



# Mobilization of the Nervous System

March 24 – 25, 2012  
Stevens Point, WI

**This is a NOI LEVEL 1 TWO-DAY COURSE**

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 mobilizing techniques and the new patient education techniques which emerge from neurodynamics and pain sciences.

#### COURSE OBJECTIVES

- 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.

#### COURSE PROGRAM

##### Day 1: 8:00am – 4:45pm

- Registration 7.30 - 8.00
- Neuro Orthopaedic Approach and Clinical Reasoning
- Physical Examination of the Nervous System
- Lab: Palpation of the Nervous System
- Neuroanatomy and Neurodynamics
- The Straight Leg Raise and The Slump Tests
- Pain: The Challenge
- Nociceptive Pain Mechanisms
- Upper Limb Neurodynamic Tests

##### Day 2: 8:00am – 4:30pm

- Peripheral Neuropathic Pain Mechanisms
- Upper Limb Neurodynamic Tests
- Central Pain States
- Analysis of Neurodynamics Tests
- Precautions and Contraindications
- Prone Knee Bend Test
- The Autonomic Nervous System
- Mobilizing the Sympathetic Nervous System
- Contributing Factors in Chronic Pain
- Treatment: Acute, Sub-Acute and Chronic Disorders
- Managing Central Pain States



**Robert Johnson is the Owner / Clinical Director of Achieve Orthopedic Rehabilitation in Chicago, IL.** He is a Board Certified Orthopedic Clinical Specialist, American Physical Therapy Association. He is very active in post-professional education of physical therapists locally, nationally and internationally.

Robert's clinical interests include spinal dysfunction, acute and chronic neuropathic pain syndromes and manual therapy.

**Location:** St. Michael's Hospital  
900 Illinois Avenue  
Stevens Point, WI 54481

**COST: \$425.00 USD      APTA Members: \$400.00 USD**

**APTA Member #** \_\_\_\_\_

**Discounts of 10% are available to groups of 3 or more who register at the same time.**

#### TO REGISTER OR FOR MORE INFO

**ONLINE:** submit via email: [matthew@achieveortho.com](mailto:matthew@achieveortho.com)

**PHONE:** 312.642.3963

**FAX:** 312.642.3966

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REGISTRATION IS OPEN TO: Physical Therapists, Occupational Therapists, and Physicians (MD or DO) - appropriate qualifications and experience are applicable, check with your course host. CEU's are approved for physical therapists only. NOI courses include patient education as an evidence-based treatment tool, and are supported by quality workbooks, graphics and post course web involvement.

Participant Cancellation: If written notification of cancellation is received to AORI 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.