

Schedule Mobilisation of the Neuro-Immune System

DAY 1:

Lecture 1 The big picture – *The neuro-immune system, biopsychosocialism, clinical reasoning and pain*

Lecture 2 *Physical examination of the nervous system. Overview*

Practical 1 *Palpation of the peripheral nervous system*

Lecture 3 Neurodynamics – *Neuroanatomy and neurophysiology for movement* Lecture 4 *Examination for specific physical dysfunction of the nervous system. Practical 2 The SLR and basic concepts.*

Practical 3 *The slump test*

Practical 4 *Side lying slump test*

Lecture 5 *Peripheral neuropathic mechanisms and pain patterns*

DAY 2:

Lecture 6 *Introduction to central sensitivity*

Practical 5 *Examination for specific physical dysfunction of the nervous system in the upper limb – Neurodynamic tests*

Lecture 7 *Some key points in the analysis of neurodynamic tests*

Lecture 8 *Output and homeostatic systems – brief summary*

Lecture 9 *Reasoning categories - contributing factors, precautions*

Practical 6 *Instructor's practical (optional)*

Lecture 10 *Management, integrating neurodynamics*

Note: timing, order and some content are likely to alter