

Training Nerve Reflexology (NR) Level 1

The nerve, muscle and organ chain in low back and pelvic pain.

Objectives.

Chronic low back and pelvic pain or instability remains one of the major challenges for therapists. In this level 1, a very particular approach on this problem is explained and trained in practice. Much attention is paid on the lumbar-pelvic cage with its nerve, muscle and organ chain. The muscle chain is especially internally formed by diaphragm-psoas-quadratus-iliacus-piriformis-pelvic floor. Over this chain the organ chain, consisting of bowel and pelvic organs, must glide up and down. This whole movement unit is controlled by a chain of nerves, connecting musculo-skeletal structures with organs.

One problem in one chain can disturb the whole movement unit. The innervation plays an important role in detecting problems and in formulating answers to cope with the problems. NR treatment is focusing on a good coordination between the 3 chains by interfering in the functional problems.

Contents.

Theory

- Feature and properties of nerve reflexology.
- Pain behaviour of nerve reflex points.
- Functions of the different stages of the central nervous system.
- Introduction in pain clinical reasoning and handling.
- Innervation of the spine.
- Innervation of the lumbar region.
- Innervation of the pelvic region.
- Innervation of the lower limbs.
- Comprehension of chronic low back and pelvic pain and the 3 chains.

Practice

- Marking the spinal segments on the foot skeleton.
- Nerve reflex points (NR-points) for the spinal nerves.
- NR-points for the musculo-skeletal structures of the lumbar and pelvic cage.
- NR-points for the organs of the abdomen and the pelvis.
- NR-points for the lower limbs.
- History taking.
- Drawing up a treatment plan.
- Combination between NR-points, foot reflexology and other therapies.

If you engage for Level 1, don't forget to download and to study the precourse syllabus.

Go to: www.mnt-nr.com -> useful articles/downloads.