



CHIROPRACTIC EDUCATION AUSTRALIA

presents

Clinical Neurodynamics – Upper Quarter

Michael Shacklock *M.App.Sc., Dip.Physio.*

DATE: 18 & 19 September 2010

VENUE: Mary Jane Barker Room
Y Hotel Hyde Park
5 – 11 Wentworth Avenue
SYDNEY NSW 2000

The *Clinical Neurodynamics – Upper Quarter* workshop offers a comprehensive approach to the diagnosis and management of physical dysfunction of the nervous system, all within a clinical reasoning and pain sciences framework. There is plenty of practical work, some very up to date neurobiology and clinicians should be able to rapidly merge the material into all existing manual therapy frameworks.

Course objectives:

- Provide reviewed and updated knowledge of neuroanatomy, neurodynamics and pathobiology related to pain mechanics; particularly in relation to the upper quarter.
- Teach diagnostic skills in the examination and treatment of physical dysfunction of the nervous system.
- Teach under a framework of the sciences of clinical reasoning and evidence-based practice.

Course Instructor – Michael Shacklock

Michael Shacklock graduated as a physiotherapist from the Auckland Technical Institute (now the Auckland College of Health Sciences) in 1980. During his undergraduate training, he quickly developed an interest in manual therapy and was strongly influenced by Kaltenborn, Maitland, McKenzie and Michael Monaghan. Michael worked in public hospitals and private practices for several years in New Zealand before travelling to Adelaide, South Australia, to take part in post-graduate study.

In 1989, Michael completed a Graduate Diploma in Advanced Manipulative Therapy at the University of South Australia in which his thesis was on the effect of order of movement on the peroneal neurodynamic test where he discovered the concept of neurodynamic sequencing. Following this, Michael Shacklock then converted his diploma into a Master of Applied Science in 1993.

In 1995 Michael published the paper 'Neurodynamics' in the journal Physiotherapy as a stimulus for integration of nervous system physiology into manual therapy. He has taught internationally for over 10 years and has given numerous keynote and invited presentations.

Michael has studied mechanics and physiology of the nervous system and pain science, performing research and writing a number of publications in these areas and has edited the extremely successful book 'Moving in on Pain' and recently wrote the popular text 'Clinical Neurodynamics'. He has also published in many leading peer reviewed journals including the Australian Journal of Physiotherapy and the New Zealand Journal of Physiotherapy. Michael Shacklock is Director and Principal of Neurodynamic Solutions (NDS) and City Physiotherapy and Sports Injury Clinic, Adelaide, South Australia. Michael is currently a member International Association for the Study of Pain and is a reviewer for the international peer reviewed journals 'Pain' and 'Manual Therapy'.

Course Program – Upper Quarter

DAY 1 - 18th September: 9.00 am - 5.00 pm

- 9.00-10.30 Concept of neurodynamics
 - convergence, sliding, tensioning, neurodynamic sequencing, linking mechanic 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, RSNT
- 3.00- 3.20 Afternoon tea
- 3.20- 5.00 Diagnosis with neurodynamic tests
 - positive, negative, normal, abnormal, covert, overt
 - planning physical examination and treatment - levels 0, 1, 2, 3a, b, c, d

DAY 2 – 19th September: 9.00 am - 5.00 pm

- 9.00-10.00 Diagnostic categories
 - interface - reduced closing, reduced opening
 - neural tension, neural sliding dysfunctions
 - pathophysiological
- 10.00-10.30 Method of treatment
 - pathophysiology
 - pathomechanics
 - progressional 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
 - thoracic outlet syndrome/shoulder pain
 - opening and closing dysfunctions
 - tension and sliding 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 lecture hours - 12 hours 20 minutes

