

2006 What a Year It Was!

2007 What's next?



DEAR THERAPIST, we take this opportunity to wish you a Happy New year, appraise you of the wonderful year Neurodynamic Solutions (NDS) had in 2006 and let you know of some new things for 2007 that we're sure you will be pleased to hear about.

We've updated the NDS home page so everything is more accessible and a little more automated. You will notice the active links in this email with both clinical and scientific material. This helps you go directly to the topic of your choice without pushing a lot of buttons. With our new free registration system, you can now subscribe, unsubscribe and alter your preferences in a fully spam-compliant way. In the past, you have been registered for NDS newsletters.

There is some incredible news about the [original founder of adverse mechanical tension in the nervous system](#). Sadly, he passed away in Sweden at the age of 96. We have an obituary and tribute to him. Do read more about him. It is worth finding out what he did and how much it affected such a large number of clinicians throughout the world.

We also have new staff:

Nik Allain - CHT, OT (USA) - teaching/clinical
Chad Brenzikofer (USA) - teaching/clinical
Vera Studer (Germany/Switzerland) - teaching/clinical
Marcelo Viana (Brazil) - teaching/clinical
Dan Pilderwasser (Brazil) - teaching/clinical
Alfio Albasini (Italy) teaching/clinical
Saloni Gupta (Australia/India) - teaching/clinical
Tom Beck (Australia) - clinical

We will have specific information about these people soon so do look out in the near future.

From the news department, we have items on various presentations offered by NDS from Michael visiting the [Chicago Bulls](#) with Al Vermeil, strength and conditioning consultant, the prestigious [Gregory Grieve Memorial Lecture in London](#), along with a new book launch in Rio with the Portuguese translation of my book, produced by our good friends and colleagues, Dan Pilderwasser and Marcelo Viana (see [Blame it on Rio](#)). We also taught at the wonderful facility at [Athletico Physical Therapy](#) Oak Brook, Chicago, and there are plans afoot for us to return later in 2007 (see [Athletico](#)).

With the popularity of the NDS approach to neurodynamic disorders, there have been an increasing number of [copyright issues](#). So we have a new notice on our home page about copyright breaches and what can be done to avoid them. We're naturally keen to support use of Clinical Neurodynamics and can work with interested parties to help them with this, but it is important that people realise that copyright is a serious issue that we intend to follow closely.

Lastly, here is a case of why you can use the contralateral neurodynamic test (eg. SLR) to reduce tension in lumbar nerve roots. The implications are that this technique can be used to **move nerve roots without provocation** and it can form part of a series of progressions from low (level 1 to high level 3) clinical scenarios.



You will see that in part A (left), the nerve roots are in their neutral position. Part B (middle), they are pulled by the first (ipsilateral) neurodynamic test. Part C (right), the ipsilateral nerve root has loosened because the spinal cord has moved downward which permits the ipsilateral nerve root to get looser. This challenges past assumptions that contralateral testing produces an increase in neural tension. See more on contralateral testing. How to do it? When to do it? Clinical application.

Enjoy! And best wishes,

Michael Shacklock and the team at Neurodynamic Solutions (NDS).

Founder of Adverse Neural Tension



Dr Alf Breig was the original pioneer and originator of "adverse mechanical tension in the nervous system". He was a neurosurgeon who studied at the Karolinska in Stockholm and with the famous neuroscientist, Rexed, who found that distinct functional laminae existed in the spinal cord eg. lamina I of Rexed was found to subserve nociception ([see obituary](#)).

2007 Neurodynamic Solutions (NDS) Global Teaching programme.

Australia
Austria
Brazil
Finland
Greece
Italy
Holland
Israel
Portugal
Spain
Sweden
Switzerland
United Kingdom
United States

[See our schedule in detail](#)

Research File Starting

We've now opened a research file that presents noteworthy articles and some analysis of them.

The first is an abstract by Kobayashi et al 2003 that showed direct links between altered neurodynamics and pain with neurodynamic testing. This is a *must read* for anyone keen on understanding the validity of the concept of neurodynamics on a mechanisms level.

Kobayashi et al 2003 found that the sliding of lumbar nerve roots in patients with sciatica was impaired, along with blood flow and this correlated with impairment in the straight leg raise. Surgical correction produced improvements in all parameters, even the neurodynamic testing.

[Read more about this](#)

