



Neurodynamics: Examination & Mobilization Techniques

Course Description:

This 2 day seminar includes ~60% hands-on lab and ~40% didactic components. The content incorporates and highlights the works of: David Butler, Mark Butler, Jack Stagge, Robert Elvey, and others. From there, examination and treatment approaches are taught combining components of their content into a user-friendly, test re-test approach to neurodynamics. There is extensive lab practice time dedicated to learning specific examination and mobilization techniques, and adjunctive treatments, along with a review of current evidence and live case studies. In addition, supplemental video content for this course featuring all exercise techniques taught is also included.

Course Objectives:

- The participant will discuss the history and evolution of neurodynamics, the anatomy and pathophysiology of the peripheral nervous system
- The participant will identify safety issues, indications, and contraindications for the application of neurodynamic testing and mobilization
- The participant will identify specific differential diagnoses that would clinically present as neural compression vs. irritation
- The participant will demonstrate proper subjective and objective examination techniques that would indicate the presence of peripheral neuropathic dysfunction
- The participant will demonstrate how to perform neural tension testing for the upper and lower quarter
- The participant will demonstrate how to perform multiple neural mobilization techniques for the upper and lower quarter in order to properly treat peripheral neural dysfunctions

Course Schedule:

Day 1 - Saturday

- 7:30- 8:00 Registration
- 8:00- 10:00 History of neurodynamics, review of anatomy/physiology, indications/contraindications, differential diagnosis and clinical signs/symptoms
- 10:00- 10:15 Break
- 10:15- 12:00 Lab – nerve palpation of the lower quarter
demonstrate and practice lower extremity neural tension testing
- 12:00- 1:00 Lunch - on your own
- 1:00- 2:20 Lab – nerve palpation of the upper quarter
demonstrate and practice ULTT's
- 2:20- 2:35 Break
- 2:35- 4:00 Lab – demonstrate and perform neural mobilization including sliders, gliders and tensioners
- 4:00- 5:00 Review for the day/catch-up

Day 2 - Sunday

- 8:00- 10:00 Review of day 1 palpation and neural tension testing techniques
- 10:00- 10:15 Break
- 10:15- 12:00 Adjunctive treatment techniques: soft tissue mobilizations, taping
- 12:00- 1:15 Q & A, Case Studies