Mobilisation of the Nervous System

A two-day course with Michel Coppieters
Pretoria, South Africa | 30 November - 1 December 2013

This classic lecture and practical course, now in its 23rd edition and updated every six months, continues to be extremely popular worldwide. Registration is open to registered medical practitioners, physiotherapists and occupational therapists. (Regional registration requirements may exist.)

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.

The MOTNS course is an ideal starting course for those involved in manual therapy and in pain management – allied health professionals, registered medical practitioners, physiotherapists, occupational therapists, clinicians with a ‘hands-on’ licence. All NOI courses are supported by quality workbooks, graphics and web resources.

COURSE AIMS

1. To provide a basic knowledge of neuroanatomy, neurodynamics and pathobiology related to the manual examination of the nervous system.
2. To integrate the sciences of clinical reasoning, neurodynamics and neuroscience.
3. To provide safe and effective diagnostic skills in the examination and interpretation of physical dysfunction of the nervous system.
4. To apply these skills to patient management by clinical reasoning skills.
5. To engage in a forum to critically analyse aspects of present day physical therapy.

COURSE PROGRAMME

Course programmes may have regional variations

DAY ONE 8:30am – 5pm
• Registration 8:30-9:00
• A Neuro Orthopaedic approach
• Pain update
• Palpating nerves (p)
• Neurodynamics
• Straight Leg Raise and derivatives (p)
• Slump Test and derivatives (p)
• Femoral Nerve Test and derivatives (p)
• Issues in the tissues
(p = practical)

Pre-reading recommended

DAY TWO 9am – 5:00pm
• Zings and zaps from nerves
• Central pain mechanisms
• Upper Limb Neurodynamic Tests (p)
• Immune, endocrine, motor, autonomic response systems
• Analysis of tests
• Precautions and contraindications
• ‘Jazzy’ technique session
• Management guidelines via patient examples

Michel Coppieters, PhD
Michel Coppieters has a special interest in nerve disorders and pain. Renown for his pioneering research in neurodynamics, the aim of Michel’s current research is to obtain a better understanding of the pathophysiology of human nerve compression and to develop and evaluate novel management approaches for patients with neuropathic pain. He is Associate Professor at The University of Queensland in Brisbane where he delivers pain related subjects in the undergraduate and postgraduate physiotherapy programs, and also directs the Neuropathic Pain Research Group in the Centre for Clinical Research Excellence in Spinal Pain, Injury and Health. Check PubMed and noigroup.com for a list of recent publications.

Venue Physio Wellness Warehouse
23 Welker St, Moreleta Park, Pretoria

Cost Members: R2750, non-mem R2950
Early bird offer (if paid by Sept 30th):
Members: R2600, non-mem R2800
Cost includes workbook and catering.

Host
Eliz-Mari Vermeulen
Orthopaedic Manipulative Physiotherapy Group (OMPTG) - North Gauteng
treasurer.ng@omptg.co.za

Enquire
Contact the course host to receive further information or lodge a formal enquiry via www.noigroup.com/courses

Registration form

Name ____________________________________________________________
Profession _______________________________________________________
Phone __________________________________________________________
Email ___________________________________________________________
Address __________________________________________________________

Date: _____________________________________________________________

Payment of $____ has been made to:
Account OMTG Northern Gauteng
Bank FNB
Branch code 252045
Account no 510-611-983-00

Please use a reference prefix of ‘MOTNS' + your surname so the host can identify your payment.