Get the Nerve to Move
Treatment Techniques
& Home Exercises

With PhysioTools you can create high quality personalised exercise and information handouts. Select from the world’s largest professional exercise library and print in multiple languages.

This module is designed for the therapist who has knowledge of manual therapy. It is an excellent tool for the therapist to enhance their treatment techniques and also enable them to provide home exercises for their clients.

It contains treatment techniques and home exercises designed to enhance neurodynamics. It covers the major parts of the neuroaxis, the sympathetic trunk and the larger peripheral nerves. The techniques can be used for treating a variety of clients.

Manual therapy from a neurodynamic perspective is based on the nervous system being one continuous tissue that needs a certain amount of mobility and circulation to function optimally. To be able to normalize the neurodynamics it is often advisable to treat the interfacing structures first. After that, mobilisation exercises aimed at the nervous system itself are used to optimize the neurodynamics and thereby create possibilities for the injury to heal. These mobilisation exercises should be very gentle and respect the nervous systems increased mechanical sensitivity.

All techniques include photos and videos

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The content of Treatment Techniques can be sorted as follows:

Sort 3: Treatment Technique.

The content of Home Exercises can be sorted as follows:

Sort 3: Exercise.
ULNT2 (Radial Nerve): Slider Upper Arm/Shoulder

Starting position:
Shoulder abd. + ext. + internal rot. + elbow ext. + forearm pron. + wrist palmar flex. + ulnar dev. + clenched fist with thumb tucked in

Alternate between the movements. The technique should be painless. The movements should only be taken to the point where the patient begins to feel something.

SLR: Slider Calf

Starting position:
Sitting and the ankle bent up.

Straighten the knee while straightening the ankle.

Bend the knee while bending the ankle

The exercise should be painless.
The movements should only be taken to the point where you begin to feel something.

The exercise is performed for about 30 seconds, preferably several times each day.

ULNT2 (Radial Nerve): Slider Upper Arm/Shoulder

Shoulder depr. + elbow flex.
Shoulder elev. + elbow ext.

Alternate between the movements. The technique should be painless.
The movements should only be taken to the point where the patient begins to feel something.