



The Neuro Orthopaedic Institute is an independent, international group of therapists dedicated to quality education and resource distribution. The nervous system is our prime focus, integrating neuroscience, neurodynamics and manual therapy into patient management.

- ✓ We reinvest some of all course fees into Pain Sciences and Neurodynamics research projects around the world
- ✓ All NOI instructors undergo intensive accreditation and are hand-picked for their depth of knowledge, range of skills and breadth of experience
- ✓ Courses are globally standardised and updated every 6 months to incorporate the latest research
- ✓ For more information log onto our award winning website [www.noigroup.com](http://www.noigroup.com)

## Neurodynamics and the Neuromatrix a two day course

This lecture, practical and interactive course is all about neurones. It explores how movements of the nervous system, activation of brain representations of the movements plus targeted therapeutic neuroscience education can provide a potent therapy for many persistent pain states.

The course creates assessment and management strategies based on advanced neurodynamics and neuroscience education. You'll learn about clinical utilisation of the neuromatrix paradigm, immune links to pain, some modern stress sciences, biologically based graded exposure, homuncular refreshment techniques and virtual body exercises. You'll learn how to talk about "pain in the head" in a therapeutic way.

Updated active and passive neurodynamic techniques focusing on the upper limb, thorax, spinal cord, and nerve root will be taught and their place in both peripheral and central sensitisation will be emphasised.

Lots of practicals, lots of interaction, cutting edge neuroscience....and you will have fun learning.

### COURSE OBJECTIVES

- Introduce the neuromatrix paradigm and update the pain mechanisms paradigm
- Review and update the neurodynamic tests for the upper body
- Place the neurodynamic tests in a framework of peripheral and central sensitivity
- Provide the basis of therapeutic neuroscience education
- Teach biologically based graded exposure
- Link educational strategies with neurodynamics

### TO REGISTER / MORE INFO

*(About any NOI courses)*

**Online:** Submit a **Course Enquiry** via [www.noigroup.com/courses.php](http://www.noigroup.com/courses.php) or email us at [info@noigroup.com](mailto:info@noigroup.com)

Registration is open to registered medical practitioners, physiotherapists, occupational therapists, osteopaths, chiropractors and podiatrists.

While, attendance at a recent Mobilisation of the Nervous System course is helpful, there are no prerequisites for this course.



A world first! Be part of the inaugural Neurodynamics and the Neuromatrix conference:  
**Nottingham UK - April 15 - 17 2010**  
followed by post conference master courses:

**Dublin IE - April 20 - 21 2010**

A key feature of this conference will be the variety and number of interactive workshops delivered by world renowned educators, clinicians and researchers in rehabilitation.

**[www.noigroup.com](http://www.noigroup.com)**

### COURSE PROGRAM

*Course programs may have regional variations*

#### Day 1 8.30am – 5.00pm

- Modern paradigms for rehabilitation
- Neurodynamics and modern neuroscience
- Basic and advanced neurodynamic techniques
  - median, radial, ulnar and musculocutaneous nerves and representations
- Peripheral sensitivity
- Central Sensitivity

#### Day 2 9.00am – 4.30pm

- Protective systems and their perturbations
- Long sit slump, thorax and SMP
- Explain pain basics and examples
- Neurodynamics and central sensitization

### NOI Education System

From the vast clinical and research strengths of the international faculty, NOI has introduced a new seven course quality assured program which covers the role of the nervous system in rehabilitation right through from nerve entrapments in the periphery to chronic pain states and severe neural injury. For more info visit: [www.noigroup.com/courses.php](http://www.noigroup.com/courses.php)  
NOI's core philosophy is to provide progressive, current material, always challenging existing management protocols, to promote professional reinvestment, and to ensure that course participants benefit from the most recent research in a fun way.

### SUPPORT MATERIAL

*The Sensitive Nervous System by David Butler*



The Sensitive Nervous System updates and integrates the growing science of neurodynamics into current practise. Physical examination of the nervous system is carefully illustrated and explained, and management

strategies are underpinned by cutting edge neurobiology and evidence-based medicine. Visit our website [www.noigroup.com](http://www.noigroup.com) for more reading.