

## NDS Course Programme

### Upper Quarter

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

9.00-10.30	Concept of neurodynamics - convergence, sliding, tensioning, neurodynamic sequencing, linking mechanics and physiology, neurodynamic tests
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 - normal, abnormal, covert, overt responses - 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 - interface - reduced closing, reduced opening - neural tension dysfunction and their causes - mechanisms of pathophysiology
10.00-10.30	Method of treatment - pathophysiology - pathomechanics - progression system
10.30-11.00	Morning tea
11.00-12.30	Treatment - neck pain and cervical radiculopathy - opening and closing dysfunctions - neural tension dysfunction
12.30-1.30	Lunch
1.30-3.00	Treatment - complete cervical spine dysfunctions
3.00-3.20	Afternoon tea
3.20-5.00	Treatment - lateral elbow pain, opening, closing sliders, tensioners, neural massagers - carpal tunnel syndrome, openers and closers, sliders and tensioners

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 - convergence, sliding, tensioning, neurodynamic sequencing, linking mechanics and physiology, neurodynamic tests
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 - straight leg raise, tibial, peroneal and sural neurodynamic tests - slump test
3.00-3.20	Afternoon tea
3.20-5.00	Diagnosis with neurodynamic tests - normal, abnormal, covert, overt responses 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 - interface - reduced closing, reduced opening - neural tension dysfunction and their causes - mechanisms of pathophysiology
10.00-10.30	Method of treatment - pathophysiology - pathomechanics - progression system
10.30-11.00	Morning tea
11.00-12.30	Treatment - neck pain and cervical radiculopathy - opening and closing dysfunctions - neural tension dysfunction
10.00-10.30	Method of treatment - pathophysiology - pathomechanics - progression system
10.30-11.00	Morning tea
11.00-12.30	Treatment - low back pain and lumbar radiculopathy - opening and closing dysfunctions - neural tension dysfunction
12.30-1.30	Lunch
1.30-3.00	Treatment - piriformis syndrome/hip pain - hamstring injury
3.00-3.20	Afternoon tea
3.20-5.00	Treatment Foot/heel pain/tarsal tunnel syndrome - openers and closers, sliders and tensioners

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.