

# Neurodynamic Solutions

Newsletter - January 2008



Hello Everyone.



Happy New Year to you all! We hope your Christmas and New Year Celebrations were excellent and that 2008 provides you with much pleasure and success. Neurodynamic Solutions had a fantastic 2007 and this year promises to be at least as good.

**Happy New Year to you all from the NDS Team!**

**It's Here At Last - the Breig Book!**

**Biomechanics of the Nervous System: Breig revisited** - Editor M Shacklock

**Copyright Owner and Publisher:**  
**Neurodynamic Solutions, Adelaide, South Australia**

After working with Alf and Mrs Breig over the last couple of years, it has finally arrived, the new book which is a compilation of his original work between the 1950s and 1978. The content includes in graphic detail his cadaver dissections, observations at surgery and clinical analyses and treatments of patients with mechanical disorders of the nervous system ranging from the cranial nerves, cerebral ventricles to the spinal cord, lumbar nerve roots and intrapelvic parts of the sciatic nerve and their interactions with musculoskeletal structures.

Hundreds of copies have been sold as pre-orders as this book promises to be very popular for both clinicians and researchers. Just to see how the nervous system moves is an experience. With hundreds of pictures on his observations and photoelastic models, this is truly a classic text from Dr Breig. [It is now available online from our website.](#)

**Cost - \$89.00 Australian dollars plus postage of approx. \$9.00 worldwide.**

[Purchase the NDS Breig Book online through PayPal.](#)



**Figure left:** Book Front Cover - **Figure right:** the effect of disc bulges on the blood flow in the lumbar dura. The small wrinkled lines are the blood vessels and the lightened ellipse shows reduced blood flow due to pressure exerted by the disc bulge.

**Technology Update - NEW Safari for PC**

For the most effective browser experience during your book purchase, we recommend the following 2 browsers:

**Mozilla Firefox for PC** - a FREE download from Mozilla.org:  
<http://en.www.mozilla.com/en/>

**Safari for Windows PC** - a FREE download from Apple.com:  
<http://www.apple.com/safari/download>

If you MUST use Internet Explorer, we highly recommend that you [upgrade to Internet Explorer 7](#) - Internet Explorer 6 is the buggy browser and very unsafe.



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**Feature Article:**  
**Sensitivity of Neural Tissue to Movement (Mechanosensitivity)**



**Figure above:** Abnormal nerve in case of carpal tunnel syndrome.

In the December 07 newsletter we mentioned that mechanosensitivity would be the feature article of this newsletter.

The reason this problem is featured is that it is likely to be a key factor in many patients' neurodynamic problems, such as those that produce pins and needles, numbness related to nerve entrapment or simply nerve-like symptoms with daily activities.

The problem may exist in both upper and lower extremities such as with conditions involving carpal tunnel syndrome, elbow pain, thoracic outlet, cervical and lumbar nerve root and sciatica problems and foot pain.

[Read Full Feature...](#)

**What is Mechanosensitivity?**

Michael Shacklock has defined the subject of Mechanosensitivity in specific terms in his book [Clinical Neurodynamics](#).

**Upcoming NDS Courses for 2008**

[See Global Programme](#)

**The Sporting Nerve**



The Feature Article in the next upcoming newsletter will be entitled '**The Sporting Nerve**'. In that future article we will discuss the specific aspects that are important in the neural component to sports injuries - how neurodynamic techniques can be applied clinically.

Of particular emphasis will be the means by which the therapist can progress diagnostic and treatment techniques from low to high levels of function, because often standard techniques are not sensitive or specific enough for the individual sports person.

Multistructural approaches will also be included, so do look out for this one.

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