



QLD State Committee Event | 7 April 2019

Trigger Point Acupuncture: An Introduction to Theory and Practice

Presented by Stephen Janz

This seminar will outline the theory of trigger points from a biomedical and Chinese medicine perspective. Some commonly used trigger points will be demonstrated and participants will practice needling some common trigger points with a focus on safe needling. Trigger point acupuncture is an effective approach in the treatment of myofascial pain and dysfunction. Trigger points are hyper-irritable points associated with tender nodules in taut bands of muscle. Trigger points are associated with myofascial pain and dysfunction, and have been described since ancient times as one type of ashi point. Trigger points represent sites of qi & blood stagnation and can develop following a range of stimuli including postural strain, trauma or radiculopathy. Trigger points can be treated with acupuncture using a number of needling methods depending on the preference of the patient and the experience of the practitioner. Treating trigger points effectively can lead to a rapid change in the symptom picture, allowing continued focus on residual root conditions.

This introductory workshop will outline the classical understanding of trigger points, briefly review contemporary research on trigger point acupuncture (also known as dry needling) and demonstrate trigger point acupuncture on several clinically useful points. Special attention will be given to safe needling of Gb21, a commonly used trigger point and also the most common cause of pneumothorax when incorrectly needled.

About the presenter/s

Stephen Janz

Stephen Janz is a former president of the AACMA. Stephen was the project manager and co-author of The Acupuncture Evidence Project. Stephen was an inaugural member of the Chinese Medicine Board of Australia until July 2014 where he chaired the Policy, Codes and Guidelines Advisory Committee. Stephen is in full time clinical practice in Brisbane. Stephen was awarded best paper for clinical practice at WFAS 2004 and joint best paper at AACMAC 2010 for his presentations on plantar fasciitis; awarded overall best paper at AACMAC 2011 for his presentation on 'Dry needling: Issues and risks'; and overall best paper at AACMAC 2014 for his presentation on 'An Introduction to Trigger Point Acupuncture'. He is the first author of the AJACM article 'Acupuncture by Another Name: Dry Needling in Australia'.

Event Details

Date	7 April 2019
Time	9.30-13.00 (Break time: 11.00-11.30)
Cost	Members: \$40 (\$50 for walk-in) Students Members: FREE Non-members: \$60 (\$70 for walk-in)

- **Please register with AACMA prior to the event. Limited seats available and NO walk-ins will be accepted on the day if the number limit has already been reached.**
- **No fees for AACMA student members whether pre-registered or walk-in if venue limit has not been reached.**

- **Non AACMA student members pay the same price as non AACMA member registrants.**
- **Students need to show their current student card on attendance at the event.**
- **Photos may be taken during the seminar. These photos may be published in the AACMA newsletter.**
- **If you do not wish to be photographed, please inform the AACMA head office when you register for this seminar.**

Venue The Ministry Centre, St Columb's Anglican Church Hall, 23 Victoria Street Clayfield 4011

CPD **3 CPD points**

Registration Via Office Via office - RSVP by 12:00 PM EST, Thursday 4 April 2019.
Contact AACMA national office on 07 3457 1800 or email aacma@acupuncture.org.au

Please bring your AACMA Tax Invoice as proof of your seminar registration and payment

Registrations and payments are to be done either via BPAY or over the phone via credit card. Please contact AACMA national office on 07 3457 1800.

**This is an AACMA-organised seminar.
All enquiries should be directed to AACMA.**

Who can attend AACMA State Committee events?

Attendance at AACMA State Committee events is open to AACMA members and non-members who are either CMBA-registered Chinese medicine practitioners or students enrolled in an AACMA/CMBA-approved acupuncture or Chinese medicine program.

Preference will be given to AACMA members where numbers are limited.

Cancellation policy for paid events

Cancellations received one week or more before the event date will incur a \$20 administration fee. There are no refunds for cancellations received less than one week before the event or for failure to attend the event; however, a credit, minus the \$20 administration fee, can be retained for future events.

Any changes to event date, time, location, content or speaker(s) will be advised by the AACMA office before close of business on the Friday prior to the event.

Cancellation of registration due to event change(s) received before the Friday prior to the event can be arranged as a refund or credit for future events. Cancellation due to event change(s) received after the event date will be arranged as credits only if the registrant did not attend the event.

Please note that the AACMA office is not able to notify registrants of any event changes that may happen after the close of business of the Friday prior to the event.

If you are travelling interstate for the event, please plan your itinerary after confirming with us.