

Neurodynamic Solutions (NDS)

Newsletter



May 2007



Dear Therapist,

Welcome to another update on neurodynamics! There was a huge response to the last newsletter and feedback shows that 'interactive is good' so we will certainly continue with this format for the time being.

Rapid Growth for NDS

Neurodynamic Solutions (NDS) is experiencing rapid growth at the moment. New countries and regions to host NDS courses were numerous - Holland, Portugal, Italy and Italian Switzerland, French Switzerland and Israel. Austria (Linz) now holds regular NDS courses and we will have our first course in German (upper quarter) in Linz next year. This will be taught by our German speaking instructor, Vera Studer, so do look out for details. She also assisted on the course in Israel at Rina Atrakzy's practice. The course was full and NDS is returning to the Middle East next year for more courses (read more).

Technology Update - What's an RSS feed?

A new leap in technology for web based information is the RSS (Really Simple Syndication) feed. This gives live updates on information as it arrives. To experience this with NDS, go to the NDS web site and, in your browser page address, look for the orange logo at the right hand side. If you click this, you will be taken to the archives and updated articles that NDS produces. They will be updated automatically and you can browse these at your leisure, moving freely between the full articles simply by clicking on the title. You simply book mark it and click it when you want an update. Usually updates are posted before the newsletter is released so you would receive these as a pre-release. It's hot stuff and makes your life easy for getting immediate neurodynamics information. **For RSS feeds to work smoothly check that you have right web browser eg. Safari and Mozilla web browsers.**

[See current NDS RSS feed](#) 

[More information on RSS feed \(Wikipedia\)](#)

Cadaver Dissection: Musculocutaneous Nerve - Diane Jacobs, Canadian PT



FEATURE ARTICLE Piriformis Syndrome as a Cause of Sciatica

[Go straight to Article](#)

Biomechanics

Based on the work of Dr Alf Breig, it can be seen that significant interactions between the sciatic nerve and the piriformis muscle occur with the straight leg raise (SLR). During the SLR, the muscle and nerve perform an action similar to two blades of a pair of scissors, sliding diagonally and compressing one another as they attempt to pass the shortest distance between the spine and distal edges of the pelvis. Hence, it becomes clear that it may at times be important to use physical techniques in diagnosis that help ascertain if the patient problem contains an emphasis of one or other components or if the interactions themselves are the key aspect. Therefore differentiation tests can be performed to establish clinical evidence of these components.

Clinical Testing

A key aspect of assessment of the piriformis syndrome is neurodynamic testing. A technique that evaluates the neural and musculoskeletal component is the neurodynamic test for the peroneal or tibial nerve components because each of these may be involved. An early technique of choice is the neurodynamic test in Figures 2 and 3.

More information on the [Piriformis Syndrome:](#)

- cadaver pictures
- higher level diagnostic techniques
- treatment techniques
- scientific references (pathoanatomy, anatomical anomalies)
- other intrapelvic causes
- abstracts and PubMed link for the piriformis syndrome

Once again, Enjoy!

Michael Shacklock

Director and Founder
Neurodynamic Solutions (NDS)

NEXT COURSES

[Atlanta, USA](#)
[São Paulo, Brazil](#)
[Liverpool, UK](#)

Would you like to [Host a Course?](#) It's easy.



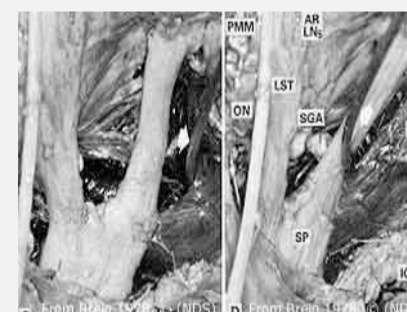
Clinical Neurodynamics Now in Spanish

The Spanish translation of Clinical Neurodynamics has been released and is selling like hot cakes to therapists in Spain and South America. As such, the first course in Zaragoza, Spain, is being held in July with Professor José Moreno Tricas' group. The course and manual will be translated into Spanish and is set to be fully subscribed. Our multilingual instructor, Alfio Albasini, will be assisting as part of his instructor development. It is a five-day course so the practical hands-on component will definitely be the main focus.

Portugal: The first NDS Course in Portugal was held in Braga, near Porto in association with the Portuguese and Spanish Physiotherapy Associations. [Read more...](#)



Mechanical interactions between the sciatic nerve in the pelvis and piriformis muscle during the SLR (From Breig 1978, © 2007, NDS). [Go to Full Article](#)



Neurodynamic testing of sciatic component to the piriformis syndrome.



Piriformis Straight Leg Raise



Piriformis Slump Test

[NDS Global Teaching Programme](#)