
NDS Course Programme Lower Quarter

DAY 1 - 9.00 am - 5.00 pm
9.00-10.30 Concept of neurodynamics - convergence, sliding, tensioning, neurodynamic sequencing, linking mechanics & physiology, neurodynamic tests
10.30-11.00 Morning tea
11.00-12.30 Nerve palpation - piriformis and sciatic nerve, tibial, peroneal, sural, saphenous
12.30-1.30 Lunch
1.30-3.00 Neurodynamic testing - straight leg raise, prone knee bend, femoral slump, tibial, sural, peroneal and sural neurodynamic tests
3.00-3.20 Afternoon tea
3.20-5.00 Diagnosis with neurodynamic tests - positive, negative, normal, abnormal, covert, overt
- planning physical examination and treatment - levels 0, 1, 2, 3a, b, c, d

DAY 2 - 9.00 am - 5.00 pm
9.00-10.00 Diagnostic categories
- interface - reduced closing, reduced opening
- neural tension, neural sliding dysfunctions
- pathophysiological
10.00-10.30 Method of treatment:
- pathophysiology
- pathomechanics
- progressional system
10.30-11.00 Morning tea
11.00-12.30 Treatment
- low back pain and lumbar radiculopathy
- opening and closing dysfunctions
- neural tension dysfunction, neural sliding dysfunctions (cephalad, caudad)
12.30-1.30 Lunch
1.30-3.00 Treatment - piriformis syndrome/hip pain - hamstring injury
3.00-3.20 Afternoon tea
3.20-5.00 Treatment:
- knee pain, closing sliders, tensioners, neural massagers
- foot/heel pain/tarsal tunnel syndrome
- openers and closers, sliders and tensioners

TOTAL CONTACT TIME - 14 HOURS 1.4 CEU

COURSE FEES
AFTER 9/17/14 STANDARD: $575
BEFORE 9/17/14 EARLY BIRD DISCOUNT: $525

To register please visit: http://www1.touro.edu/shs/pt/index.php?disp=continu