

Training Nerve Reflexology (NR)

Admission conditions, goals and contents for Level 1, 2 and 3.

Prior knowledge and admission conditions

This course is suitable for.

1. Foot reflexologists working on a professional level.
2. Nurses who are interested in pain control.
3. Osteopaths, Physiotherapists and Chiropractors. We recommend these therapists first to consider the option MANUAL NEUROTHERAPY. For more information, see www.mnt-nr.com.
4. Sports masseurs, Acupuncture therapists, Shiatsu therapists and others ...

Prior knowledge.

Since nerve reflex points can be added to other therapies like sports massage, acupuncture and shiatsu prior knowledge of foot reflexology is highly recommended but not required!

In order to have sufficient knowledge of the nervous system, participants are invited to study the pre-course syllabus "The Human Nervous System". This syllabus can be downloaded from our website: www.mnt-nr.com. After enrolment for the training, participants will receive an e-mail of MNT-NR International with a login and a password. This gives access to the download page for this pre-course syllabus.

Level 1: 3 days of 6 hours = 18 hours.

Topic: The nerve, muscle and organ chain in lumbar and pelvic pain states.

Goals

Chronic lumbar and pelvic pain states remain one of the great challenges of our time. In this level we give a special approach as well in theory as in practice.

A lot of attention goes to the abdominal-pelvic region with its nerve, muscle, and organ chain.

The muscle chain is mainly formed by psoas-quadratus-iliacus-piriformis and pelvic floor muscles.

The abdominal and pelvic organs use this muscle chain as basic support and attachment.

This whole motion entity is controlled by a chain of nerves that links all the structures.



It is the intention of the nerve reflexology techniques to balance these 3 chains in innervations and function.

Finishing this Level 1, the participant receives the following skills:

- A good understanding of the specific approach on pain and symptoms in the NR-concept.
- Theoretical knowledge of the nerve, muscle and organ chain in the lumbar and pelvic cage, connected to function and mutual relations.
- Theoretical knowledge of pain physiology: local tissue damage pain.
- Practical and theoretical knowledge of the nerve reflex points for the innervation of the lumbar spine; lumbar , sacral and pudendal plexus; sympathetic and parasympathetic innervation of the lumbar and pelvic region.
- Practical knowledge of a specific history taking.
- A total treatment planning and treatment scheme for lumbar and pelvic pain states.

Contents.

<i>Theory</i>	<i>Practice</i>
History and concept of NR	History taking in NR
Review of the external and internal muscle and joint chain of the lumbar and pelvic region	NR-points for dorsal and ventral rami
Relations with the organ chain	NR-points for lumbar plexus.
Innervation of the lumbar spine and surrounding muscles	NR-points for sacral plexus
Plexus lumbalis	NR-points for pudendal plexus
Plexus sacralis	NR-points for sympathetic and parasympathetic system
Plexus pudendus	NR-points for important muscle groups
Sympathetic and parasympathetic innervation of the lumbar and pelvic region and lower limbs.	General treatment
Pain physiology: local tissue damage	
General treatment concept	
Treatment scheme.	

Level 2: 3 days van 6 hours = 18 uren

Topic: The nerve, muscle and organ chain in cervical, thoracic, shoulder and arm pain.

Goals

Just like in the nerve, muscle and organ chain in the lumbar and pelvic region, a similar view can be found above the diaphragm. Here, the chain is mainly build by the diaphragm, mediastinum, pericard and pleura, connecting the thoracic cage to the neck and shoulders.

The shoulder-neck area is strongly related to the sympathetic system. Trapezius and sternocleidomastoid muscles are very well known as “stress muscles”. Direct connections between diaphragm, phrenic nerve, accessory nerve and their connections to the sympathetic system are responsible for this fact. Also in this level we discover the nerve, muscle and organ chains and learn how to balance these chains. Furthermore we go deeper into the pain physiology.

Finishing this Level2, the participant receives the following skills:

- Theoretical knowledge of the nerve, muscle and organ chain in the thoracic-cervical region connected to function and mutual relations.
- Theoretical knowledge of pain physiology: spinal cord processes.
- Practical and theoretical knowledge of the nerve reflex points for the innervation of the thoracic and cervical spine; the thoracic plexus; the cervical plexus; the brachial plexus; sympathetic and parasympathetic innervation.
- Practical knowledge of the specific pain clinical reasoning model.
- A total treatment planning for pain states of this region.

Contents

<i>Theory</i>	<i>Practice</i>
Review of the external and internal muscle and joint chain	NR for dorsal and ventral roots
Relations with the organ chain	NR for thoracic plexus
Innervation of the thoracic and cervical spine and surrounding muscles	NR for cervical plexus
Plexus thoracalis	NR for brachial plexus
Plexus brachialis	NR for sympathetic and parasympathetic system



Plexus cervicalis	NR for specific muscle groups
Sympathetic and parasympathetic innervation of this region	General treatment.
Pain physiology: spinal cord processes	
Relations between the different chains	
General treatment planning	

Level 3: 3 days of 6 hours = 18 hours

Topic: Central pain mechanisms and the total NR treatment concept.

Chronic pain is a steady growing problem the Western world. Migraine, chronic fatigue, fibromyalgia, chronic lumbar and cervical pain are big challenges for therapists and patients. Research clearly shows a strong relationship between visceral inflammatory processes and sensitisation processes in the central nervous system. The role of the NR-therapists can be double: inhibition of inflammatory and sensitising processes on one side and developing pain coping strategies in close consult with the patient on the other side.

In this module we discover central nervous system pain processes and treatment with NR techniques. Much of attention goes to the interaction between passive treatment and active cooperation of the patient in pain coping strategies. It will be obvious that chronic pain is a pathology where different body regions, central nervous system and emotions are involved. Therefore, treatment of chronic pain must be based on a holistic vision and a total integrative treatment.

Finishing this Level3, the participant receives the following skills:

- Theoretical knowledge of cranial innervation.
- Theoretical knowledge of the neuromatrix of chronic pain.
- Theoretical knowledge of the brain-gut axis.
- Theoretical knowledge of the role of sympathetic and parasympathetic system in pain.
- Practical and theoretical knowledge of the NR-points for cranial innervation.
- Knowledge of the diverse brain structures.
- Total pain treatment in NR.
- Basic knowledge of pain management and pain coping strategies...



Contents

<i>Theory</i>	<i>Practice</i>
Innervation of cranial structures	NR for cranial innervation
Relations with the organ chain	NR for brain structures
Sympathetic and parasympathetic cranial innervation	NR for cranial organs
Basic physiology of brain stem, mid brain and cortex	NR for sympathetic and parasympathetic innervation
Neuromatrix of chronic pain	NR-approach on chronic pain states
Brain-gut axis	General integrative treatment of chronic pain.
Pain management and pain coping strategies	Holistic treatment
Pain clinical reasoning and treatment	

Attestations

After each level the participant receives an attestation. This attestation gives the right to proceed to the next level.

Final practical exams, diploma, certificate

On the last day of Level 3, a practical final exam is organized. Participation is not mandatory.

In level 1 and or 2, the tutor will give a detailed information on the procedures of this exam.

Participating and succeeding is awarded by a diploma of "Qualified Nerve Reflexologist".

Failing the exams or not participating is awarded by a certificate, confirming the full participation on the whole NR-training.