

A Message from our President

The SMX2009 Conference theme is "***On ya bike! - Movement for health***", which aims to address issues related to exercise for health as well as sport and the types of advice/treatment required for different populations. The sessions have been designed to address two specific focus points;

- ***'Get Going'*** aims to address advice and protocols which will assist practitioners to support clients who need to be encouraged to be physically active, or assistance to return to sport/exercise after injury/illness or pregnancy. Sessions will cover different populations i.e. a session for children/adolescents, one for women, one for men etc.
- ***'Going Hard'*** aims to address advice and protocols which assist practitioners to work with clients who are recovering from serious injury, wish to improve performance or clients who are exercising for health who have major trauma or overuse injuries or who are elite performers.

All presenters are of extremely high caliber whose presentations will provide invaluable professional development opportunities while also enhancing your professional network. SMX is SMA Victoria's largest annual event and I look forward to seeing you at the conference.

Dr David Bolzonello

President – SMA Victorian Branch