MNT - NR ®
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Definition and Philosophy of MNT-NR

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What is Nerve Reflexology? What is Manual Neurotherapy?

Nerve Reflexology (NR) and Manual Neurotherapy (MNT) are both advanced manual treatment methods for functional disorders in the musculo-skeletal and visceral system. The treatment is focusing on the changes in the peripheral nervous system (PNS), the central nervous system (CNS) and autonomous nervous system (ANS) as a cause or as a consequence of tissue/environment damage or potential tissue/environment damage in the body.
Tissue damage or potential tissue damage means: cell damage or nearly (potential) cell damage in different tissues of the body like muscles, bones, tendons, nerves, blood vessels etc…. Environment damage means stimuli from outside the body that are threatening the normal human functions. These stimuli can be: noise, light, smell, weather changes, air toxins, threatening social contacts etc… These stimuli might also cause tissue damage.

a. Nerve Reflexology (NR).

It is a ***"nerve"*** treatment method due to the application of nerve reflex points on the bones of the foot skeleton
It is a ***"reflexology"*** therapy due to the application of "reflective" techniques on the PNS, CNS and ANS.
These techniques are displayed on 2 levels:
1. the application of nerve reflex points at the foot skeleton,
2. combining with other zone therapies on the foot or hand.

b. Manual Neurotherapy (MNT)

MNT is a advanced therapy method where special neuroreflective techniques on the body are combined with nerve reflexology.
It is a ***"manual"*** treatment method due to the application of manual techniques on the musculo-skeletal and the visceral (organs) system.
It is a ***"neuro"*** therapy due to the application of "reflective" techniques on the PNS, CNS and ANS.
These techniques are displayed on 3 levels and are always combined with NR.:

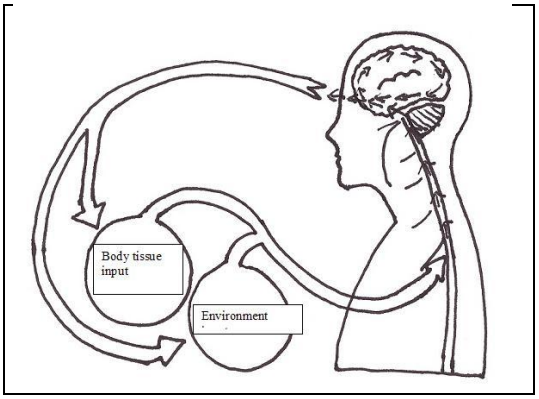
1. neuro-reflective soft tissue friction techniques (NRSF),
2. spine tuning techniques (SP),
3. visceral (organs) mobilizations (VM)
4. nerve reflex points a the foot skeleton (NR).

Philosophical Aproach.

Both NR and MNT are based on the elaboration of nociceptive or possible nociceptive inputs by the peripheral nervous system (PNS) and central nervous system (CNS).
Nociceptive inputs means: stimuli provoked in the nervous system by tissue damage, by possible tissue damage by stress conditions or by environment stimuli.
The human subject receives constantly external and internal impulses.
External impulses are coming in from the environment like for instance temperature, humidity, noise, images, smell, taste… On the other hand, proprioreceptors receive information from the body itself like mechanical, temperature and chemical conditions of tissues.
Both external and internal impulses are transported by peripheral nerves to the CNS.
The CNS is working out these impulses on a reflective, emotional, psychological and intelligent level.
As a result of this complex process, answers are send back in the body tissues.
These answers are reflected by the somatic nervous system (SNS) and by the autonomous nervous system (ANS).

- SNS are expressed in changes in the motor control of the musculo-skeletal system.
- ANS answers are reflected in changes in blood flow, hormonal changes and visceral behaviour.

These changes are again changing the sensory input, resulting in a continuous a circular model of sensory input and motor output.



It is the conviction of NR and MNT-therapists that nociceptive or possible nociceptive impulses cause simultaneous changes as well as in the musculo-skeletal as in the visceral system.
For instance: inflammation in a knee joint by mechanical overload is not only expressed in changes in motor behaviour but is also accompanied by multiple chemical, hormonal and blood flow reactions.
In more chronic conditions, nociceptive or possible nociceptive impulses can cause long lasting changes in different body tissues with finally morphological changes, illness and chronic pain.
Nociceptive or possible nociceptive impulses might rise up from body tissues, but also from environmental impulses like emotions and stress.

It is the nervous system that is on command of all these processes. If the nervous system reacts on a normal level, homeostasis in the body will be constant or rapidly restored in cases of damage. Long term overload by nociceptive or possible nociceptive impulses can import changes in the different stages in the nervous system that finally can result in inadequate responses and chronic disease and chronic pain. All these changes can be reassembled in the pathophysiology of acute and chronic pain. With its techniques, NR and MNT are interfering in the nervous system on the different parts that take part in the patients pain like: the PNS, the CNS, the ANS and the neuro-endocrine system. The final goal is to restore the coordination between these systems and therefore to restore homeostasis.