



Manual Neurotherapy Module 1.

The Neuroreflectory Soft tissue Friction Techniques (NSFT) and Spine Tuning (ST).

Objectives and contents.

The spine plays an important role in all kinds of locomotor dysfunctions. Even in pains of the shoulder-arm, hips and legs, there is often a relationship with a dysfunction in the spine.

But also in the pain concept of MNT, the spine plays a central role. It surrounds the spinal cord. Upregulation and sensitisation of spinal cord segments is first expressed in the spinal muscles and joints.

Every nociceptive impulse and pain behaviour condition results in posture changes, necessary for avoiding overloading movement. Posture changes are expressed in hypertonic muscle groups surrounding the spine and decreasing movement possibilities in the joints. Also stress impulses are causing these kinds of changes.

Certainly the thorax and muscles like sternocleidomastoideus and trapezius are known as "stress"-muscles.

Making the spine move is mostly the first goal in the MNT treatment.

In these seminars we learn to combine 3 techniques:

- *Neuroreflectory Soft tissue Friction Techniques (NSFT),*
- *Spine Tuning (SP),*
- *Nerve reflex points (NR).*

The NSFT are kind of circular massages in the run of the spinal nerves. SP are a mix of segmental and multisegmental passive mobilisations of the spine. NR is always the central technique, binding NSFT en SP

Theory.

1. Neurophysiological backgrounds.
2. Theoretical backgrounds of NSFT en SP.

Practice.

1. NSFT of the dorsal rami area of the spine.
2. NSFT of the ventral rami area of the spine.
3. Combining with NR.
4. Spine tuning: segmental glides, rotations, pelvic mobilisations
5. NSFT lower limbs.
6. NSFT neck, shoulder, arm.
7. Combining NR en SP.
8. Combining NR and nerve mobilisations.
9. Combining NR and muscle mobilisations.