



# Mobilization of the Nervous System

## The Neuro Orthopaedic Institute (Australia)

**March 20 & 21, 2010      Duluth, MN**

NOI's classic lecture and practical course, now in its 20<sup>th</sup> edition, and updated annually, continues to be extremely popular worldwide.

We use modern pain sciences to provide a clinically relevant understanding of the physical health issues of the entire nervous system. This means consideration of the molecular and homuncular targets of our therapy. We integrate this knowledge using a clinical reasoning framework and advanced manual assessment and management options. Skilled reasoning is evidence based medicine at its best.

Neurodynamics is a new science. This course offers a fresh understanding and management strategies for common syndromes such as plantar fasciitis, tennis elbow, nerve root disorders, carpal tunnel syndromes and spinal pain. Innovative management tools involve conservative decompression of nerves, various neural mobilising techniques and the new patient education techniques which emerge from neurodynamics and pain sciences.

Course notes have been written by **David Butler** with input from many members of the international faculty and in response to feedback from course participants.

*This course is approved for CEUs by most state PT Associations (15.0 contact hours).*

### **COURSE AIMS & COURSE PROGRAM**

- To gain new and updated knowledge of neurodynamics and pathobiology of the nervous system related to manual examination
- To gain safe and effective handling skills in the examination and interpretation of physical dysfunction of the nervous system
- To utilize these skills in novel, active, passive and education based management
- To integrate manual handling skills with pain sciences and clinical reasoning practices
- To professionally refresh course participants.

<b><u>Day 1</u></b>	<b><u>Day 2</u></b>
7:45 – 8:00      Registration	8:00 – 8:45      Peripheral Neuropathic Pain Mechanisms
8:00 – 8:15      Introduction	8:45 – 10:15    Lab: ULNT 2a: Median Nerve
8:15 – 9:15      Clinical Reasoning & Pain Science	Lab: ULNT 2b: Radial Nerve
9:15 – 9:30      Examining the Nervous System	10:15 – 10:30    Break
9:30 – 10:00    Lab: Nerve Palpation of the LE	10:30 – 11:30    Central Pain Mechanisms
10:00 – 10:15    Break	11:30 – 11:45    Precautions and Contraindications
10:15 – 10:45    Lab: Nerve Palpation of the UE	11:45 – 12:15    Analysis of Neurodynamic Tests
10:45 – 12:00    Neuroanatomy & Neurodynamics	12:15 – 1:00      Lunch
12:00 – 1:00      Lunch	1:00 – 1:30      Prone Knee Bend: Femoral Nerve
1:00 – 1:15      Introduction to Neurodynamic tests	1:30 – 2:00      Lab: ULNT 3: Ulnar Nerve
1:15 – 2:00      Straight Leg Raise and variations	2:00 – 2:30      Output Mechanisms
2:00 – 2:45      Slump	2:30 – 3:00      Thoracic Spine and the Sympathetic Nervous System
2:45 – 3:00      Break	3:00 – 3:15      Break
3:00 – 3:30      Pain	3:15 – 5:00      Management Principles
3:30 – 4:15      Nociceptive Pain Mechanisms	5:00              Conclusion
4:15 – 5:00      Upper Limb Neurodynamic Test 1: Median Nerve	

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**The Neuro Orthopaedic Institute is an independent, international group of physiotherapists dedicated to quality education and resource distribution.**

# Course registration form

**Course** Mobilization of the Nervous System (Level 1 course)  
**March 20 & 21, 2010 (Sat-Sun)**  
**Instructor** Adriaan Louw, PT, M.AppSc (physio), GCRM, CSMT, Neuro Orthopaedic Institute  
**Venue** St. Scholastica College  
**Registration** Colleen Louw (NOI agent in the US)  
Toll free 866-235-4289, fax 515-733-2744, email [info@ispinstitute.com](mailto:info@ispinstitute.com)

## Your details

Title (Mr/Ms/Dr): \_\_\_\_\_ First Name: \_\_\_\_\_ Middle initial: \_\_\_\_\_

Surname: \_\_\_\_\_

Professional Designation: \_\_\_\_\_ License #: \_\_\_\_\_

Organization: \_\_\_\_\_

Email: \_\_\_\_\_

Work phone: \_\_\_\_\_ Work Fax: \_\_\_\_\_

Home phone: \_\_\_\_\_ Home Fax: \_\_\_\_\_

Address: \_\_\_\_\_

City/Suburb: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip/Postal code: \_\_\_\_\_ Country: \_\_\_\_\_

**Payment by check:** Check for **\$425** USD to be made out to:

**International Spine and Pain Institute, PO Box 232, Story City, IA, 50248**

**Payment by credit card:** Please charge **\$425** to my  Visa  MasterCard  Discover

Card no. \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Exp. \_\_\_\_ / \_\_\_\_

Last 3-digit sec code (back of card) \_\_\_\_

Cardholders' name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Participant Cancellation:** If written notification of cancellation is received to ISPI prior to the course start date, the participant may receive a letter of credit for the full amount, substitute someone in their place, or transfer to another course within 12 months of the cancellation without penalty. No monies will be refunded for cancellations. If the participant registered using a letter of credit, or if the participant has been transferred from another course, and the participant cancels, no amount can be transferred from another course, and no other letter of credit will be issued. All credits are forfeited. No money or credit will be issued for "no shows" at the course, nor for cancellation any time after the course start date.

**Institute Cancellation:** Full tuition refunds will be issued to the participant, or another letter of credit will be issued to participant. If course is interrupted while in progress by an "act of God" or circumstances beyond control, no refunds will be issued. International Spine and Pain Institute, NOI/Australia, nor the Host Facility are responsible for any reimbursement of expense incurred by participant, including airline tickets.

**Queries:** Should you require any further information or assistance with this form please contact Colleen Louw (ISPI) at 515-733-2699 or email [colleen@ISPIInstitute.com](mailto:colleen@ISPIInstitute.com)

**A formal confirmation will be sent to you when your registration has been received.**

