

# Neurodynamic Solutions

Newsletter - December 2007



## Merry Christmas to you all!



The team at NDS hopes 2007 was a happy, healthy and prosperous year for you and that 2008 brings even more pleasure and prosperity. This is our final newsletter for 2007 and in it we have some great news for those interested in Neurodynamics - **the Breig Book**. We also announce that the next newsletter (January / February 2008) will feature an article on neural sensitivity which is a key problem with many musculoskeletal problems. What is it? [Mechanisms and practical management](#).

**Merry Christmas and a Happy New Year.**  
**The NDS Team**

## Alf Breig Memorial Lecture in Sweden



Many of you will have read our obituary of Dr Alf Breig, the founder of adverse neural tension. He passed away at the age of 96 and left a legacy that affected many in physical medicine.

Nevertheless, it became apparent that his work was in danger of being lost forever because the publishers of his two books no longer intended to continue printing his material. This seemed a tragedy...

[Read more about the Alf Breig Memorial Lecture...](#)

## Next Newsletter Feature Article: What is Neural Sensitivity?

- *Definition*
- *Mechanisms*
- *How can we use and apply it clinically?*
- *Interpretation and clinical reasoning applied*
- *Look out for the **next newsletter** for this article or go to the NDS Web Site soon.*

## NDS Goes Viking



The final course for 2007 was held in tropical Reykjavik, Iceland, situated between Greenland and Norway. The weather was not as cold as it could have been! Ice was starting to form over night but the sun melted it quickly, something which the

Icelandic people really like. They said that they are looking forward to global warming...

[Read more about NDS in Reykjavik, Iceland...](#)

## NDS Neurodynamic Solutions 2008 Global Teaching Programme

Many new countries are starting NDS programmes and we are pleased to announce the Global Teaching Programme for 2008.

[For details see the NDS 2008 Global Programme...](#)

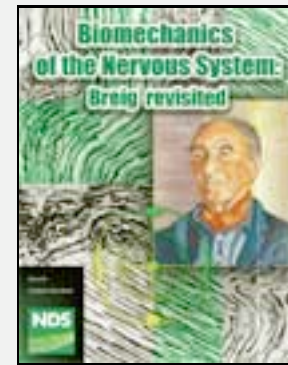
- Austria ■ Finland ■ Greece ■ India ■ Israel ■ Italy ■ Philipines
- Singapore ■ Switzerland ■ United Arab Emirates ■ UK ■ USA



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## COMING UP IN 2008!

**Breig Book (Biomechanics of the Nervous System) goes on sale exclusively from the NDS Neurodynamic Solutions Web Site - Jan/Feb 2008**

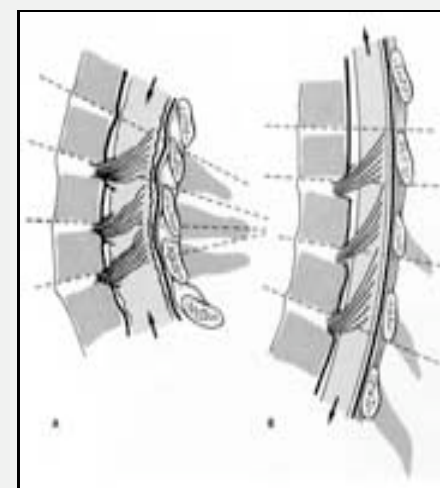


Dr Alf Breig is the Leonardo da Vinci of mechanical function of the nervous system. As part of his work he founded the concept of adverse mechanical tension, something which has had an enormous and profound influence on the physical medicine professions. This book is about the work of this remarkable man and is a celebration of his life and his passion.

Alf Breig provided a looking glass for mechanical function of the nervous system like no others have done before, or subsequently. For many, this was a whole new world, that the nervous system was a mechanical organ whose mechanics, physiology and histopathological mechanisms were considered to be inter-dependent. In performing his key works between the 1950s and 1980s, Breig gave birth to a unique milestone on which physical examination and treatment by the thousands of clinicians around the world are still based today. I am so enthusiastic about his work that, if I had graduated early enough, I would have undertaken to work in his laboratory with him, twisting his arm so hard that he would have been unable to refuse.

*NDS Neurodynamic Solutions has been working with Dr Breig, his wife Elisabeth Breig-Åsberg and the Swedish OMT-section to produce a tribute to Dr Breig's work. With hundreds of pictures of his scientific work on cadavers, models and technical drawings (hand drawn by himself).*

**This wonderful document comes on sale soon exclusively on the NDS Web Site. [Visit NDS for more information](#) as it comes to hand.**



**Figure above: Neural tissue movement with spinal flexion.** One of the well known pictures included in the new book drawn by Dr Breig himself. [Read More...](#)

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