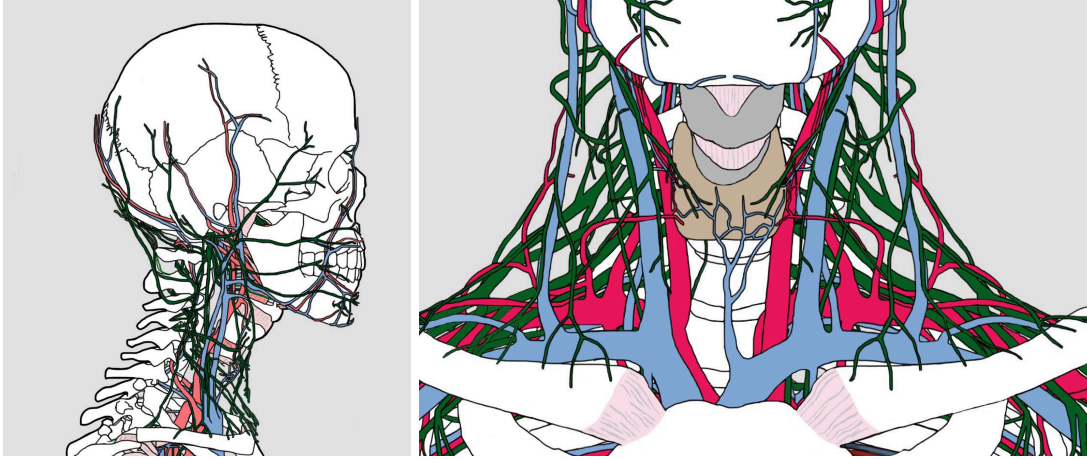




DERMONEUROMODULATION

Treating the body as if the nervous system really mattered

INTRODUCTION

Manual therapy workshops tend to skip over the nervous system entirely; explanatory and treatment models tend to focus on tissue instead. The reality is that the nervous system manages 100% of everything, is only 2% of the human body, and uses 25% of available oxygen and glucose to do so, day and night. Another reality is that there are 45 miles/72 kilometers of nerves in the human body, each millimeter connected with the vascular system; everything we do, manually, affects that neurovascular array, and the nervous system of the conscious person we treat. Can we learn to interact favourably with nervous systems, and nerves themselves, in a treatment setting? Dare we?

In this hands-on workshop participants will be introduced to the nervous system, current thinking on why it's there, what it is, how it got there, what it does, what it needs, how to help guide it toward improved motor output and less pain. Participants will be provided with visuals and downloads that will familiarize them with all spinal nerves and neural plexuses of the whole body, and will be guided through a novel non-tissue based set of assumptions about human pain and physical dysfunction - assessment and treatment approaches for cutaneous and motor nerves of from C1 to Co1, from the top of the neck to the ends of the toes.

Apart from the manual itself, which is provided in hard copy, all images used in the practical and theory presentations will be available as pdf files (private use only), loaded on memory sticks provided by participants, if they so wish.

OVERVIEW

The DNM workshop includes a [comprehensive theory presentation](#) *the evening prior*, and a careful three day exploration of all the cutaneous and motor nerves from C1-Co1 encompassing 6-8 practical sessions each day.

WORKSHOP DETAILS

[THEORY PRESENTATION](#)

- Introduction, brief history of pain science
- Pain and nociception, the difference
- The predictive brain, how manual therapy may tie in
- Overview, evolution and embryology of the nervous system, how it began as a sensing system
- Psychosocial factors, non-specific effects, descending modulation, distinction between what the spinal cord (oldest part of CNS) does, and what brain (more recently evolved) does
- Peripheral mechanisms, PNS, skin, what it is and does
- Nerves, neurons, neurodynamics, physiology of nerves, tunnel syndromes
- Treatment goals and concepts

DAY 1 OVERVIEW: Cervical plexus, spinal nerves of upper body Assessment and suggested treatment for spinal nerves of head, neck, upper trunk (back, sides, front)

DAY 2 OVERVIEW: Nerves of brachial plexus

Assessment and suggested treatment for spinal nerves, motor and cutaneous, of shoulder girdle, shoulder, elbow, forearm and hand. Also for dorsal rami of low back and posterior pelvis.

DAY 3 OVERVIEW: Nerves of the lumbosacral plexus

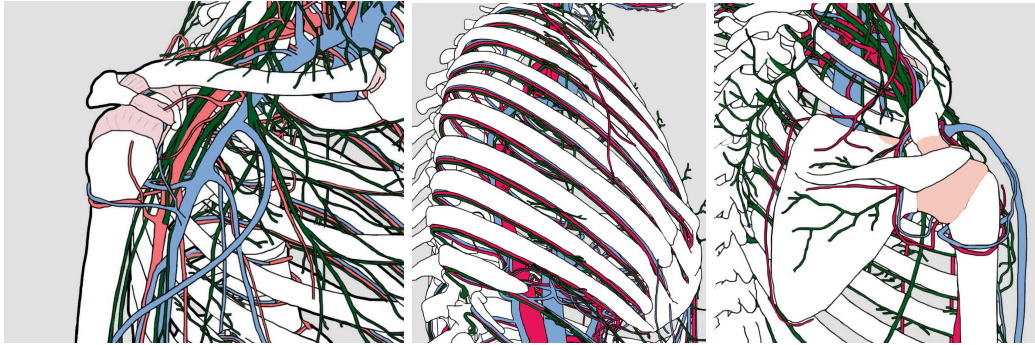
Assessment and suggested treatment for nerves, motor and cutaneous, of the lumbosacral plexus to low back and posterior pelvis, hip, pelvic floor, knee, lower leg, foot.

Link to [proposed 3-day schedule](#)

***NOTE TO ORGANIZERS: *An extra day is required* for workshops in countries where translation is necessary.**

MATERIAL SHARING

Remind participants to bring their own memory stick if they would like pdf files of the presentation images.



Back to: [ORGANIZING A DNM WORKSHOP](#)

Back to: Dermoneuromodulation.com

Go to: [DNM references](#)