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This exercise collection is based on the principles described in Michael Shacklock's international best-seller text book Clinical Neurodynamics, Elsevier, Oxford. The exercise system was created to satisfy a need for a comprehensive range of safe and specific exercises for self treatment in patients with musculoskeletal disorders with a neural component or cause. Incorrect prescription of neurodynamic exercises may be hazardous. It is therefore recommended that the therapist be trained in the principles of diagnosis and treatment presented by NDS Neurodynamic Solutions. Pictures and videos that show the start, end and performance of each exercise are included. The diagnostic categories inside are related to common spinal and neural dysfunctions. Included also are specific progressions for persons at low levels of function, e.g. acute severe pain and post-surgical and post-trauma conditions ranging to high functional levels such as athletes, sports people and performing artists. The exercises are based on known neurodynamic mechanisms. Includes evidence-based exercises.

The content of this module can be sorted as follows:

Sort 1: Reduced Closing Dysfunction, Position OUT-Move OUT, Position IN-Reduced Opening Dysfunction, Neural Move OUT, Position OUT-Move IN, Tension Dysfunction, Sliders, 3C Position IN-Move IN-Neural Tensioner, Reduced Opening/Neural Tension, Lateral Flexion, Lateral Translation, Educational Information, Product Supine, Against Wall, Sitting/Standing Information, Dosage and Repetitions, Preface, Author, Evidence/Reference.

Sort 2: Static Openers, Dynamic Openers, Dynamic Closers, Off-loader, Position OUT-Position OUT-Neural Off-loader,

Sort 3: Standing, Sitting, Lying Supine, Sitting/Standing, Info.



Michael Shacklock, FACP, MAppSc, DipPhysio
Michael graduated in 1980 from the Auckland University of Technology. In 2007, he was awarded a Fellow of the Australian College of Physiotherapists by monograph for his book, Clinical Neurodynamics. He is the director and founder of NDS Neurodynamic Solutions, Adelaide, Australia whose objective is to develop and disseminate internationally new and advanced practical systems of neurodynamics in clinical practice. Shacklock's neurodynamics system has been presented in over 30 countries and is published in many languages. Michael has given numerous, and continues to offer, keynote and other invited presentations and practical workshops at international conferences, universities, elite sports groups, hospitals, private clinics and seminar hosts around the world.

Product Information

- # 188 items
- Photographs
- 94 videos
- Evidence-based

Printout languages:
English

Technical Requirements

Available only for PhysioTools Online

Online: Internet Explorer 6 or later, Broadband internet access

Contact Information

www.physiotools.com
info@physiotools.com

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You can place your logo on the left or right side of the handout

Personal Exercise Program

Your Organisation Name

Your Address

Your Telephone/Fax/Email/Website

You can have more than one header

Provided for : Patient's Name

Neudodynamics - Cervical Exercises

Provided by : Your Name



Sit with your arm supported at a comfortable angle.
Straighten your elbow and bend your fingers back.
Tilt your head toward your hand.

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Bend your arm and wrist while tilting your head towards the other side.
Perform 5 - 10 movements.
Repeat 3 - 5 times = 1 set.

Repeat the set hourly if possible. If not, try at least 3 - 4 sets per day.

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Stand by a wall.

Place the opposite hand on the front of your shoulder, on the soft tissues just above your collar bone, on the same side as your problem.
Hold your shoulder down firmly and apply pressure to the tissues with the side of your thumb.

Place the hand of your affected side on the wall at shoulder height, keeping your arm straight and your hand in a fist.

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Keep your chin tucked in.

Slide your head away from the wall and hold this position.

Tilt your head away from the wall.

Perform 3 times.

Repeat this up to 3 times = 1 set.

Repeat 3 - 4 sets per day.

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