

Neurodynamic Solutions

Newsletter - November 2007



Dear Therapist,



Welcome to another NDS newsletter which we believe is a real humdinger.

We have some excellent news:

■ Michael Shacklock receives award for his book *Clinical Neurodynamics*, Elsevier, Oxford, – Fellow of the Australian College of Physiotherapists (FACP). This establishes the book as a peer-reviewed text and is a welcome step in the development of the neurodynamics approach to treatment of disorders with a neural component. [See Below...](#)

■ **New Book Release** – upcoming release of a new book from NDS on the founder of adverse mechanical tension in the nervous system. It is about Dr Alf Breig's work between the 1950s and 1980. The content is from his two earlier books, *Biomechanics of the Nervous System* (1960) and *Adverse Mechanical Tension in the Central Nervous System* (1978). [See Below...](#)

■ **FEATURE ARTICLE – Heel pain/plantar fasciitis** – mechanisms, clinical reasoning and neurodynamic treatment with manual therapy [See Below...](#)

We do hope you enjoy this edition and stay in touch for more news about the release of the new Breig book. It will be on sale exclusively through the NDS web site in the near future. The book has over 150 pictures of Dr Breig's work on cadavers, surgery and technical drawings of his measurements and observations on physical function of the nervous system. Never before has his work been released in such comprehensive detail in one single monograph.

Best wishes from the NDS Team

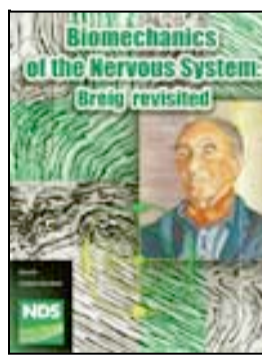
Michael Shacklock Receives Award for His Book, 'Clinical Neurodynamics'



The Australian Physiotherapy Association has awarded Michael Shacklock, a Fellow of the Australian College of Physiotherapists (FACP) through original contribution by monograph. Such awards are rare in physiotherapy and it was happily received by Michael at the National Physiotherapy Conference in Cairns in October.

[Read about the Award for Michael Shacklock's Book, 'Clinical Neurodynamics'...](#)

New Release – Book by NDS about the founder of Adverse Mechanical Tension in the Nervous System, Dr Alf Breig



This new book by NDS is about the work of Dr Alf Breig – 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. An announcement of the release of the book will follow shortly.

[Read more about the upcoming NDS Book Release...](#)

Feature Article – Heel Pain/Plantar Fasciitis and Neurodynamics



Heel pain is a very common and sometimes difficult problem to treat. This article presents the key aspects related to neurodynamic diagnosis and treatment of foot pain, *even when there is evidence of inflammation in the heel*. The article consists of a case presentation and how the problem can be worked through in relation to clinical reasoning about the tissue mechanisms, treatment selection, performance and progression and general management.

[Full Feature Article on Heel Pain and Neurodynamics...](#)

Are Nerve Root Dysfunctions Visible on Radiological Investigation?

In his second book, *Adverse Mechanical Tension in the Central Nervous System* (1978), Dr Alf Breig, showed that, in patients with symptoms of lumbar radiculopathy, mechanical dysfunction in the nerves can be visible with myelography.

Nerve root demonstrates a sharper curve around the disc bulge as it contacts the disc during neck flexion. [Read More... Lumbar nerve root physiology and movement impairment](#)



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