to anyone who owns a practice or is going to own a practice - Lisa

#### **Kinesio Taping Course with David Parish**

Just wanted to say thank you again for such a well run and truly fantastic course! I thoroughly enjoyed it and learnt so much! - Michelle.

The Magic Tape course is exactly what it says - MAGIC. A big thank you to David Parish who is such an easy going instructor and who makes the tape 'come alive' with his informative instruction and intuitive presentation. I recommend the Kinesio Taping course to all therapists who are looking for that cutting edge appeal from a new course! - Craig

This was the best course I have ever done - it has challenged my way of looking at a patient and overall treatment of the patient - Nicole

Unbelievable to have top international presenters in SA at SA prices! - Evan

Highly effective technique with a wow factor (fast results). Great course thanks - Kobus

'Wow" amazing course and lecturer! - Monique

A wonderful practical course with revolutionary material and content. I will use it plenty - Eva

Outstanding! Well done Dave - Richard

Great course, great presenter and great notes. Would recommend all sports physios do it. David very experienced. - LouAnn

#### **Anatomy Trains with Thomas Myers**

A very enlightening experience; Tom offers a new way / different way of seeing the body and helping clients more towards their true potential - Adele

Thank you again for a wonderful Anatomy Trains course. Tom had just so much valuable info to share; it was worth every cent! - Ulrike

It was fab and many thanks for all your hard work and

excellent communications and always prompt replies to emails. Your admin is great and i know it isn't the easiest job especially with so many on the courses. Well done! And of course Tom (and his work) was excellent too! -

email; [info@club-physio.net](mailto:info@club-physio.net)  
web; [www.club-physio.net](http://www.club-physio.net)

Viv

I want to thank you once again for the wonderful correspondence regarding Anatomy Trains, the terrific organisation of the workshop and for providing me with the opportunity of doing a smattering of this amazing work. It was good to finally put a face to the name - Lorraine

It was good working with you. I appreciate the way you looked after the course and after Tom personally. A well organised course makes such a difference for the one teaching - Marius.

This course is very well presented; he makes complex ideas easy to understand - Tracy

It is rare to have lecturers who can engage on an intellectual level with a diverse group. Well done tom! - Bruce

Many of the problems I experience in correcting movement patterns in patients became much clearer listening to and understanding the fascial connections in the body as explained by this excellent lecturer. Thomas Myers. Thank you! - Nicky

The evolution of manual and movement therapy is here - Thank you! - Yolande

Absolutely amazing; the principles will become part of my everyday practice techniques. - Megan

Thomas is a highly educated, wonderfully engaging speaker with a wealth of information and knowledge. This course, although just a touch on a hugely complicated body of work, has helped to clarify looking at the concept of the tissues of the body as being interconnected and the need to treat holistically - Roxanne

#### **Ethics for Physios Course with Narina Gilder**

Thank you for the very well presented course on ethics. The material was comprehensive and up-to-date and the presenter excellent and knows the topic well. I found the course material thought provoking and very relevant. Diana

#### **Build The Complete Athlete and Move Towards Function Courses with Richard Sutton**

I commend Richard on his course. Of the many courses I have attended, this is possibly the best due to his dynamic presentation. His knowledge and understanding of the topic vastly exceeds that of many previous course presenters. I highly recommend this course to all physiotherapists". Samantha - (physio)

Being in practice for 9 years I thought that my knowledge base was quite vast. However, by taking part in Richard's course I realized that I have only grabbed the tip of the iceberg. There is so much more to posture than just observation and theories. His well structured and very informative course should be a must for all biomechanics and physios, old and new. His questioning of

some of the old theories and showing their faults was a breath of fresh air and I want to thank him for a brilliant course that will certainly improve any biokineticist's evaluation and rehabilitation techniques". Karen - (Bio)

I thoroughly enjoyed the course. It really gave me a great insight into how important it is to treat patients holistically. I also learnt that making visual analysis assumptions may at times lead therapists astray - length tension and force tension muscle tests should be routinely carried out. The theory and practical parts of the course were well-balanced. After completing this course, I feel inspired and challenged to treat my patients presenting with injuries in a new light. I look forward to applying the large amounts of knowledge gained & learned during the course practically and thereby increased treatment effectiveness & efficiency with my patients". Anne - (Physio)

Wow! What an eye opener this was. If you think you know anything about posture, biomechanics or the training an elite athlete, think again. T Campher - (Bio)

Having attended the Swiss Ball Courses (Basic and Advanced) as well as the course on Postural Analysis, I feel that my knowledge of the functionality of the human body has not only improved but my interest in sport science and kinesiology has nearly doubled. Being actively involved in track athletics as an athlete and coach, a good understanding of the various aspects which affect performance is essential! The knowledge which Richard has passed on to those attending his courses is by far the best I have ever had the privilege of attending. His enthusiasm for the course content and the people attending is amazing. The courses are of a high standard and I thoroughly enjoyed them. I look forward to more courses from Richard in the future! Michael (Sports Scientist & Coach)

"Being somewhat of a seminar and symposium junkie, and having recently returned from an international sports science symposium which boasted a collection of some of the most renowned speakers in their fields worldwide, it is with confidence that I can say that Richard Sutton is a leader in his field and has much to offer both the professional athlete as well as the week-end warrior". Dr G. Roberts (Chiro)

#### **Foot and Ankle course with Helene Simpson**

This was an eye opening workshop. I enjoyed the practical aspects of the course and the fact that the techniques were well thought out, quick and with minimal effort on my part - Carly

A very useful, practical and informative course. Thank you! - Dee

I thoroughly enjoyed the course. It gave me a great insight into how important it is to treat ankle patients holistically. The theory and practical parts of the course were well-balanced and I feel inspired and challenged to treat my patients presenting with foot and ankle injuries in a new light. I look forward to applying the large amounts of rehab knowledge gained & learned during the course practically and thereby increase treatment effectiveness & efficiency with my patients - Annabel

Everyone will benefit from this course. A fun, hands-on course, which looks at the lower limb as a whole system and how emphasising the rehab components has a major effect on the patients recovery, function and performance. Helene is a passionate teacher whose course is definitely worth it! - Rachel

#### **Muscle Activation Course with Douglas Heel**

That a South African is a world leader in a revolutionary program that is set to redefine all movement forever is outstanding. Congrats Doug!! May your star shine brighter and brighter!! - Yusuf.

It was an eye opening course. Enjoyed the practical side of the course, and the fact that it was readily re-assessable. Quick and easy techniques with minimal effort on my part - Vanessa.

Very practical and can be used immediately - Angela.

A most incredible course - it was mind blowing and a real thought provoker! Douglas has an amazing knowledge and imparts it with so much energy!! - Janine.

Great course, shifts paradigms. Challenges current treatments - Kobus.

Content new and exciting, Good practice - felt self confident with my ability to do this with patients - Caty.

Fantastic energetic presentation. Immediately recognizing amazing posture and freedom of Doug. "Cool, funky and lots of fun" I am going to enjoy presenting different approach - with some specific patients in mind - Bryan.

This is amazing. I am hoping it changes the scope of my practice - Leslie.

Good one on one interaction with all attending. Provides lots and lots of food for thought! Magic - Vimistra.

Mind blowing!! Can't wait to try it! - Jayshree.

New out of the box thinking / info compared to old physio info - Nicholas.

Course was awesome! -Jane.

Very useful, practical and informative. Amazing lecturer - Eva.