

CLINICAL NEURODYNAMIC SOLUTIONS

LOWER QUARTER



What is NDS?

NDS courses are based on Michael Shacklock's best-selling text, *Clinical Neurodynamics*, have been taught to more than **10k clinicians worldwide** and are considered foundational for many in the musculoskeletal field.

Michael Shacklock proposed the concept of neurodynamics in 1995 with his paper in the British journal *Physiotherapy* in which various scientific cornerstones formed a key aspect of clinical practice in physiotherapy and physical therapy neurodynamics practice.

This has been developed on in his book *Clinical Neurodynamics*, 2005, Elsevier, Oxford in which the whole body is dealt with in diagnosis and treatment of many musculoskeletal syndromes with a neural component.

The courses by Neurodynamic Solutions are based on the philosophy of helping therapists develop their clinical skills and applying them to their patients. This course therefore contains approximately 65% practical and 35% theory.

What you will learn

Define a system of assessing peripheral nerve injuries of the lower quarter, including diagnostic categories, and clinical reasoning. After completing this course, practitioners will have improved their skills at detecting and managing the neurodynamic aspect to the following clinical conditions:

- Lumbar Radiculopathy (including Sciatica)
- Deep Gluteal / Piriformis Syndrome
- Hamstring Injury and the Sciatic Nerve
- Femoral nerve, thigh and knee pain
- Mid-Upper Lumbar Radiculopathy
- Sural at the Achilles Tendon, Ankle & Leg
- Heel Pain - Tibial and Medial Calcaneal Nerve - Tarsal Tunnel Syndrome and Digital Nerves



HYBRID Delivery: 14 hours online, 16 hours in-person

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Course Objectives

- Understand how nerves move.
- Painless nerve root mobilisations
- how to exclude neurodynamic disorders.
- Differentiate between musculoskeletal and neurodynamic components.
- Make a neurodynamic diagnosis
- Technique progressions from low to high functional levels.
- How to create, select and perform the best techniques for your patients.
- Manual precision of neurodynamic technique.
- How to detect contraindications for neurodynamic treatment.
- Manual skills, specifically the ability to feel abnormalities in movement related to the nervous system in the lower quarter.
- Abilities in diagnosis and interpretation of neurodynamic testing and musculoskeletal relationships.
- Clinician's repertoire of diagnosis and treatment of techniques.
- Safety in relation to neurodynamics.

Course Details

Instructors:

Michael Shacklock (Online)
Dr Joseph Gravino (In-Person)

Where: Halifax. NS

When: Apr 25-26, 2025

CE Hours: 30

Early Bird Price: \$1295 CAD
(until Mar 13)

Regular Price: \$1395 CAD

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