



Neuroskeletal Re-Alignment Therapy Course Syllabus

9 month course with 8 tutorial week-ends 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.aromatherapyuk.net)). The British Neuroskeletal Re-alignment Therapy Association is also affiliated to the Institute for Complementary Medicine (ICM – www.i-c-m.org.uk). A recognised qualification in Anatomy & Physiology and Massage 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 30 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. Last year 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.

Weekend 1

Introduce orthopaedics, what it means - medical terminology related to orthopaedics including surgical procedures : spinal surgery - laminectomy, discectomy & fusion; prostheses; spinal cord injuries paraplegia and quadriplegia; 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.

Also related pharmacology; analgesics, anti-inflammatories and corticosteroids, spinal block, epidurals.

Week-end 2

Introduce the technique; how it works - central nervous system; nerve roots and pathways, skin dermatomes. 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.

Practical application; demonstration followed by students practicing - discuss location of points.

Week-end 3

Radiology - reading X-rays. Part of day will be spent examining X-rays and MRI scans. How to obtain X-rays from local hospitals - working with the NHS. 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. Practicals.

Week-end 4

Paraplegia/spinal cord injuries. Look at how disability affects the family.
Rehabilitation of spinal cord injuries and stroke victims.
Taking a case history and discuss case histories needed to do for the course (35 hours).
Neck Pathology and neck points including looking at relationship to nerves and meridians
Practicals

Week-end 5

Neurological disorders. As we work with the CNS, this therapy has proved beneficial here - cerebrovascular accidents; multiple sclerosis; trapped nerves; motor neurone disease. Associations which help - i.e. The Stroke Association. Getting in touch with local groups.

Skull and Jaw points, Face Points and their relevance to various pathologies (i.e. migraines, TMJ)

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.
Meridians in more detail and looking at the rib point interactions with meridians, nerves and muscles
Looking at other therapies.
Practicals

Week-end 6

Other disorders helped by this therapy - poliomyelitis; cerebral palsy
Other more common ailments:
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.
Thigh & Hip - tendonitis, muscle tear, pulled hamstring, haematoma, bursitis, arthritis.

Look at additional points to work on these joints and muscles.

Working with animals. This treatment can in fact be done on anything with a vertebral column and skeletal structure. 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 Park Farm)

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 & shoulders. Video to watch on elbow prosthesis.

Also in depth look at knee and hip replacement surgery on video.

Practicals.

Week-end 7

This week-end will involve a course in remedial massage and trigger point therapy, relative to this therapy. A separate AAPA post-graduate certificate will be awarded.

Week-end 8

Inversion therapy and how this can work with this therapy - particularly disc problems.

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.

Practicals between students.

To include mock practical. Review of Portfolios and iron out any problems. Review of case studies and thesis.

Week-end 9 (1 day)

To consist of a practical assessment, plus interview with examiner from the AAPA. Separate AAPA examiner will assess the portfolios and sign them off if they are complete.

All case studies, written homework and thesis to be finished at this time and included in the portfolio.

Thesis should be orthopaedic related around one case study and include how other forms of complementary medicine and orthodox medicine would treat. Case studies on 10 individuals - to include 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:

- The Muscle Book by Paul Blakey
- Orthopaedics and Fractures by Apel Solomon
- Listen to your pain - Ben. E. Benjamin Ph.D
- The muscle fact file - JPM Products

Course created and designed by Carole Preen



To enrol on this course, contact Morley College, 61 Westminster Bridge Road, London SE1 7HT

For general information about courses at Morley or to enrol call our **student line on 020 7450 1889**

You can **book via** at www.morleycollege.ac.uk

Course code: HMAA29A

Cost: £440 (includes exam fee)

Start date: 13th October 2007

Scheduled week-end dates for this diploma course:

1. 13th & 14th October 2007
2. 10th & 11th November 2007
3. 9th & 10th February 2008
4. 8th & 9th March 2008
5. 10th & 11th May 2008
6. 17th & 18th May 2008
7. 28th & 29th June 2008
8. 5th & 6th July 2008

The exam date will be in October 2008 – date to be advised.

For more information on the Therapy and to find a therapist, please go to the British Neuroskeletal Re-alignment Therapy website at www.neuroskeletal.co.uk