

## The Sensitive Nervous System

This course takes manual therapy to the brain. The course focuses on answering the patient's most frequently asked question of 'What's wrong with me?' It then sets up management strategies based on education, brain remapping and manual therapy. You'll learn about pain neurotags, pain ignition nodes, homuncular refreshment techniques and virtual body exercises. Updated active and passive neurodynamic techniques focusing on the cord, nerve root and some often neglected peripheral nerves are also taught.

### Course Content

- > Introduction
- > Shift happens. How does the nervous system work – the molecular and homuncular targets of therapy
- > Advanced neurodynamics - the median nerve and its representations
- > Clinical models and paradigms – biopsychosocial limitations, neuromatrix, pain mechanisms, fear avoidance, onion skins and evolutionary biology paradigms
- > Input-based mechanisms - key points  
Physical dysfunction of the radial, ulnar, musculocutaneous and axillary nerves
- > The nerve root
- > Long sit slump, the thorax and possible physical contributions to SMP

- > The challenge of central sensitivity, yellow flags
- > Immune, motor, endocrine, sympathetic, pain constructions
- > Novel physical interventions for central sensitivity
- > Explain pain and graded exposure
- > Virtual body exercises, mirror therapy

### Goals

- > To teach pain management skills under a framework of the sciences of clinical reasoning and those related to pain, pain behaviours and evidence-based practice.
- > To provide reviewed and updated knowledge of neuroanatomy, neurodynamics and pathobiology related to pain mechanisms.
- > To utilise the paradigms of pain mechanisms and neuromatrix in assessment and management strategies.
- > To provide biologically-based management skills for chronic pain sufferers, including neuroscience education, graded exposure and virtual body exercises.
- > To stimulate an urgent reappraisal of current thinking in manual therapy and to merge manual therapy skills with neurobiology.

## Details

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**easttorontophysiotherapy.com**

### COURSE LOCATION:

East Toronto Orthopaedic  
& Sports Injury Clinic  
1577 Danforth Ave #4  
Toronto, ON M4C 1H7

**FEES: \$475 + HST = \$536.75**

CHEQUES SHOULD BE MADE PAYABLE  
TO: EAST TORONTO ORTHOPAEDIC &  
SPORTS INJURY CLINIC

REFUNDS WILL BE GIVEN WITH  
NOTIFICATION OF CANCELLATION  
PRIOR TO SEPTEMBER 01, 2012.

**Cheques may be postdated to  
SEPTEMBER 01, 2012.**

**SENSITIVE NERVOUS SYSTEM - October 21&22 2012**

**Tuition fees must accompany applications. CHEQUES SHOULD BE MADE PAYABLE TO:**  
East Toronto Orthopaedic & Sports Injury Clinic, \$ 475 & GST=\$536.75 PRINT CLEARLY!

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV. \_\_\_\_\_ POSTAL CODE \_\_\_\_\_

PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Email: \_\_\_\_\_

Send registration form and cheque to: **East Toronto Orthopaedic & Sports Injury Clinic,**  
**1577 Danforth Ave #4, Toronto, ON M4C 1H7**  
Attn: course administrator visa/mc # \_\_\_\_\_ exp \_\_\_\_\_

For additional information on the NOI Group:

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**Neuro Orthopaedic Institute**

*Taking manual therapy to the brain*

The Neuro Orthopaedic Institute is an independent, international group of physical therapists dedicated to quality education and resource distribution. The nervous system is our prime focus. We teach manual therapy and pain management and integrate neuroscience, neurodynamics and manual therapy into patient management.



NOI courses are currently run in Australia, Canada and numerous countries in Europe. In Canada the Mobilization of the Nervous System is only taught by Sam Steinfeld and Laurie Urban. David Butler continues to teach the other NOI courses, including the Sensitive Nervous System and Explain Pain.

**East Toronto Orthopaedic & Sports Injury Clinic presents**

**The Sensitive Nervous System**

**SAM STEINFELD**  
**BSc, BMR (PT)**

**October 20-21, 2012**  
**Toronto, Ontario**

**Neuro Orthopaedic Institute**  
*Taking manual therapy to the brain*



**Prerequisites: registered PT,**  
**and prior completion of a**  
**MOTNS course taught by any**  
**faculty member**