



Neuroskeletal Re-Alignment Therapy Course Syllabus

24 week course with over two terms on a Monday evening followed by practical assessment and viva. This course uses a portfolio system for assessing competence and is externally accredited by the AAPA (Aromatherapy & Allied Practitioner's Association (www.aapa.org.uk). A recognised qualification in Anatomy & Physiology at level 3 along with a relevant body work therapy is a pre-requisite for this course.

This therapy originated in Australia although it has a different name there (Neuralign Technique). It has been under research and development so that today's practitioners, with the knowledge of 10,000+ case studies and over 35 years of practice, have a highly efficient and effective treatment. It is **excellent CPD** for massage therapists and aromatherapists to add onto their skills who want to offer their clients a real solution to their back and joint pain, sporting injuries and accident trauma as well as helping to manage chronic conditions like arthritis. In previous years we have also had a Shiatsu practitioner who though this was an excellent addition to his skills. The treatment is so gentle that it cannot cause any further harm to that which already exists and has an amazing record of being able to restore balance to an area where all other therapies have failed. Patients are so delighted they recommend everyone they know (and even perfect strangers!) to you to try this gentle, relaxing but powerful therapy. Course tutor is Carole Preen.

First four weeks

- Introduce the technique; how it works - central nervous system; nerve roots and pathways, skin dermatomes.
- Introduce orthopaedics, what it means
- Medical terminology related to orthopaedics
- Pain relief -related pharmacology; analgesics, anti-inflammatories and corticosteroids, spinal block, epidurals.
- Study the points around the pelvis/sacrum/coccyx - relationship to nerves, muscle origin and insertions and meridians. Connection between coccyx and medulla oblongata
- Understanding the causes of sciatica
- Following nerve pathways leading from sacral plexus
- Study the points around the vertebral column - relationship to nerves, muscle origin and insertions and meridians.

Second four weeks

- Correlation between the points and acupuncture meridians and tsubo – body energy flow. Understanding the human energy field; kirlian photography, energy holes, dowsing. Looking at how the points also

- correlate to related muscle insertion and origin points.
- Breaks in the human energy field and the relationship to physical pain. You will learn to dowse for the breaks and how to repair them.
- Surgical procedures : spinal surgery - laminectomy, discectomy & fusion;
- disc problems - herniations, prolapses; fractures; arthritis pain management; spondylosis; ankylosing spondylitis; congenital deformities; scoliosis; kyphosis, lordosis; spondylolisthesis; spina bifida; sciatica; whiplash injuries; osteoporosis; general back pain and sporting injuries.
- Inversion therapy and how this can work with this therapy - particularly disc problems.
- Congenital deformities and NSRT
- Neck Pathology
- NSRT Neck points

Third four weeks (and end of term 1)

- Radiology - reading X-rays. Part of day will be spent examining X-rays and MRI scans. How to obtain X-rays from local hospitals.
- Exploring other forms of medical diagnosis; CAT scans, EMG's, Bone scans, nerve blocks, discograms, myelograms & ultrasound. Also look at reflex testing and SLR's.
- Procedures when patient is receiving Physiotherapy or Osteopathy treatments.
- Postural analysis; reading the body for obvious problems - including muscular aches and tension resulting. Reading shoe wear patterns to help diagnose skeletal imbalances. Practical work carrying out postural analysis.
- Study the points around the scapulae - relationship to nerves, muscle origin and insertions and meridians.
- Following nerve pathways leading from brachial plexus
- Pathologies relating to shoulder/arm, elbow & wrist

Fourth four weeks

- Neurological disorders. As we work with the CNS, this therapy has proved beneficial here - cerebrovascular accidents; multiple sclerosis; trapped nerves; headaches & migraines; motor neurone disease, brain injury etc. Associations which help - i.e. The Stroke Association. Getting in touch with local groups.
- Study the Skull and Jaw points, Face Points and their relevance to various pathologies (i.e. migraines, TMJ)
- Study the Rib Points, which can be used for broken ribs through trauma etc.
- Physical Abuse Cases
- Working with other Health care professionals and knowing when to refer.
- Palpation skills – hands on techniques to assist your postural analysis.
- Paraplegia/spinal cord injuries. Look at how disability affects the family as well as the patient.
- Rehabilitation of spinal cord injuries and how NSRT/Remedial massage can help.
- Looking at stress and how this affects pain and symptoms
- Palpation skills

Fifth four weeks

- Knees - arthritis, bursitis, tendonitis, ligament and tendon tear, loose body (arthroscopy) & diagnosis.
- Lower leg - Gastrocnemius strain or tear plus others, Achilles tendonitis, shin splints.
- Ankle & Foot - sprains, plantar fasciitis, tendonitis, flat feet etc.
- Thigh & Hip - tendonitis, muscle tear, pulled hamstring, haematoma, bursitis, arthritis.
- Look at additional points to work on these joints and muscles.
- Working with animals. Demonstration of the treatment carried out on an animal, and the effect it has (very calming). Useful for animals who have fallen, been run over, or have arthritic conditions. (Includes field trip to Vauxhall City Farm). Legal requirements of working on animals.
- More common ailments:-
Shoulder - tendonitis of various muscles, "frozen shoulder", bursitis, triceps injury, arthritis.
Elbow - Tennis elbow, golfers elbow, arthritis.
- Practical applications - to include study of points around cranium & s shoulders.
- Prosthesis of knee, hip, elbow, wrist and shoulder
- In depth look at knee and hip replacement surgery on video.

Sixth four weeks, including final practical exam

- Pregnancy - how to use this therapy to relieve common problems; joint problems; carpal tunnel; problem deliveries and post-natal care.
- Working with Babies and children. Neonatal case study sheet discussion.
- Exercises to strengthen the back - abdominal lifts, thoracic stretches. Stretching in general, warm ups prior to exercise and swimming. Also a look at body control "Pilates". Practical sessions.
- Look at posture in the workplace (ergonomics) - at the desk; in the car; lifting and manual handling.
- Discussion of arthritis and arthritis management - things to help such as aloe vera, green mussels extract etc. & weight control.
- To include mock practical. Review of Portfolios and iron out any problems.
- Review of case studies and thesis.
- Final practical.
- **All** case studies, written homework and thesis to be finished at this time and included in the portfolio.

Thesis should be orthopaedic/neurological related around one case study and include how other forms of complementary medicine and orthodox medicine would treat. Case studies on at least 10 individuals - to include if possible a baby, a child under 5 and a pregnant woman in the third trimester. You are also asked to submit one case study on an animal if possible.

Recommended Books:

- **Concise System of Orthopaedics and Fractures** (Paperback)
by A.Graham Apley (Author), Louis Solomon (Author) Butterworth Heinemann;
2Rev Ed edition (27 Jun 1994) **ISBN-10:** 0750617675
- **Essential Neurology (Essentials)** (Paperback)
by Iain Wilkinson (Author), Graham Lennox (Author) WileyBlackwell; 4th
Edition edition (25 Feb 2005) **ISBN-10:** 1405118679
- **Listen to Your Pain: The Active Person's Guide to Understanding,
Identifying, and Treating Pain and Injury** (Paperback)
by Ben E. Benjamin (Author), Norman Campbell (Illustrator) Penguin Books;
Rev Upd edition (27 Nov 2007) **ISBN-10:** 0143111957
- **Pocketbook of Orthopaedics and Fractures (Pocketbook Series)** (Paperback)
by Ronald McRae (Author) Churchill Livingstone; 2 edition (31 Mar 2006)
ISBN-10: 0443102724
- **Sarah Key's Back Sufferers' Bible (Paperback)** by Sarah Key (Author) Vermilion
(22 Jun 2000) **ISBN-10:** 0091814944
- **The Pilates Prescription for Back Pain: A Comprehensive Program for
Developing and Maintaining a Healthy Back** (Paperback) Ulysses Press (1
Mar 2004) **ISBN-10:** 1569753946
- **Basic Clinical Massage Therapy: Integrating Anatomy & Treatment** by James
H. Clay and David M. Pounds (*excellent muscle diagrams*), Lippincott Williams
and Wilkins; Har/DVD edition (15 Feb 2007) **ISBN-10:** 078176307X
- **Sport & Remedial Massage Therapy (Paperback)** by Mel Cash (Author) Ebury
Press (1 Aug 1996) **ISBN-10:** 0091809568
- **The Muscle Book (Spiral-bound)** by Paul Blakely (Author) Himalayan Institute
Press; Spi edition (30 Jul 2008) **ISBN-10:** 0893892637
- **Trail Guide to the Body: How to Locate Muscles, Bones, and More (Spiral-
bound)** by Andrew R. Biel (Author), Robin Dorn (Illustrator) Books of
Discovery; 3 Spi edition (15 Jul 2005) **ISBN-10:** 0965853454
- **AAPA Guide to Reflective Practice** (Reflection Handbook) – available from their
website for free download www.aapa.org.uk
- **Reflection** - <http://www.trainer.org.uk/members/theory/process/reflection.htm>
- Boud D, Keogh R & Walker D; (1985) **Reflection: turning experience into
learning**, Kogan Page
- Johns C. (2002) **Guided Reflection** Blackwell Science
- Johns C. (2000) **Becoming a reflective practitioner; a reflective and holistic
approach to clinical nursing, practice development and clinical
supervision** Blackwell Science
- Johns C (1994) **Guided reflection. In reflective practice in nursing** (Palmer A et
al eds) Blackwell science, Oxford
- **Reflection** - <http://www.trainer.org.uk/members/theory/process/reflection.htm>



Course created and designed by Carole Preen

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For general information about courses at Morley visit www.morleycollege.ac.uk
Course code: HMA29A

What you need to bring with you – you will need to dress professionally for practical work, ideally this should be black trousers and a white top. **Jeans are NOT permitted in class.** You will need to bring a couch cover with face hole and a face hole cushion (or small soft towel that can be rolled up). The college provides the couches, foot bolster cushions and couch roll. You will need to purchase some Myrrh essential oil and a pendulum for week-end 2, which you will also need for your case studies. Please also bring pens, colouring pencils and note paper to class.

**For more information on the Therapy and to find a therapist,
please go to the website at:**

www.neuroskeletal.co.uk