



The Neurodynamic Techniques DVD & Handbook *Contents:*

Peroneal nerve

Anatomy and palpation	1
Therapist's assessment	
PF/IN/SLR	2
PF/IN/SLR via shoulder	2
Passive techniques	
In: HF/Ad Did: MR	3
In: HF/PF/IN > DF/EV Did: KE	4
In: Slump LS/PF/IN Did: Sup TF mob + KE	4
Self management > gentler movements	
In: KF/PF/IN Did: KE Leg swing toes curled under	5
Self management > stronger movements	
In: Slump LS/PF/IN Did: KE (ten/sli)	6
Standing mobilisation	7
Wall mobilisation	8
'Hamstrings stretch' Focus on peroneal nerve	8

Tibial nerve

Anatomy and palpation	9
Therapist's assessment	
DF/EV/SLR	10
Reversal SLR/DF/IN	10
Passive techniques	
In: SLR/DF/EV Did: IMT mob	11
In: Slump LS/DF/EV Did: IMT mob	11
In: HF/DF/EV Did: KE with nerve massage	12
In: KF/DF/IN Did: KE/SLR 'Ultimate tibial mob'	13
Self management > gentler movements	
In: HF/DF/EV Did: KE 'Heel to the sky'	14
Leg swing heel to floor	14
Self management > stronger movements	
In: Stand/DF/EV Did: SP flex	15
In: HF/DF/EV Did: KE + strap 'Wall work'	15
In: Slump LS/DF/EV Did: KE (sli/ten)	16
In: Slump LS/DF/EV/NF Did: IMT mob	
Toe wriggler in slump	16

Sural nerve

Anatomy and palpation	17
Therapist's assessment	
DF/IN/SLR	18
Passive techniques	
In: HF/DF/IN Did: KE	19
In: DF/IN Did: nerve massage	19
Self management	
In: HF/DF/IN Did: KE (sli/ten)	20

Femoral nerve

Anatomy and palpation	21
Therapist's assessment	
Prone Knee Bend (PKB)	22
Slump Knee Bend (SKB)	22
In: Slump SLY/KF/HE Did: HAb	
Obturator test	23
In: Slump SLY/KF/HE Did: HAd	
Meralgia test	24
Self management	
Half Pushup, Half Pushup + neck sli/ten	25
'Thomas test exercise'	26
'Hurdler stretch'	27

Saphenous nerve

Anatomy and palpation	29
Therapist's assessment	
Prone/HE/HAB/KE/MR/DF/EV	
The saphenous test	30
Passive technique	
In: Prone/HE/HAB/MR/DF/EV Did: KE	31
Self management	
The saphenous stretch	32

Median nerve

Anatomy and palpation	33
Active quick test	34
Therapist's assessment	
ULNT1 35-36	
ULNT1 Alternative position	36
ULNT1 Reversed	37
ULNT1 Reversed: index finger first	38
ULNT2	39
ULNT2 Seated position	40
Passive techniques	
ULNT2 Sli/ten	41
ULNT1 Sli/ten	41
'Nanna arm wobble'	42
In: ULNT1 Did: GH mob.	43
Self management > gentler movements	
Balloon padding, Ball throwing progression	44
'Watch the watch', 'No more dishes'	44
Yoyo, Juggling	45
Self management > stronger movements	
'Busy bee', 'Finger stretch', Wrist stretch	46
'Rock around the clock', 'Zorro'	46
'Sawatdika', Crawling, Balancing acts	47
Look at your hands, Wall stretch	48
'Free the bird'	48

Ulnar nerve

Anatomy and palpation	49
Active quick test	50
Therapist's assessment	
ULNT3 From wrist first	51
ULNT3 From shoulder first	52
Passive techniques	
In: ULNT3 Did: massage cubital tunnel	53
In: ULNT3 Did: pisiform mob	53
In: ULNT3 Did: Sli/ten	54
Self management > gentler movements	
'Don't listen', 'Face massages'	55
'Make a halo', 'Smoking', 'Yahoo!'	55
Self management > stronger movements	
'Plate exercise'	56
'Dry the back', 'Sunglasses', 'Crawl to the pits'	57

Radial nerve

Anatomy and palpation	59
Active quick test	60
Therapist's assessment	
ULNT2 (radial)	61
ULNT2 (radial) Seated variation	62
ULNT2 (radial) From wrist first	63

Passive techniques

'Gentle radial sliding'	64
'Whole arm rotations'	64
In: ULNT2 (radial) Did: Rad head soft tissue mob	65
Self management > gentler movements	
'Pouring water'	66
'Figures of eight'	66
'Pump water'	67
Look at your hand behind your elbow	67
Self management > stronger movements	
'Back massage'	68
'Tip please'	68
'Table stretch'	68

Musculocutaneous nerve

Anatomy and palpation	69
Active quick test	70
Therapist's assessment	
ULNT (musculocutaneous)	71
Self Management	
Running on the spot	72
'Throw it away'	72

Spine, cord and meninges

Anatomy	73
Active quick test	74
Therapist's assessment	
Passive Neck Flexion (PNF)	75
Straight Leg Raise (SLR) Sensitising movements	76
Bilateral SLR	77
Slump test active	78
Slump test passive	79
Slump Long Sit (SLS)	80
Passive techniques	
SLS / Structural differentiation	81
In: leg distraction Did: neck sli/ten	82
In: Slump LS Did: Thx Lat flex techniques	83
In: Slump LS Did: A/P movements	84
Notalgia paraesthesia techniques	85
Wedge mobilisation techniques/Thorax spine	86
Wedge mobilisation techniques/Cervico thoracic area	87
Self management > gentler techniques	
Pelvic tilt/neck Sli/ten	88
SLR/neck Sli/ten	88
Self management > stronger techniques	
'Wring' technique	89
SLS / Shoulder shrug	90
'Kick your head off'	91
'Kick your head off' Focus on peroneal nerve	91
'Wall walking'	92
'Total slump' Bob Johnson technique	93
'Roll over'	93

Other Nerves

Accessory nerve (cranial nerve XI)	94
Axillary nerve	95
Suprascapular nerve	96
Trigeminal nerve	97
Occipital nerve	98