

Active Release Techniques Nerve

Dates of program-

Cape Elizabeth, ME	January 14-17, 2021
Honolulu, HI	February 4-7, 2021
Colorado Springs, CO	April 29-May 2, 2021
Sacramento, CA	May 20-23, 2021
Colorado Springs, CO	June 3-6, 2021
Orlando, FL	June 10-13, 2021
Boston, MA	August 26-29, 2021
Atlanta, GA	October 28-31, 2021
Colorado Springs, CO	November 4-7, 2021

Total Hours: 24

Summary: Active Release Techniques® Nerve offers advanced training in 90 manual treatment protocols pertaining to local, distal, and long tract nerve entrapments. Full Body Level 1 (Upper Extremity, Lower Extremity + Spine) certification is a prerequisite for Nerve seminars.

This seminar is taught live and is almost entirely “hands-on.” We offer a small student to instructor ratio to ensure quality education. Providers learn and practice manual palpation and treatment modalities to diagnose and treat nerve entrapments, neuropathies, and associated disorders. Evaluation and treatment occur simultaneously.

After completing our Nerve seminar, you will be able to explain the neural pathology seen in practice and identify nerve entrapments via differential palpation. Additionally, you will know how to free identified nerve entrapments by releasing surrounding tissue and facilitating nerve slide via ART protocols and methods.

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Learning Objectives:

At the end of this course, the student will be able to do the following, which will be proven and documented via written test (WT) or practical test (PT):

- Identify and define the 3 types of nerve injury (WT)
- Identify and define the effect of compression on nerve function (WT)
- Identify and define the 3 types of nerve entrapments (WT)
- Palpate the nerves of the brachial plexus, as well as their branches (PT)
- Use Active Release Techniques® to free the nerves of the brachial plexus, and its branches, from their entrapment sites by softening the soft tissues around it and facilitating nerve slide via Active Release Techniques® (PT)
- Palpate the nerves of the lumbosacral plexus, as well as their branches (PT)

- Use Active Release Techniques® to free the nerves of the sacral plexus, and its branches, from their entrapment sites by softening the soft tissues around it and facilitating nerve slide via Active Release Techniques® (PT)

Format- Lecture/ video/ hands-on practical application

Hours 1-24 The instructor will use this time to demonstrate appropriate hand positions while performing an assessment and treatment; Tension application while performing treatment; How to establish a mechanical advantage during treatment for ART upper extremity protocols. The learners will practice (hands-on) all ART upper extremity protocols on one another and the instructor(s) to ensure accuracy and proficiency. Testing occurs in 20-minute increments the following morning, but is not counted towards attendance hours or CE credit.

DAY 1	
HOURS	TOPIC
1-4	<ol style="list-style-type: none"> 1. Digital Nerves at Palmar Fascia & Lumbricals 2. Median Nerve at Thenar Muscles 3. Median Nerve at Carpal Tunnel 4. Median Nerve at Pronator Teres / Flexor Digitorum Superficialis 5. Median Nerve at Ligament of Struthers 6. Median Nerve at Coracopectoral Tunnel 7. Median Nerve at Lower Scalenes 8. Superficial Branch Radial Nerve at Distal Brachioradialis 9. Superficial Branch Radial Nerve at Proximal Brachioradialis/Extensor Carpi Radialis Longus/Supinator 10. Radial Nerve (Deep Branch) at Proximal Wrist Extensors 11. Radial Nerve (Deep Branch) at Supinator 12. Radial Nerve at Brachioradialis/Brachiali 13. Radial Nerve at Lateral Intermuscular Septum 14. Radial Nerve at Triceps 15. Radial Nerve at Triangular Interval/Superior Radial Tunnel
5-8	<ol style="list-style-type: none"> 16. Radial Nerve at the Coracopectoral Tunnel 17. Radial Nerve at Lower Scalenes 18. Ulnar Nerve at Hypothenar Muscles 19. Ulnar Nerve at Tunnel of Guyon 20. Ulnar Nerve at Pronator Quadratus 21. Ulnar Nerve at Flexor Carpi Ulnaris 22. Ulnar Nerve at Medial Intermuscular Septum 23. Ulnar Nerve/Medial Chord at Subscapularis 24. Ulnar Nerve at Lower Scalenes 25. Phrenic Nerve at Omohyoid

	<p>26. Brachial Plexus at Omohyoid 27. Nerve Roots at Upper Scalenes 28. Nerve Roots at Anterior Intertransversarii 29. Medial Antebrachial Cutaneous Nerve at Fascia 30. Lateral Antebrachial Cutaneous Nerve at Biceps/Brachialis</p>
DAY 2	
HOURS	TOPIC
9-12	<p>31. Inferior Lateral Brachial Cutaneous Nerve at Triceps 32. Musculocutaneous Nerve at Coracobrachialis 33. Axillary Nerve at Quadrangular Space 34. Medial Pectoral Nerve at Pectoralis Minor 35. Long Thoracic Nerve at Serratus Anterior 36. Greater Occipital Nerve at Nuchal Line/Upper Trapezius 37. Greater Occipital Nerve at Semispinalis Capitis 38. Third Occipital Nerve at Upper Trapezius 39. Suboccipital Nerve at Superior Oblique 40. Suboccipital Nerve at Rectus Capitis Major/Minor 41. Dural Motion 42. Isolation of Dural Entrapment 43. Dura at the Brainstem and Rectus Capitis Anterior 44. Dorsal Ramus of C2 at Inferior Oblique/Posterior Intertransverse Muscle 45. Dorsal Rami of C4-C8 at Trapezius/Splenius Capitis</p>
13-16	<p>46. Spinal Accessory, Vagus, and Facial Nerves at Digastric 47. Lesser Occipital Nerve at SCM/Splenius Capitis 48. Greater Auricular/Transverse Cervical/Spinal Accessory/Supraclavicular Nerve at Splenius Cervicis/Levator Scapulae/Posterior/Middle Scalene 49. Greater Auricular Nerve/Transverse Cervical Nerve at Sternocleidomastoid 50. Spinal Accessory Nerve at Sternocleidomastoid/Middle Scalene 51. Spinal Accessory Nerve at Trapezius/Rhomboids 52. Dorsal Scapular Nerve at Splenius Cervicis/Iliocostalis Cervicis 53. Dorsal Scapular Nerve at Rhomboids 54. Suprascapular Nerve at Suprascapular Foramen 55. Intercostal Nerves at Intercostals 56. Dorsal Rami T1-T6 57. Dorsal Rami T7-T12 58. Dorsal Rami L1-L3 59. Dorsal Rami S1-S3 60. Superior Gluteal Nerve at Gluteus Medius/Minimus</p>

DAY 3	
HOURS	TOPIC
17-20	61. Posterior Cutaneous Nerve at Gluteus Maximus 62. Pudendal Nerve at Ischial Tuberosity 63. Pudendal Nerve at Pelvic Floor 64. Pudendal Nerve at Obturator Internus 65. Sciatic Nerve Roots at the Foramen 66. Sciatic Nerve at Hip Rotators 67. Sciatic Nerve at Long Head of Biceps Femoris 68. Tibial Nerve at Tendinous Arch of Soleus 69. Posterior Tibial Nerve in the Deep Compartment 70. Posterior Tibial Nerve at Tarsal Tunnel 71. Common Peroneal Nerve at Biceps Femoris 72. Common Peroneal Nerve at Peroneus Longus 73. Deep Peroneal Nerve at Tibialis Anterior 74. Deep Peroneal Nerve at Extensor Digitorum 75. Deep Peroneal Nerve at Extensor Hallucis Longus
21-24	76. Deep Peroneal Nerve at Extensor Retinaculum 77. Medial Calcaneal Nerve at the Flexor Retinaculum 78. Medial and Lateral Plantar Cutaneous Nerve at Plantar Fascia 79. Digital Nerves at Flexor Tendons/Lumbricals 80. Autonomic Chain at Psoas 81. Obturator Nerve at Adductor Brevis/Longus 82. Femoral Nerve Roots at the Foramen 83. Femoral Nerve at Psoas 84. Femoral Nerve at Psoas and Quadratus Lumborum 85. Lateral Femoral Cutaneous Nerve at Quadratus Lumborum/Psoas 86. Lateral Femoral Cutaneous Nerve at Inguinal Canal 87. Genitofemoral Nerve at Psoas 88. Femoral Nerve at Femoral Sheath 89. Saphenous Nerve at Adductor Canal 90. Saphenous Nerve at Sartorius / Gracilis

On-site monitor- Seminar Coordinator

Attendance monitor is present throughout the duration of the seminar. Learners are required to sign-in and sign-out at the beginning and end of each day, as well and before and after the lunch break through the electronic system (cvent). Attendance hours are calculated at the conclusion of the seminar for each learner.

Pricing Structure-

New Certification-	\$2,250	“I have never taken this seminar before”
Student-	\$1,350	“I am enrolled in a full-time program or I have graduated within the last 12-months”
Early Bird discount-	10% off when registering 90+ days prior to the start of the seminar	