

## Physiotherapy Academy

### Mobilisation of the Nervous System

With Tim Beames

#### Outline

This classic lecture and practical course, now in its 20th edition and updated every 6 months, continues to be extremely popular worldwide. Registration is open to registered medical practitioners, physiotherapists and occupational therapists.

All NOI courses are supported by quality workbooks, graphics and post course follow up.

We use modern pain sciences to provide a clinically relevant understanding of the physical health issues of the entire nervous system. This means consideration of the molecular and homuncular targets of our therapy. We integrate this knowledge using a clinical reasoning framework and advanced manual assessment and management options. Skilled reasoning is evidence based medicine at its best.

Neurodynamics is a new science. This course offers a fresh understanding and management strategies for common syndromes such as plantar fasciitis, tennis elbow, nerve root disorders, carpal tunnel syndromes and spinal pain. Innovative management tools involve conservative decompression of nerves, various neural mobilising techniques and the new patient education techniques which emerge from neurodynamics and pain sciences.

#### Objectives

The course will teach you:

- To provide a basic knowledge of neuroanatomy, neurodynamics and pathobiology related to the manual examination of the nervous system.
- To integrate the sciences of clinical reasoning, neurodynamics and neuroscience.
- To provide safe and effective diagnostic skills in the examination and interpretation of physical dysfunction of the nervous system.
- To apply these skills to patient management by clinical reasoning skills.
- To engage in a forum to critically analyse aspects of present day physical therapy.

**Tutor Profile**

Tim lives in London where he works in private practice as co-founder of Pain and Performance providing treatment for people with persistent and complex pain problems, support and guidance for clinicians dealing with complex pain patients and delivering bespoke courses for departments and organisations on pain related topics. He is also interested in injury management and maximising performance in sport and has performed neurological screening for the English and Welsh rugby union squads. These diverse interests were fostered at King's College London studying his Masters in Pain: Science & Society with Dr Mick Thacker.

He is the principal instructor for NOI UK and teaches the Mobilisation of the Nervous System, Neurodynamics and the Neuromatrix, Explain Pain and Graded Motor Imagery courses throughout the UK, Europe and Australia. He is also co-author of the Graded Motor Imagery Handbook alongside Lorimer Moseley, David Butler and Tom Giles

**Course Dates:**

9<sup>th</sup> 10<sup>th</sup> May: Nuffield Health Support Centre, Epsom

**Cost**

Fusion Physiotherapists: £255

External Physiotherapists: £285

Book online at [www.nuffieldhealth.com/physioacademy](http://www.nuffieldhealth.com/physioacademy)