



Nerve Reflexology (NR)

Level 2

Nerve, muscle and organ relations in neck, shoulder and arm pain.

Objectives and contents.

Like there is a chain of muscles, organs and nerves in the lumbar-pelvic cage, we can find similar chains back in the structures above the diaphragm. The chain here is formed by diaphragm, mediastinum, pericard and pleura linked to the cervical structures. More than ever, the sympathetic nervous system plays a big role in this area. Trapezius and Sternocleidomastoideus muscles are known as “stress muscles”. Links with the Phrenical and Accessory nerves are responsible for this stress area. Also here, the role of the upper abdominal digestive tract organs like liver, duodenum, pancreas and gall bladder is very important.

In this module the treatment of the digestive tract is linked to musculo-skeletal dysfunctions of the thoracal, cervical, shoulder and arm area.

Theory.

- Innervation of thorax, neck, shoulder, arm.
- Relations between innervation of diaphragm, brachial plexus and cervical spinal nerves.
- Introduction in pain physiology:
 - types of nerves,
 - the role in stimulus transport, pain and tissue damage.
- Clinical reasoning and treatment planning:
 - history taking,
 - the four arrows of pain.

Practice.

- NR points for spinal nerves of thoracal and cervical spine and muscles.
- NR points for muscles in the cervical, shoulder arm region.
- NR points for thoracic organs.
- Training in clinical reasoning and handling:
 - history taking
 - filling in the 4 arrows of pain
 - making up a treatment schema.
- Relations between organs and musculo-skeletal systems.