



AUSTRALIAN COLLEGE OF  
VETERINARY ACUPUNCTURE LTD

As Trustee for ACVA Foundation ABN 89 505 692 923

## AUSTRALIAN COLLEGE OF VETERINARY ACUPUNCTURE

The Australian College of Veterinary Acupuncture Ltd (ACVA) is a 'not-for-profit' organisation that has been established to promote veterinary acupuncture education and research within Australia and the Asia Pacific region.

As organisers of the International Veterinary Acupuncture Society (IVAS) Certification course in Australia, the ACVA provides an 18 month program of lectures, assignments, intensive residential hands-on workshops, mentoring, tutoring and advice on clinical application of acupuncture, to enable course participants to attain the internationally recognised Certificate of Veterinary Acupuncture (CVA) upon successful completion of the required criteria.

The ACVA has established a charitable Foundation to raise money to fund research into veterinary acupuncture. It is our aim that the ACVA Foundation will establish research projects within a number of Australian universities over the coming years.

**This workshop is open to all veterinarians who are interested in learning more about trigger points. The numbers for the course are limited and acceptance into the course is on a first come, first paid basis.**

### Enrolment Fee

**The workshop fee is AUD \$770 (incl GST) this includes lecture notes morning and afternoon tea and lunch**

**Enrolment forms and accommodation options are available on our website-  
[www.vetacupcollege.com.au](http://www.vetacupcollege.com.au)**

### **Payments can be made by :-**

#### **1. Cheque payable to :-**

Australian College of Veterinary Acupuncture Ltd. as Trustee for the ACVA Foundation, PO Box, 6088, Highton, Victoria. 3216

#### **2. Direct Transfer to :-**

Account Name: Australian College of Veterinary Acupuncture Ltd. as Trustee for the ACVA Foundation  
Bank: Commonwealth Bank of Australia,  
Address: Highton, Victoria 3216,  
SWIFT CTBAAU2S,  
BSB: 063858, Account Number: 1022 6220.

Please state your full name in comments and send a payment confirmation email to including your name and date of payment to [contact@vetacupcollege.com.au](mailto:contact@vetacupcollege.com.au)

#### **3. Credit card payment:**

Call 0414 295 503 or email Bill Rae at [contact@vetacupcollege.com.au](mailto:contact@vetacupcollege.com.au) with your details

**Please forward enrolment forms to the above email**



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## Presents

# Dr Mark Hocking 's CANINE TRIGGER POINT WORKSHOP

**30th September 2018  
at Marcus Oldham College  
Geelong Victoria**



## Trigger Point Therapy

Trigger points are very small, localised tender contractures that develop in skeletal muscles. If you press on the back of your shoulder and find firm, tender “knots” in the muscles, these are trigger points. Trigger points are a very common source of muscular pain, stiffness and weakness. In humans, trigger points may just be painful on palpation or they may be spontaneously painful, and often result in referred pain.

Trigger points are also a common source of pain, lameness and joint restriction in dogs and other domestic animals. Trigger points may be the source of pain that you are missing during your lameness examination. Finding trigger points, and releasing them with massage, acupuncture or electrostimulation, can be very helpful as a primary or adjunct measure when treating animals with musculoskeletal disease.

In this five hour workshop you will receive an up to date overview of trigger point theory and see demonstrations of techniques useful in finding and treating trigger points. Demonstrations of treatment techniques will include pressure release massage and the use of a Pointer Excel II hand-held transcutaneous electrical nerve stimulator (TENS). You will then gain personal hands-on experience in both finding and treating trigger points, using dogs as the practice animal. You will also receive comprehensive notes that include diagrams showing common locations for canine trigger points and the stretches useful in finding and treating trigger points.

Learning to treat your patients’ trigger points effectively may aid rehabilitation after injury or surgery, help to maintain working, racing or other sporting performance and relieve pain and lameness in patients of all ages, but especially older arthritic animals.

This workshop is open to all veterinarians who are interested in learning more about trigger points.



**Venue: Marcus Oldham College  
145 Pigdons Road, Waurin Ponds, Vic 3216**

**8 CE points from IVAS**

### **Program:**

<b>9.00 — 11.00</b>	<b>Trigger Point Lecture</b>
<b>11.00 — 11.30</b>	<b>Tea Break</b>
<b>11.30 — 1.00</b>	<b>Practical session</b>
<b>1.00 — 2.00</b>	<b>Lunch</b>
<b>2.00 — 3.30</b>	<b>Practical session</b>
<b>3.30 — 4.00</b>	<b>Afternoon Tea</b>

**For further information**

**contact Bill Rae**

**+61 (0) 414 295 503 or**

**e-mail: [contact@vetacupcollege.com.au](mailto:contact@vetacupcollege.com.au)**

## **Dr Mark Hocking BVSc (Hons) CVA**

Mark Hocking graduated from the University of Sydney in 1994. He has practised at Gladesville Veterinary Hospital in Sydney since 1998. Mark has been treating the trigger points of companion animal patients for over 16 years.

In 2001, Mark completed the International Veterinary Acupuncture Society (IVAS) course and received his IVAS certificate. In 2002 he attended a trigger point therapy workshop run by Veterinarian Dr Elizabeth Frank, who is also an IVAS graduate with a special interest in trigger points.

Since 2010, Mark has run seven workshops on trigger point therapy for Australian and New Zealand veterinarians at the invitation of the Australian Veterinary Acupuncture Group, Australian Greyhound Veterinarians and the New Zealand Veterinary Association. Mark spent six weeks at Massey University in New Zealand in 2012, where he was involved in a research study investigating the diagnosis of trigger points and the effects of trigger point therapy in racing Greyhounds. Mark has given two lectures on trigger points and trigger point therapy at the Australian IVAS course since 2012 and the Australian Veterinary Association Annual Conference in 2013.

Mark has had two papers published in human pain journals, which outline his alternative hypothesis for the pathophysiology of trigger points. The publication of these papers lead to Mark being invited to give a presentation on the pathophysiology of trigger points at Myopain 2013, the International Myopain Society conference, in Seattle in August 2013.

Mark was keynote speaker at the Australian Greyhound Veterinarians annual conference in Melbourne in October 2013, where he presented the results of the Massey University trigger point study. He also recently gave a lecture on trigger point therapy at the CVE Cradle to Grave Conference in Melbourne in June 2014.