



noi 2010
dublin master classes
Dublin IE | April 20-21, 2010



contents

explain pain
mobilisation of the nervous system
neurodynamics & the neuromatrix
graded motor imagery
master class
registration form
dublin map
belfield campus map
travel and accommodation info

contact

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welcome to noi 2010 post conference master classes

After the NOI 2010 conference in Nottingham, the *Neuro Orthopaedic Institute* is running a series of concurrent master classes in Dublin. The Dublin master classes offer a unique educational opportunity for clinicians.

The master classes comprise three of NOI's most popular courses - *Mobilisation of the Nervous System 22nd edition*, the new *Neurodynamics and Neuromatrix* course, and the ever more popular *Explain Pain* course.

Why Master Classes?

We say master classes because the majority of the NOI international faculty from the UK, US, Australia, Canada and Europe will be teaching, allowing instructors with specialist areas to contribute and guaranteeing a very high instructor/participant ratio in practical sessions. No matter what course you take, you will have access to all the instructors, their research findings and combined clinical experience.

NOI instructors are highly trained, have completed masters degrees or their equivalents and in many cases have either completed PhDs or have continued involvement in high level clinical practice and education. Faculty specialties include treatment of head injury, back pain, pain education, facial pain, sports, research and imagery strategies.

At the end of Day 1, all course participants are invited to come together for a *Graded Motor Imagery* class.





Explain Pain

2 Day Dublin Master Class

An increasingly in demand course in the NOI course series, *Explain Pain* continues to attract multidisciplinary participants around the world. In Dublin, the course will be led by three instructors – Lorimer Moseley, Mick Thacker and David Butler, providing a uniquely balanced programme. Based on emerging evidence, *Explain Pain* shows that therapeutic neuroscience education is a powerful tool for pain and stress management. Most of the processes involving pain reside in the head – in this seminar, participants are provided with the understanding and tools to manage the often delicate conceptual change process leading to a pain and stress health literacy. Lectures, discussions, group work.

Explain Pain Led by: Moseley, Butler, Thacker

Day one

- 8:30 - 9:00 Registration
- 9:00 - 10:30 The "three pillars". Conceptual change and true biopsychosocialism
- 10:30 - 10:40 Morning tea
- 10:40 - 12:30 Acute pain and the peripheral sensitisation?
- 12:30 - 1:30 Lunch
- 1:30 - 2:40 Neuroscience narratives - the tissues including nerves
- 2:40 - 3:00 Afternoon tea
- 3:00 - 4:15 Neuroscience narratives - chronic pain and central sensitisation
- 4:15 - 4:30 Mini break
- 4:30 - 6:30 Graded Motor Imagery - all class members invited

Day two

- 9:00 - 10:30 Neuroscience narratives. Homeostatic systems and their perturbation
- 10:30 - 10:40 Morning tea
- 10:40 - 12:30 Explain Pain evidence and story
- 12:30 - 1:30 Lunch
- 1:30 - 3:00 Explain Pain conceptual change strategies
- 3:00 - 3:20 Afternoon tea
- 3:20 - 5:00 Explain Pain practical's





Mobilisation of the Nervous System

2 Day Dublin Master Class

Mobilisation of the Nervous System (MOTNS) remains one of the world's most popular seminars and is now in its 22nd edition. Michel Coppieters leads the MOTNS master class in Dublin, backed up by many of the instructors from the NOI international faculty.

If you haven't been to one of these seminars here is a unique opportunity. With plenty of hands-on practical work, merged with the latest neurobiology of peripheral and central sensitisation, it's all instantly clinically applicable. Make sense of tennis elbow, plantar fasciitis, carpal tunnel syndrome, hamstring, nerve root and many other syndromes by taking this classic course.

Mobilisation of the Nervous System

Led by: Michel Coppieters and the NOI faculty

Day one

8:30 - 9:00	Registration
9:00 - 10:30	A neuro orthopaedic approach Overview: physical examination of the nervous system
10:30 - 10:40	Morning tea
10:40 - 12:30	Palpation of the peripheral nervous system Neurodynamics - neuroanatomy for movement
12:30 - 1:30	Lunch
1:30 - 2:40	Examination for specific physical dysfunction of the nervous system: the SLR and basic concepts
2:40 - 3:00	Afternoon tea
3:00 - 4:15	The slump test. Slump test sidelying for femoral based testing
4:15 - 4:30	Mini break
4:30 - 6:30	Graded Motor Imagery - all class members invited

Day two

9:00 - 10:30	Nociceptive pain and patterns Peripheral neuropathic mechanisms and pain
10:30 - 10:40	Morning tea
10:40 - 12:30	Introduction to central sensitivity Neurodynamics and the upper limb
12:30 - 1:30	Lunch
1:30 - 3:00	Upper limb neurodynamics continued Analysing neurodynamics tests Output and homeostatic systems briefly
3:00 - 3:20	Afternoon tea
3:20 - 5:00	Precautions and contraindications Management strategies incorporating neurodynamics



Neurodynamics and the Neuromatrix

2 Day Dublin Master Class

This new course replaces and updates NOI's Sensitive Nervous System course. If you have been on a MOTNS course or have a good working knowledge of neurodynamics then this is the course for you. Led by NOI UK's Tim Beames and supported by the NOI international faculty, this course is a powerful blend of movement and knowledge as therapy. Teaching about neurodynamics has traditionally focused on the peripheral nervous system. In this course, neurodynamic tests are taught as tests of both peripheral structures including nerves and also of the representation of the movement in the brain. Taken further, the application of neurodynamics to central sensitivity and alterations in the homeostatic systems is explored. The course integrates neurodynamics with therapeutic neuroscience education and biologically based graded exposure. Lots of practical, focusing on the upper limb, neck and thorax, and lots of hard work, but it's fun and right on the cutting edge.

Neurodynamics and the Neuromatrix

Led by: Tim Beames and the NOI faculty

Day one

- 8:30 - 9:00 Registration
- 9:00 - 10:30 Paradigms for modern rehabilitation
- 10:30 - 10:40 Morning tea
- 10:40 - 12:30 How does the nervous system work?
- 12:30 - 1:30 Lunch
- 1:30 - 2:40 Median nerve and receptive field based tests
Input based mechanisms 1- Issues in tissues
- 2:40 - 3:00 Afternoon tea
- 3:00 - 4:15 Input based mechanisms - issues in damaged peripheral nerves
- 4:15 - 4:30 Mini break
- 4:30 - 6:30 Graded Motor Imagery - all class members invited

Day two

- 9:00 - 10:30 Integrating Neurodynamics and the Neuromatrix
The awesome challenge of maladaptive central sensitivity
- 10:30 - 10:40 Morning tea
- 10:40 - 12:30 Radial, musculocutaneous and ulnar nerves and their representations
Long sit slump and the thorax
- 12:30 - 1:30 Lunch
- 1:30 - 3:00 The output and homeostatic mechanisms
- 3:00 - 3:20 Afternoon tea
- 3:20 - 5:00 Chronic pain and stress management - education and exposure





Graded Motor Imagery

Free interactive 2 hour Master Class

After day one, all course participants are invited to a two hour workshop on the science and clinical applications of graded motor imagery (GMI). GMI is an exciting new rehabilitation strategy for complex regional pain syndrome, phantom limb pain and other neuropathic pain states. It involves a sequence of techniques involving laterality reconstruction, motor imagery and mirror therapy. The workshop involves lectures, practical demonstrations and opportunities to try out the management tools.

Graded Motor Imagery - 4:30 - 6:30 Tuesday 20th April.
All welcome
Ben Davies, Lorimer Moseley, Tim Beames and David Butler

- | | |
|----------------------------|--|
| 1. The target audience | Known and possible targets of GMI |
| 2. Neuroscience 1 | Representation, Neglect and Ownership, Central Sensitivity |
| 3. Neuroscience 2 | Mirror neurone systems, biologically based graded exposure, importance of context |
| 4. Practical Demonstration | Demonstration of laterality testing, motor imagery strategies and mirror techniques. Demonstration of <i>Noimove</i> |
| 5. Research base | Review of the evidence base and current trials |

Master Class registration form



noi 2010 dublin master classes www.noi2010.com

Register by phone:

NOI UK +44 (0)800 118 2172

Or, complete this form and return to:

POST Neuro Orthopaedic Institute UK
Attention: Joanna Taylor
Pippin Barn, Main Street, Hessay
York YO268JR, GB

FAX +44 (0)1904 500025
with credit card details

Dublin Master Class price

Per course: £310 / person

GMI interactive workshop: free

Places are restricted on all courses so book early to avoid disappointment.

I would like to register myself for:

- Mobilisation of the Nervous System, 2 days, 20 – 21 April 2010
- Neurodynamics and the Neuromatrix, 2 days, 20 – 21 April 2010
- Explain Pain, 2 days, 20 – 21 April 2010
- I would like to receive information on the noi 2010 conference
Neurodynamics and the Neuromatrix in Nottingham, 15 – 17 April 2010

registrant details

Registrant's name _____

Company name _____

Contact address _____

_____ Country _____

*Email _____

Telephone - daytime _____

Telephone - mobile _____

Facsimile _____

Special dietary requirements _____

**Your email address will be used for ongoing timely updates about the courses, please make sure you enter it correctly. If you do not have an email address to supply please keep in regular contact with www.noi2010.com or www.noigroup.com to ensure you are informed about course news.*

Places confirmed once payment is received. Registrants will receive a tax invoice from NOI UK.

payment CHEQUE OR CREDIT CARD

Cheque payable in UK £ to: 'NOI'

Post to: NOI UK, Joanna Taylor, Pippin Barn, Main Street, Hessay, York YO268JR, GB

Credit Card amount £ _____ VISA Mastercard VISA Debit

Cardholder name _____

Card number _____ Expiry _____

CV2 number _____ Signature _____

Last 3 or 4 security digits on card strip on back of card

cancellation

- Up to three months prior to the start of the course – NOI will refund the course fee less a £50.00 administration fee.
- One to three months prior to the start of the course – NOI will refund 50% of the course fee.
- Within one month of the start of the course – No refund.

NOI UK OFFICE USE ONLY

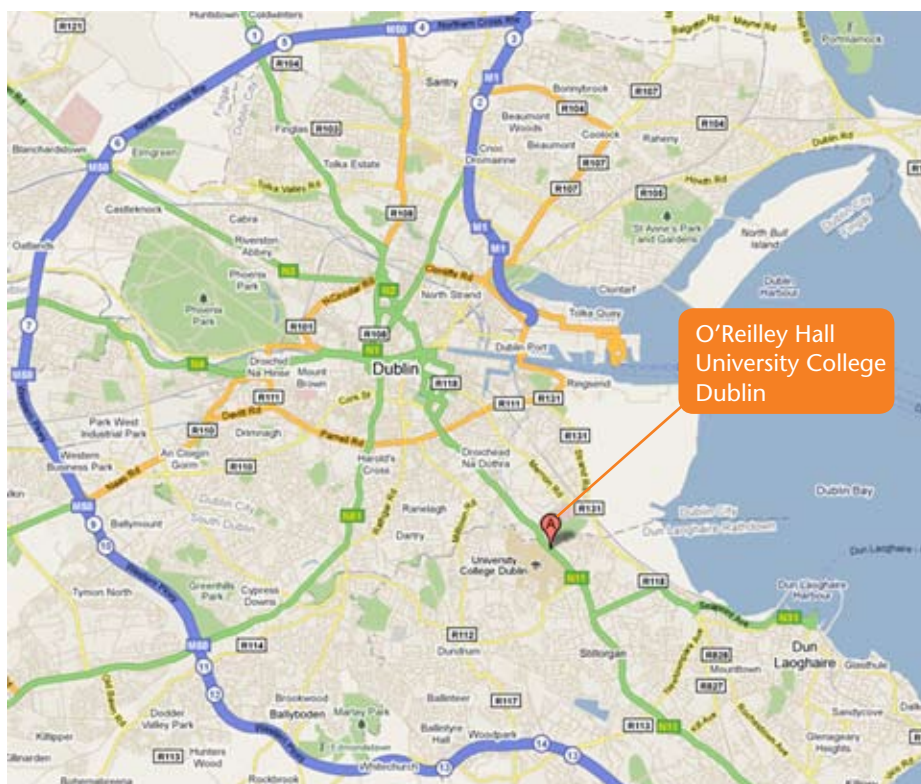
FORM RECEIVED: / /
PAYMENT RECEIVED: / /
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Dublin Map



O'Reilly Hall, University College



To view an interactive map go to www.maps.google.com and search "dublin"

Belfield Campus Map



For more information on the Belfield Campus visit: <http://www.ucd.ie/maps/>



noi 2010 dublin master classes www.noi2010.com



Travel and accommodation information



Arriving by air

Dublin is served by Dublin International Airport, which is located north of Dublin City Centre. There are frequent connecting buses from the airport to the city centre, including a special shuttle service which brings passengers directly to Busáras (Central Bus Station, Dublin).

Aircoach operates a service from Dublin Airport to Leopardstown/Sandyford, Stillorgan which passes UCD.

For more information visit: <http://www.aircoach.ie>

If travelling from Nottingham, flights are available from East Midlands Airport to Dublin with www.ryanair.com



Arriving by Rail

Dublin is served by two main railway stations: Connolly Station and Heuston Stations. It is a short walk from Connolly station to O'Connell Street, where the Dublin Bus numbers 3, 10 and 11B can be boarded for UCD. There are frequent connecting services from Heuston Station to the city centre.

For more information visit: <http://www.irishrail.ie/home>



Arrive by Bus

Dublin Bus numbers 3, 10, 11B and the 17 all provide direct services to the Belfield campus. The numbers 3, 10 and 11B can be boarded at O'Connell Street. For timetable information please visit: <http://www.dublinbus.ie/> and search for "University College Dublin"



Taxi

There are usually an adequate number of taxis in operation in the city centre at any given time. It is possible to hail a taxi from the street, but convenient taxi ranks are located on O'Connell Street, Middle Abbey Street, Dame Street and St Stephens Green.

Parking

The car park behind O'Reilly Hall, accessed from the N11 entrance, is free. However we would advise you to arrive BEFORE 8:30 to guarantee a space.

Hotels

The following hotels are recommended by the University and offer a discounted rate for conference attendees. Please mention you are attending the event at the University College Dublin.

The Montrose Hotel ★★★★★

Is the closest, 5 minutes walk away.

Contact person: Valerie Wilgar

Telephone: 00 353 (0) 1 269 3311

Email: vwilgar@montrose.ie

Radisson St Helens ★★★★★

Is located approximately 10-15 minutes walk away.

Radisson SAS St. Helens

Contact person: Yvonne McNamara

Telephone: 00 353 (0) 1 218 6076

Email: Yvonne.mcnamara@radissonsas.com

The Stillorgan Park Hotel ★★★★★

Is further away but supply a shuttle bus to the university.

Stillorgan Park Hotel

Contact person: Ailbhe Stephens

Telephone: 00 353 (0) 1 200 1824

Email: ASTephens@stillorganpark.com