

Neurodynamic Solutions

Newsletter - February/March 2008



Greetings Everyone.



As promised, the feature article for this newsletter is entitled 'The Sporting Nerve'. One of the fascinating and often hidden problems with sports people is the potential for a neurodynamic problem to hinder performance. This is particularly the case when there are no obvious signs of neural disorders, such as pins and needles, numbness or neurological changes. Read below how you can improve the sensitivity and specificity of your examination to detect the subtle sporting nerve.

Michael Shacklock

Feature Article - The Sporting Nerve

A key issue with clinical neurodynamics is how to base treatment on the causal mechanisms and patient presentation. For instance, for the same mechanical diagnosis, patients can need a wide range of techniques because of differences in the specific needs of each patient. The treatment for someone with acute severe shoulder pain will need to be different from that of an athlete who only experiences shoulder pain after repeated throwing, even though both may have a similar diagnosis eg. subacromial bursitis. Also, a small mechanical problem for a person who does not use their shoulder very much may not produce many, if any, symptoms. However, such a problem in the sports person could become a major issue, since the sports person has a need for much higher levels of function where the tolerance for subtle dysfunctions is smaller. With that, these aspects are discussed in the context of clinical neurodynamics for shoulder pain in the sports person.

[Read Full Feature - The Sporting Nerve ...](#)

How effective can Neurodynamic Testing really be in Diagnosis?

Introduction:

Two key aspects of diagnosis of neurodynamic problems, as with all diagnosis, are sensitivity and specificity.

Sensitivity of neurodynamic tests answers the question: in those who have a neural problem, how many of them show an abnormal neurodynamic test. So for 100 subjects with, say, carpal tunnel syndrome (CTS), an abnormal MNT1 in 80 subjects would produce a sensitivity rating of 80% or .80. Specificity asks the question: in those who do not have the problem in question (ie. subjects do NOT have CTS), how many show a normal result with neurodynamic testing. For a test, for instance the MNT1, to show a high specificity rating, it should produce a normal result in all subjects who do not have the problem. In this case, the normal test should eliminate the presence of CTS.

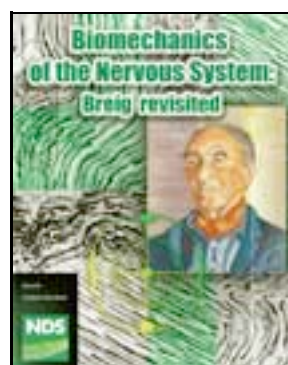
[Read Full Article on Evidence Based Practice ...](#)

NDS is Going Global - European/Nordic Instructors' Meeting held in Spain

NDS has been experiencing rapid growth over the last couple of years and, as a result, it has become impossible to keep up with demand for courses around the world. In response to this, we have taken steps toward franchising NDS internationally to specific groups so more courses are available in your local country. We are training approximately 20 instructors from countries such as Spain, Finland, Israel, Sweden, France, Italy, Switzerland, USA, Israel, to name just some of the countries that have joined NDS.

[Read News Article on NDS Going Global ...](#)

The Breig Book - Available Online



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

[Purchase online through PayPal.](#)



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Upcoming Conference: IFOMT 2008 Rotterdam, Holland



The conference of the International Federation of Orthopaedic Manual Therapy is coming up. This is without doubt a leading edge international conference in the world of manual therapy with some of the most famous and innovative speakers available. It has been in existence for approximately 30 years and is attended by therapists from all corners of the globe. This conference promises to live up to its usual high standard with research and clinical presentations and practical workshops from the world's leading researchers and clinicians, not to mention displays from the best of the best in product and resource suppliers. This is a truly international conference and NDS encourages you to participate in this premier event so do click on the link below to see what else the event has to offer and to register.

Location: Rotterdam, Holland
Date: June 8-13

Web: www.ifomt2008.nl

There are pre- and post-conference workshops on all subjects such as neurodynamics, motor control and spinal manipulation:

Pre-Conference Workshops:
6-8 June 2008

Post-Conference Workshops:
14-15 June 2008

Speakers:

- Professors: Gwen Jull, Bill Vicenzino, Paul Hodges, Rob Oostendorp, Henrica C.W.de Vet, Nicole Pouliart, José Miguel Moreno Tricas
- Geoff Lamb Memorial lecture and award winner - Dr Helen Slater (Musculoskeletal Specialist Physiotherapist)
- Drs Jill Cook, Deborah Falla, Meena Sran, Karim Kahn, Lorimer Moseley, Wendy Scholten-Peeters, Anton de Wijer, Alison Rushton
- Mark Jones, Michael Shacklock, Mark Comerford, Sarah Mottram, Marco Testa, Willem De Hertogh

... [and more](#) ...

New Courses for 2008

NDS is pleased to announce that many new courses have been booked for later this year, particularly in Brazil and Sweden.

[See Global Programme](#)

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