



HCP Reflexology Institute

is pleased to have an international instructor of **Nerve Reflexology**
visiting CALGARY in 2020

NICO PAULY

will be here from Belgium on
May 21 – May 24, 2020 part 1 &
October 15 - October 18, 2020 part 2
to teach a **Diploma Course** in

Nerve Reflexology



Managing Pain with Nerve Reflexology

Chronic pain is a steady growing problem the Western world. Migraine, chronic fatigue, fibromyalgia, chronic lumbar and cervical pain are big challenges for therapists and clients. Research clearly shows a strong relationship between visceral inflammatory processes and sensitisation processes in the nervous system. The role of the Neuro-Reflexology-Practitioner can be double: inhibition of inflammatory and sensitising processes on one side and developing pain coping strategies in close consult with the client on the other side.

Nerve Reflexology can be combined with many different bodywork techniques including foot reflexology, massage, mobilization and others, always with the same goal: **to change pain processes in the nervous system.**

This course is suitable for.

1. Foot reflexologists working on a professional level.
2. Nurses who are interested in pain control.
3. Osteopaths, Physiotherapists and
4. Chiropractors.
5. Sports masseurs, Acupuncture therapists, Shiatsu therapists and others ...

Nico Pauly developed the concept of science-based Manual Neurotherapy-Nerve Reflexology (MNT-NR[®]). Nico took the current understanding of pain physiology and translated it for practical clinical reasoning and into a treatment instrument. Nico has been teaching in Europe and beyond for many years. He taught his first time in Vancouver in 2018. Now he is back to teach **Nerve Reflexology in Calgary.**

International Association for Manual Neurotherapy and Nerve Reflexology - website: <http://www.mnt-nr.com>;
<https://www.youtube.com/watch?v=140guq5mXgs>

For more information visit www.hcpreflexology.com or email: info@hcpreflexology.com

Biography Physiotherapist, Orthopaedic manual therapist, Manual neurotherapist, member of IASP (International Association for the Study of Pain) Nico Pauly started as physiotherapist in 1973 in a private therapy setting. Very soon he discovered that physiotherapy had major shortcomings in the treatment of chronic pain conditions. Already as a student he was obsessed by the role of the nervous system. First he studied in a postgraduate Orthopaedic Manual Therapy in order to get perfection in treating musculoskeletal disorders. But still he was looking for better techniques to enrol the nervous system. He studied plantar reflexology by Hanne Marquardt and later Nerve Reflexology and Manual neurotherapy by Walter Froneberg, both in Germany. Soon he was convinced that these techniques were very valuable in interfering in the nervous system by chronic pain states. In his further studies he concentrated on the pathophysiology in chronic pain by conferences and books of the IASP and by seminars by David Butler and Lorimer Moseley. All this knowledge led him to a pain clinical assessment and treatment model that is used today in the trainings of nerve reflexology and manual neurotherapy. Since 1986 Nico Pauly was teaching neurophysiology in the Orthopaedic Manual training of physiotherapists in Belgium and Holland. He is also senior tutor of Nerve Reflexology and Manual Neurotherapy in Belgium, The Netherlands, Denmark, Switzerland, United Kingdom and Greece.

56 hours of training.

Nerve reflexology training includes:

Part 1: Introduction to Nerve Reflex Points.

The nerve, muscle and organ chain in low back and pelvic pain.

Lumbar and pelvic pain and dysfunction.

Spinal nerves, dorsal and ventral rami.

Nerve Reflex Points for lumbar plexus

Autonomic nervous system, sympathetic innervation of musculoskeletal system.

Nerve Reflex Points for sympathetic system.

The autonomic innervation organs under the diaphragm.

The nerve, muscle and organ chain in thoracic pain.

Part 2: The thoracic-cervical muscle organ and nerve chain.

The treatment of thoracic-cervical pain.

Innervation of the cervical/shoulder region

Accessory and vagus nerve, neck and shoulder muscles.

Nerve Reflex Points for the autonomic nervous system.

Nerve Reflex Points for the brachial plexus.

Innervation of high cervical spine and cranial region.

Nerve Reflex Points for high cervical area.

Nerve Reflex Points for Trigemini nerve.

Nerve Reflex Points for sympathetic and hormonal system.

Parasympathetic innervation for cranial region.

Pain physiology process in spinal cord.

Central pain mechanisms.