

# Bachelor of Health Science (Clinical Myotherapy)

Myotherapy is considered to be the evidence base assessment, treatment and rehabilitation of musculoskeletal pain and associated conditions (Myotherapy Association Australia, 2018). The term 'Myotherapy' comes from the Greek word 'myo' or 'muscle', and Clinical Myotherapy is now a system of healthcare that focuses on the treatment and prevention of musculoskeletal pain (pain in the muscles, nerves and joints). Its methods of physical and orthopaedic assessment share some similarities with other manual therapy disciplines such as Physiotherapy and Osteopathy. However, Clinical Myotherapy can have greater reliance on physical soft tissue treatment methods that accompany a complete treatment plan.

## CRICOS code

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084579F

## Intake dates

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Feb, Jun, Sept

## Duration

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Full time: 3 years, Part time: 6 years

## Study type

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On campus, blended delivery

## Location

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Melbourne

## Career outcomes

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As a graduate of the Bachelor of Health Science (Clinical Myotherapy) degree, there are a number of career opportunities available to you. There is a continually growing demand for skilled practitioners to work as a Myotherapist in a number of settings such as:

- Medical and allied clinics
- Complementary health and wellbeing clinics
- Sporting clubs
- Industries that require the treatment of pain management and musculoskeletal treatment

## Graduate recognition

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Our Bachelor of Health Science (Clinical Myotherapy) degree meets the requirements for graduates to join the following organisations:

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

## Entry requirements

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- Year 12 or equivalent

## Special entry requirements

- For International applicants: Academic IELTS 6.5 (no band less than 5.5) or equivalent.

## Admissions criteria

For full courses admissions criteria, please visit: [think.edu.au/how-to-apply/admissions-criteria](https://think.edu.au/how-to-apply/admissions-criteria)

## Upgrade pathways

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Upgrade options are available for Diploma of Remedial Massage, Diploma of Nursing, and the Advanced Diploma of Myotherapy.

## Course structure

The Bachelor of Health Science (Clinical Myotherapy) consists of 36 subjects. The course runs on a 12-week trimester system.

### Year 1

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- Myotherapy History & Foundations
- Anatomy & Physiology 1
- Counselling & Communication Skills
- Bioscience
- Anatomy & Physiology 2
- Biochemistry 1
- Musculoskeletal Anatomy 1
- Neuromuscular Techniques
- Research and Evidence Based Practice
- Surface Anatomy & Trigger Point Location 1
- Clinical Assessment 1
- Musculoskeletal Anatomy 2

### Year 2

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- General Pathology
- Surface Anatomy & Trigger Point Location 2
- Neuroscience & Motor Control
- Clinical Assessment 2
- Clinical Assessment 3
- Biomechanics & Kinesiology
- Myofascial Dry Needling 1
- Pain Management 1
- Musculoskeletal Pathology
- Exercise Prescription 1
- Myofascial Dry Needling 2
- Pain Management 2

### Year 3

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- Musculoskeletal Integrative Pharmacology
- Elective 1
- Joint Mobilisation
- Myotherapy Clinical Practicum 1
- Exercise Prescription 2
- Elective 2
- Pain Management 2
- Myotherapy Clinical Practicum 2
- Professional Practice
- Critical Literature Review
- Neuropsychology
- Myotherapy Clinical Practicum 3

### Electives

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- Lifespan Myotherapy
- Foundations of Nutrition
- Sports Injury Management
- Active Ageing and Falls Prevention
- Corporate Health
- Social Enterprise

### External clinical placement

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Year 1: 80hrs | Year 2: 100hrs | Year 3: 120hrs

### Internal clinical placement

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Year 3: 195hrs

## How to apply

Complete an online application at [think.edu.au](https://think.edu.au)

You will need certified copies to support meeting English Language Standards and certified copies of academic transcripts.

## For more information

Contact a Course and Careers Advisor on **1300 575 803** or visit [think.edu.au](https://think.edu.au) to find out more