

**EQUESTRICARE**  
**CERTIFICATE IN**

**TISSUE MOBILISATION FOR HORSES**



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International Institute for  
Complementary Therapists  
**IICT APPROVED**  
TRAINING PROVIDER

**ETAA**   
Equine Therapists Association of Australia

73% of clients surveyed said that the most important thing for them when looking for a therapist was reputation. So why not start out in your career with an exquisite one?

The aim of the certificate is to provide those already working as therapists, with the latest tools and techniques in muscle rehabilitation, mobilisation of joints, and recuperative care, as well as essential anatomical and evaluational knowledge and skills.

The program contains a large amount of theory and self guided study, with practical intensives, online help and one on one guidance.

Our commitment is to developing practitioners with high quality skills in the field of equine sports therapy, and developing therapists that not only have good technique and feel, but also a wealth of background knowledge on anatomy, biomechanics, conformation and rehabilitation.

## Equestricare Vision

To be Australia's most accredited, professional and innovative Equine Sports Therapy, Rehabilitation and Education service in Australia.

## Equestricare Values

- The client (both two legged and four)
- Knowledge and Education
- Innovation
- Reputation
- Passion



## COURSE DIRECTOR Jessica Blackwell

BSc, Dip Horse Business Management, Cert Herbal Med, IEBW, MFR, ERLT, Cert Equine Sports Massage, Level 1 Reiki, Cert TMH

Jessica is one of those lucky people who has turned her passion into a successful business. She is the Director of Equestricare, a multiple award winning equine business.

Jessica, an avid rider herself, started Equestricare, a mobile equine health service, to fill a gap in the industry. Equestricare provides services such as massage, laser therapy, ultrasound, electrotherapy, deep tissue mobilisation and myofascial release as well as workshops and education.

She was recently awarded Most Innovative Woman of the Year at the 2010 Telstra Business Womens Awards, as well as the first woman in history to win the Marcus Oldham College's Graduate of Excellence Award, and Runner up Telstra Micro Business 2013.

Jessica was just 25 when she set up Equestricare, and now the business has more than 3000 clients on the books and turns over 6 figures. She is one of the most qualified therapists in the industry with a Bachelor of Science, Diploma of Horse Business Management and Certificate in Herbal Medicine on the books as well as international qualifications in Equine Bodywork, Myofascial Release, Red Light Therapy, Equine Sports Massage, and Tissue Mobilisation. She has also undertaken extensive study in Equine Muscular and Neurological Disorders and Exercise Physiology.



**EQUESTRICARE**  
Equine Health & Muscle Therapy

# WHAT IS TISSUE MOBILISATION

Tissue mobilisation involves the application of manual techniques such as pressure, compression, bending, longitudinal gliding, cross fibre work, kneading, stretching and rolling the tissues - the purpose of which is to stretch and release the soft tissue of the body.

The soft tissue includes muscles, tendons, ligaments, nerves and fascia (connective tissue). Working the soft tissue releases structural (bone/joint) changes in the physical body that may be the result of injury, pain and/or muscle imbalance.

## What are the benefits of Tissue Mobilisation?

- restore range of motion to stiff joints
- relieve muscular tightness, spasms or restrictions improve muscle tone and balance
- reduce the physical stress placed on bones and joints
- reduce muscle fatigue and soreness by promoting rapid removal of toxins and waste products from the tissues
- increase flexibility in the muscles
- bring more oxygen and nutrients into the muscle by increasing blood circulation

## COURSE OBJECTIVES

- On completion of the course graduates will be qualified in Tissue Mobilisation for Horses
- Graduates will be professional practitioners able to assess and treat general muscle pain and disorder, and assist in the maintenance of sport horses.
- They will have a good understanding of anatomy, biomechanics and equine assessment and, and will not only be able to treat horses but also be able to plan rehabilitation plans for the future.
- As this course is accredited by the Equine Therapies Association of Australia (ETAA), and the International Institute of Complimentary Therapies (IICT) graduates will be able to take up membership in the ETAA and IICT and receive access to insurance etc.

## THEORY MODULES

### MODULE 1 - ANATOMY & PHYSIOLOGY

- Unit 1 - The Soft Tissues o Introduction to superficial and deep muscles, tendons, ligaments and fascia.
- Unit 2 - The Joints o Introduction to the major joints of the horse

### MODULE 2 – EQUINE EVALUATION

- Unit 3 - Equine Assessment: Learning to assess the horse both visually and dynamically.
- Unit 4 - Palpation Techniques: Learning how to manually assess temperature, tension, texture and tenderness.
- Unit 5 - Gait Analysis
  - o A study of the horses movement (Biomechanics)
  - o The affects of joint mobilisation in movement

### MODULE 3 – INTRODUCTION TO TISSUE MOBILISATION

- Unit 6 – What is tissue mobilisation, how does it work and why do we use it.
- Unit 7 – Techniques of Tissue Mobilisation
- Unit 8 – Benefits of Tissue Mobilisation
- Unit 9 - Contraindications

### MODULE 4 – TISSUE MOBILISATION TECHNIQUES

- Unit 10 – Poll Focus o A detailed study of superficial and deep muscles, tendons, ligaments and bones in the poll.
  - o Poll Mobilisation techniques
- Unit 11 – Shoulder Focus o A detailed study of superficial and deep muscles, tendons, ligaments and bones in the shoulder.
  - o Shoulder Mobilisation techniques
- Unit 12 – Knee Focus
  - o A detailed study of superficial and deep muscles, tendons, ligaments and bones in the knee.
  - o Knee Mobilisation techniques

- Unit 13 – Spinal Mobility
  - A detailed study of superficial and deep muscles, tendons, ligaments and bones in the spine.
  - Spinal Mobilisation techniques
- Unit 14 – Pelvic Mobility
  - A detailed study of superficial and deep muscles, tendons, ligaments and bones in the pelvis.
  - Pelvic Mobilisation techniques
- Unit 15 – Hip Focus
  - A detailed study of superficial and deep muscles, tendons, ligaments and bones in the hip.
  - Hip Mobilisation techniques
- Unit 16 – Stifle Focus
  - A detailed study of superficial and deep muscles, tendons, ligaments and bones in the stifle.
  - Stifle Mobilisation techniques
- Unit 17 – Hock Focus
  - A detailed study of superficial and deep muscles, tendons, ligaments and bones in the hock.
  - Hock Mobilisation techniques

## PREREQUISITES

Applicants are required to already have a qualification or extensive experience in the equine bodywork industry.

## COURSE DURATION

Students have up to six months to complete the course, although it can be completed in 12 months if required.

### The course includes:

- 100 hours of guided study
- 30 hours of guided practical experience
- 60 hours of external practical experience
- 200 hours of self guided study

## ASSESSMENT

To graduate students must undertake all course hours and study questions, complete case studies on 15 horses, and complete a research project.

## DELIVERY

This course offers combined delivery options of self guided and guided study via distance and online education as well as practical workshops.

**There are two delivery options: 1) Practical 2) Distance**

1. The practical version allows the student to complete the study modules and assessment over 1 year with all practical taking place in one 3 day intensive.
2. The Distance Option does not certify students until they have completed the practical component. It does allow them to gain all the theory and practical experience though. It is purely the theory side and students gain a "Certificate of Completion" in the course at the end.

We are very flexible with our training options, especially for those eastern states participants, so if you have any questions at all please contact us at [training@equestricare.com.au](mailto:training@equestricare.com.au)

## COURSE DELIVERY

**Day 1** – Introduction to evaluation and tissue mobilisation techniques  
Spinal Mobility Pelvic Mobility

**Day 2** – Front End: Poll, Shoulder and Knee Focus

**Day 3** – Hind End: Hip, Hock & Stifle Focus

**Day 4** - Case Studies

## INVESTMENT

- **Option A** - Upfront payment of \$1100 (inc gst)
- **Option B** - Three instalments of \$399 (inc gst)
- **Option C** – \$550 non refundable deposit and monthly payments (\$130/month for 6 months or \$88/month for 11 months)
- **Option D** – Distance Only – Upfront payment of \$299 (inc gst)

## ACCREDITATION

Upon completion, students will be awarded a Certificate in Tissue Mobilisation for Horses accredited by the Equine Therapies Association of Australia and recognised internationally.

## TERMS & CONDITIONS OF ENROLMENT

I understand that after enrolling in this course I am a student until I have sat all my assessment, passed and received my certificate. Up until that point it is dishonest of me to charge for my services or advertise my services as if I am already qualified.

I understand that although I will be certified by Equestricare, I am by no other means associated with the business and will not make out as if I am.

I understand that enrolling in this course is a financial commitment. If I am unable to attend then I will be able to transfer my place to another workshop, but the fees are non-refundable.

Fee's must be paid within 14days of receiving an invoice. If left longer then 30 days they will incur a late payment charge of 10% of the outstanding payment.

If in the event that I do not pay my fees within three months, a debt collector will be called upon, and failing that I will be taken to the magistrates court. I will incur all fee's associated with chasing up payment.

In order to graduate, I must attend all the required practical days, complete all the quizzes and study questions. Complete no less then 25 case studies, pass both my essays's and my practical exam.

Places on practicals are limited. Payment must be received at least 14days prior to the practical. If I am unable to pay within this time my place may be given to someone else.

# ENROLMENT FORM

## TISSUE MOBILISATION

NAME:	
ADDRESS:	
EMAIL:	
PHONE/MOBILE:	
DATE OF BIRTH	
Educational Background	
Equine Experience	
Current Occupation	
Allergies, Physical disabilities etc	

## INVESTMENT

Option A - I enclose full fee payment of \$1100 (inc gst)  
via    Credit Card    Direct Deposit    Cheque    Cash

Option B - I enclose the first of three payments of \$399 (inc gst)  
via    Credit Card    Direct Deposit    Cheque    Cash

Option C - I enclose the first payment of \$550 (inc gst) and agree to pay monthly instalments of \$130 (inc gst) for 6 months or \$88 for 11 months  
via    Credit Card    Direct Deposit    Cheque    Cash

**DECLARATION:** I hereby declare that I am applying for the above named course. I have read the course information package terms and conditions and agree to pay all fees by the due date and understand that fees are not refundable and are required to be paid in full on completion of the course.

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

On completion of the form an invoice will be emailed to you with payment details

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# ENROLMENT FORM - DISTANCE TISSUE MOBILISATION FOR HORSES

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NAME:	
ADDRESS:	
EMAIL:	
PHONE/MOBILE:	
DATE OF BIRTH	
Educational Background	
Equine Experience	
Current Occupation	
Allergies, Physical disabilities etc	

## INVESTMENT

Option A - I enclose full fee payment of \$299 (inc gst)

via    Credit Card    Direct Deposit    Cheque    Cash

**DECLARATION:** I hereby declare that I am applying for the above named course. I have read the course information package terms and conditions and agree to pay all fees by the due date and understand that fees are not refundable and are required to be paid in full on completion of the course.

**SIGNED:** \_\_\_\_\_

**DATE:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

On completion of the form an invoice will be emailed to you with payment details