



NEURODYNAMIC SOLUTIONS (NDS)  
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## NDS Course Programme

### Upper Quarter

#### DAY 1 - 9.00 am - 5.00 pm

- |             |  |
|-------------|--|
| 9.00-10.30  | Concept of neurodynamics <ul style="list-style-type: none"><li>- convergence, sliding, tensioning, neurodynamic sequencing, linking mechanics and physiology, neurodynamic tests</li></ul>                           |
| 10.30-11.00 | Morning tea  |
| 11.00-12.30 | Nerve palpation - median, ulnar, radial, brachial plexus, spinal nerves  |
| 12.30-1.30  | Lunch  |
| 1.30-3.00   | Neurodynamic testing - MNT1, UNT, MNT2, RNT  |
| 3.00-3.20   | Afternoon tea  |
| 3.20-5.00   | Diagnosis with neurodynamic tests <ul style="list-style-type: none"><li>- normal, abnormal, covert, overt responses</li><li>- planning physical examination and treatment - levels/types 0, 1, 2, 3a, b, c</li></ul> |

#### DAY 2 - 9.00 am - 5.00 pm

- |             |  |
|-------------|--|
| 9.00-10.00  | Diagnostic categories <ul style="list-style-type: none"><li>- interface - reduced closing, reduced opening</li><li>- neural tension dysfunction and their causes</li><li>- mechanisms of pathophysiology</li></ul>   |
| 10.00-10.30 | Method of treatment <ul style="list-style-type: none"><li>- pathophysiology</li><li>- pathomechanics</li><li>- progression system</li></ul>  |
| 10.30-11.00 | Morning tea  |
| 11.00-12.30 | Treatment <ul style="list-style-type: none"><li>- neck pain and cervical radiculopathy</li><li>- opening and closing dysfunctions</li><li>- neural tension dysfunction</li></ul>                                     |
| 12.30-1.30  | Lunch  |
| 1.30-3.00   | Treatment <ul style="list-style-type: none"><li>- complete cervical spine dysfunctions</li></ul>   |
| 3.00-3.20   | Afternoon tea  |
| 3.20-5.00   | Treatment <ul style="list-style-type: none"><li>- lateral elbow pain, opening, closing sliders, tensioners, neural massagers</li><li>- carpal tunnel syndrome, openers and closers, sliders and tensioners</li></ul> |

Total contact time - 14 hours

# NDS Course Programme

## Lower Quarter

### DAY 1 - 9.00 am - 5.00 pm

9.00-10.30	Concept of neurodynamics <ul style="list-style-type: none"> <li>- convergence, sliding, tensioning, neurodynamic sequencing, linking mechanics and physiology, neurodynamic tests</li> </ul>
10.30-11.00	Morning tea
11.00-12.30	Nerve palpation - piriformis and sciatic nerve, tibial, peroneal, sural, saphenous
12.30-1.30	Lunch
1.30-3.00	Neurodynamic testing <ul style="list-style-type: none"> <li>- straight leg raise, tibial, peroneal and sural neurodynamic tests</li> <li>- slump test</li> </ul>
3.00-3.20	Afternoon tea
3.20-5.00	Diagnosis with neurodynamic tests <ul style="list-style-type: none"> <li>- normal, abnormal, covert, overt responses</li> </ul> Planning physical examination and treatment - levels/types 0, 1, 2, 3a, b, c

### DAY 2 - 9.00 am - 5.00 pm

9.00-10.00	Diagnostic categories <ul style="list-style-type: none"> <li>- interface - reduced closing, reduced opening</li> <li>- neural tension dysfunction and their causes</li> <li>- mechanisms of pathophysiology</li> </ul>
10.00-10.30	Method of treatment <ul style="list-style-type: none"> <li>- pathophysiology</li> <li>- pathomechanics</li> <li>- progression system</li> </ul>
10.30-11.00	Morning tea
11.00-12.30	Treatment <ul style="list-style-type: none"> <li>- neck pain and cervical radiculopathy</li> <li>- opening and closing dysfunctions</li> <li>- neural tension dysfunction</li> </ul>
10.00-10.30	Method of treatment <ul style="list-style-type: none"> <li>- pathophysiology</li> <li>- pathomechanics</li> <li>- progressional system</li> </ul>
10.30-11.00	Morning tea
11.00-12.30	Treatment <ul style="list-style-type: none"> <li>- low back pain and lumbar radiculopathy</li> <li>- opening and closing dysfunctions</li> <li>- neural tension dysfunction</li> </ul>
12.30-1.30	Lunch
1.30-3.00	Treatment <ul style="list-style-type: none"> <li>- piriformis syndrome/hip pain</li> <li>- hamstring injury</li> </ul>
3.00-3.20	Afternoon tea
3.20-5.00	Treatment <ul style="list-style-type: none"> <li>- Foot/heel pain/tarsal tunnel syndrome</li> <li>- openers and closers, sliders and tensioners</li> </ul>

Total contact time - 14 hours

## Pre-reading List

Bove G, Ransil B, Lin H-C Jeong-Gill Leem J-G 2003 Inflammation induces ectopic mechanical sensitivity in axons of nociceptors innervating deep tissues. *Journal of Neurophysiology* 90: 1949–1955

Dilley A, Lynn B, Pang S. Pressure and stretch mechanosensitivity of peripheral nerve fibres following local inflammation of the nerve trunk. *Pain* 2005 117(3): 462-472.

Shacklock M 1995 Neurodynamics. *Physiotherapy* 81: 9-16

Shacklock M 1996 Positive upper limb tension test is a case of surgically proven neuropathy: analysis and validity. *Manual Therapy* 1: 154-161

Shacklock M 2005 *Clinical neurodynamics: a new system of musculoskeletal treatment*. Elsevier, Oxford.