



# Neurodynamic Solutions

## Newsletter - July 2009

Dear Therapist,

Welcome to this newsletter which focuses on whether lumbar extension is appropriate for lumbar nerve root disorders.



### Lumbar Extension and Sciatica

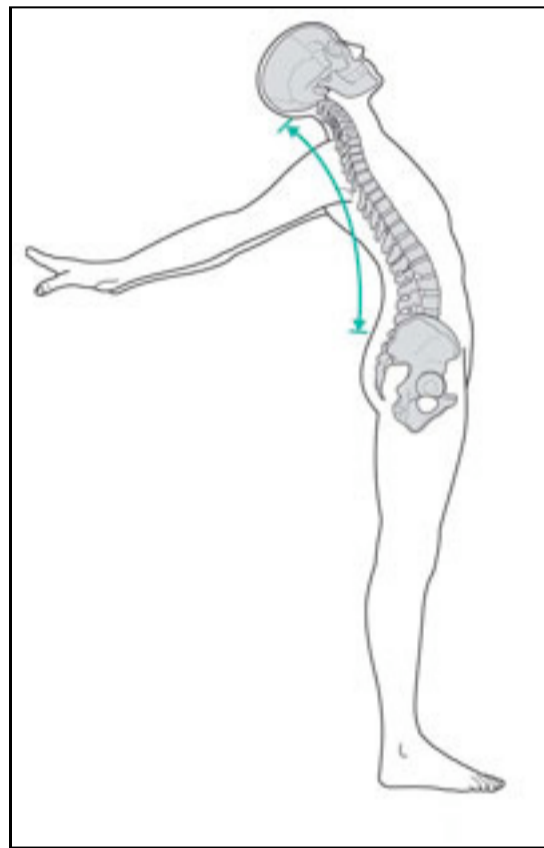
Highlights in the article are:

- definitions - sciatica, radicular pain, dynatome, radiculopathy
- compression of the nerve root with lumbar extension
- whether extension is a safe movement to perform for radiculopathy
- clinical recommendations based on the research and clinical observations

One of the main concerns from a neural perspective is safety with movements that apply pressure to the nerve root. Naturally, since extension does apply pressure, we must consider critically the role of this movement in the management of lumbar radiculopathy.

[Follow this link for the full feature article.](#)

### Sciatica: Is Extension the Right Choice?



For quite some time now, spinal extension has been used ubiquitously for the treatment of sciatica. Whilst it may help some people, there are concerns about whether this movement should be used for patients with lumbar radiculopathy.

The fact that 'sciatica', 'radicular pain' and 'radiculopathy' mean different things has important clinical implications when it comes to the choice of which movement to use for these different conditions.

*Sciatica* - pain in the distribution of the sciatic nerve. This may come from a nerve root (therefore is also classified as radicular pain). Radicular pain may have many

possible causes, including disc bulge, protrusion or herniation or medical pathologies such as arachoiditis or arachnoidoma.

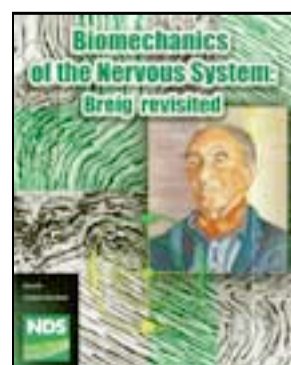
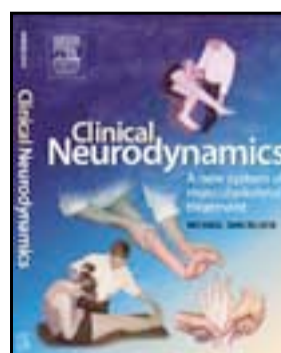
Sciatica may also originate from the sciatic nerve itself (therefore is not radicular pain). Such peripheral nerve causes could be a piriformis syndrome, adhesion around the nerve in the thigh after trauma or even something as serious as myosarcoma in the hamstring muscles...

[Read Full Feature - Sciatica: is extension the right choice?](#)

### Upgraded Payment System for Breig and Clinical Neurodynamics Books

For those who wish to purchase the Breig or Clinical Neurodynamics books online, in the past there have been technical difficulties. We have now upgraded the system to make it more streamlined and reliable.

The books have been extremely popular and continue to sell well. If you want to know about biomechanics of the nervous system, this is the book to have. So do take a look.



**Biomechanics of the Nervous System:  
Breig revisited**

[Purchase online through PayPal.](#)



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### New Courses for 2009

Quite a number of new courses have become available for those looking for some neurodynamics for the upper and lower quarter in their region.

[2009 Teaching Program ...](#)

### Come to London for a stimulating Course!



This is the first NDS course in London for a long time. Come to London and St George's Hospital to enjoy this stimulating course on clinical neurodynamics for the upper quarter.

Combine this course with visits to almost anything of your choice. The home of the next Olympics, London has something for everyone - restaurants, art galleries, museums, the theatre, markets and many other cultural activities in The City.

#### UNITED KINGDOM - London

- *Two Day Upper Quarter Clinical Neurodynamics*
- *Instructor - Michael Shacklock, FACP, MAppScPhysio, DipPhysio*

[More Course Information ...](#)

#### UNITED KINGDOM - Manchester

- *Two Day Lower Quarter Clinical Neurodynamics*
- *Instructor - Michael Shacklock, FACP, MAppScPhysio, DipPhysio*

[More Course Information ...](#)

#### UNITED KINGDOM - Liverpool

- *Two Day Lower Quarter Clinical Neurodynamics*
- *Instructor - Michael Shacklock, FACP, MAppScPhysio, DipPhysio*

[More Course Information ...](#)

### We also announce this New Course this year:

#### INDIA - Pune

- *Four Day Upper & Lower Quarter Clinical Neurodynamics*
- *Instructor - Kiran Challagundla, BAppScPhysio, MAppScPhysio (Adel)*

[For more information see  
Global Programme ...](#)

If you are interested in hosting a course, please [Register your Interest for Hosting a Course here](#)

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