DERMONEUROMODULATION (DNM) in Los Angeles California.
(Dermo = Skin. Neuro = Nervous System. Modulation = Change.)

Course: **DNM: Nerves of the Lower Body**.

Dates: **March 27-29, 2015**.
Friday March 27th: 6:00 pm - 9:00 pm.
Saturday March 28th: 8:30 am - 5:00 pm.
Sunday March 29th: 8:30 am - 5:00 pm.

Instructor: **Diane Jacobs PT**

Biography: Diane Jacobs graduated as a physiotherapist from University of Saskatchewan in 1971. In 1998 David Butler made her aware of nerve issues, and pain science has been a consuming interest ever since. In 2005 she helped start the group that would become the Pain Science Division of the Canadian Physiotherapy Association. Since 2012 she has volunteered with the World Confederation for Physical Therapy to help PT academics and clinicians work pain science into undergraduate curricula. She also has served as moderator on SomaSimple, a global discussion forum for PT’s and other manual therapists, since its inception in 2004. She developed the framework for DermoNeuroModulation (DNM) on Soma Simple in 2007.

Course Location: **Yo San University**.
13315 W. Washington Blvd., Los Angeles CA 90066.

Registration:
**Early Registration Fee is $495** and requires payment in full postmarked 90 days in advance of class. Early registration deadline is December 27th, 2014.
**Regular Registration Fee is $595** and requires payment in full at time of registration to secure a spot in class. Regular registration fee of $595 starts December 28th, 2014.
**A non-refundable check of $200 is required to secure a place in class.**

Payment Method: Checks Only.
Make your check payable to **Bruce Schonfeld**. Mail check to Bruce at: **1460 7th Street, Suite 202, Santa Monica, California, 90401.**
Cancellations and Refunds: Cancellations must be received in writing 60 calendar days prior to the start of the course, by September 24, 2014, for a full refund, less a $200 administrative fee. No refunds will be made after this 60 day date. Bruce Schonfeld reserves the right to cancel the seminar up to 14 days prior to the start date for a full refund for circumstances beyond his control or if insufficient numbers of participants have registered. In the event of cancellation, Bruce Schonfeld is at no time responsible for expenses incurred by registrants, including but not limited to airline tickets or other travel, hotel, car reservations or food.

Enrollment: Students will be enrolled on a first come first serve basis. This is an extended format class focusing on the Lower Body emphasizing hands-on practice and supervision with DNM modality developer Diane Jacobs PT.

This course is open to Physical Therapists, Physical Therapist Assistants, Rolfers, Structural Integrators, Massage Therapists, Feldenkrais Practitioners, Occupational Therapists, Occupational Therapy Assistants, Osteopaths, Medical Doctors, Registered Nurses, Naturopaths, Acupuncturists.

Closest airport: LAX.
Transportation from LAX to your hotel by curbside Taxi or SuperShuttle [http://www.supershuttle.com/](http://www.supershuttle.com/)

Housing: Closest to Yo San University [http://advancedrolfing.com/classes/Yo_San_housing.pdf](http://advancedrolfing.com/classes/Yo_San_housing.pdf)
Housing: Santa Monica & Venice Beach [http://www.advancedrolfing.com/classes/smhotels.html](http://www.advancedrolfing.com/classes/smhotels.html)
Please use mapquest for exact distances. [http://www.mapquest.com](http://www.mapquest.com)

DNM’s Home Page: [http://www.dermoneuromodulation.com](http://www.dermoneuromodulation.com)
Diane Jacob’s Blog: [HumanAntigravitySuit.blogspot.com/](http://HumanAntigravitySuit.blogspot.com/)


Class Organizer: Bruce Schonfeld. E-mail bruce at [bruce@advancedrolfing.com](mailto:bruce@advancedrolfing.com)
Website contact at [http://www.advancedrolfing.com](http://www.advancedrolfing.com)
**Liability:** While safe and effective handling skills are stressed, participants are solely responsible for their own well-being at all times, including but not limited to practical hands-on work. If you suffer from an injury or disease, be particularly careful during practical work and/or do not volunteer as a subject. Bruce Schonfeld and Yo San University are not responsible for any detrimental outcomes that may come about either directly or indirectly from the workshop. Should you not accept and sign the liability forms presented at the course, you may not participate in lab practicals.

**Next Course:** Class date TBA.

**What To Bring:** Each participant is to bring a memory stick or thumb drive so Diane can distribute the lab slides and main theory presentation to them directly.
What is DermoNeuroModulation?

DermoNeuroModulation is a structured, interactive approach to manual therapy that considers the nervous system of the patient from skin cell to sense of self. Techniques are slow, light, kind, intelligent, responsive and effective. Positioning of limbs and trunk affects deeper nerve trunks, and is combined with skin stretch directed toward cutaneous fields of nerves that branch outward into skin.

Manual handling of a patient’s physicality is only a small part of developing a complete therapeutic context for change - while optional, it can also be optimal. Included are simple ways of explaining the nervous system and pain mechanisms to patients prior to treatment.

Within a well-constructed context that includes good pain education beforehand, and some simple individualized movement therapy after, the application of hands-on help by trained individuals actually can help people to construct a better relationship with their own physicality - one that has decreased pain, one they can learn to inhabit more comfortably.

DNM is a method for handling the human body and, most of all, its nervous system, in order to facilitate change, particularly in terms of its pain and motor outputs. DNM will not replace everything therapists have already learned, but it may provide a new conceptual container for it. At the very least it provides the participant with a novel approach to handling that is patient- and nervous system-friendly.

Light and interactive, DNM ignores musculoskeletal structure and instead targets pain directly, by focusing on the nervous system, continuous from skin cell to sense of self, directly. The only “structures” considered in any depth will be skin and the cutaneous nerve, long ignored in manual therapy - participants will be exposed, perhaps for the first time, to the extensive branched system that innervates skin.
DNM will provide participants with an expanded frame through which they can set up the all important treatment relationship, assess patients and their pain problems from the brain’s perspective, teach the patient about pain production without faulting them, recruit their cooperation for manual handling, and put them in charge of their own recovery.

DNM is based on Melzack’s Neuromatrix model of pain, the most clinically useful pain model in existence from an interactive manual therapy standpoint. Persisting pain is the reason most patients come to see a manual therapist. DNM is a fully interactive treatment model: unlike a strictly operative model, in which, for example, biomechanical “faults” must be found, then “corrected”, DNM considers biomechanical expression as defense, not defect.

By putting “pain” first; i.e., we put the nervous system of the patient (not their anatomy) front and center in the treatment encounter; we add a bit of strategic novel stimuli, then we wait a few minutes, and allow the nervous system to self-regulate. Subsequent improvement in motor output is assessed and regarded as a sign that the nervous system now works with less intrinsic stress.

**Student Learning Objectives**

Participants will come away with:

1. Increased awareness of the role the nervous system plays in pain production, and in response to manual therapy.

2. Better ways of accessing and communicating with the nervous system on every level.

3. Appreciation for the cutaneous nervous system.

4. A science-based method of manual therapy handling that takes into account what has been learned in neuroscience and pain science over the last couple decades.

5. Better palpation skill, and motivation to have manual therapy hands that are warm, slow, light, kind, effective, responsive and intelligent.
Manual therapy workshops tend to skip over the nervous system entirely; explanatory and treatment models tend to focus on tissue instead. The reality is that the nervous system manages 100% of everything, is only 2% of the human body, and uses 20% of available oxygen and glucose to do so, day and night. Another reality is that there are 45 miles/72 kilometers of nerves in the human body, each millimeter connected with the vascular system; everything we do, manually, affects that neurovascular array, and the nervous system of the conscious person we treat. Can we learn to interact favourably with nervous systems, and nerves themselves, in a treatment setting? Dare we?

In this hands-on workshop participants will be introduced to the nervous system, current thinking on why it’s there, what it is, how it got there, what it does, what it needs, how to help guide it toward improved motor output and less pain. Participants will be provided with visuals and downloads that will familiarize them with all spinal nerves and neural plexuses of the lower body, and will be guided through a novel non-tissue based set of assumptions about human pain and physical dysfunction - assessment and treatment approaches for cutaneous and motor nerves of the lower body, from L1 to coccygeal plexus, from mid-back to toe tips.
DermoNeuroModulation Course Schedule

Friday March 27th, 2015 - Day 1

6:00 pm – 6:30 pm Registration

6:30 – EVENING LECTURE BEGINS

Full theory presentation

Skin, what it is and does

What the entire nervous system is, does, needs

CNS processing of nociceptive and non-nociceptive input, exteroceptive and interoceptive input

Introduction to neuromatrix model of pain, how manual therapy fits in, handling a new patient in pain, creating a favourable treatment context

PNS overview including its roles apart from transducing action potentials, how it maintains itself, neuropathic pain, and tunnel syndromes, connections to vascular tree

The lecture will touch on review of skin, cutaneous nerve anatomy, overview of manual therapy, manual care as evolved biopsychosocial behavior in vertebrates, overview of the nervous system, sensory reception, cord mechanisms for transmitting somatosensation, processing of somatosensation in the brain, the neuroscience of pain, tunnel syndromes, internal nerve anatomy, how nerves feed themselves, the importance of mechanical deformation in the peripheral nervous system, central nervous system processing, the neuroscience of internal regulation, descending modulation, how to deal with someone in pain, suggestions for pain education, the difference between operator and interactor models of care and an introduction to Melzack’s neuromatrix model of pain.
Saturday March 28th, 2015 - Day 2

8:30 am - 5:00 pm

8:30 am - Lecture Begins

The Nerves of the Lower Body class deals with the spinal nerves from L-1 to the coccygeal plexus.

The labs will cover the spinal nerves, each nerve of each plexus, where it goes to (motor and cutaneous), suggestions on how to "move" it.

Dorsal rami and ventral rami, overview

Entrapment possibilities, assessment and treatment of nerves of the low back and posterior pelvis, motor and cutaneous

Overview of lumbosacral plexus

Anatomy, assessment and treatment of nerves of hip, pelvic floor, motor and cutaneous

6 LAB SESSIONS

Review of lumbar and sacral nerve plexuses, and nerve roots.

Direct treatment for the main cutaneous nerves.

Indirect treatment for most of the motor nerves.

5:00 pm – Day 2 concludes
Sunday October 26th - Day 3

8:30 am - 5:00 pm

8:30 am – Lecture Begins

Anatomy, assessment and treatment of nerves of hip, pelvic floor, motor and cutaneous, continued

Anatomy, assessment and treatment of motor and cutaneous nerves of knee, lower leg, foot

LOWER BODY
• 6 LAB SESSIONS
• Review of lumbar nerves,

Direct treatment for the main cutaneous nerves
Indirect treatment for most of the motor nerves

5:00pm – Course Concludes
Chapter 1—A Conceptual Framework for Understanding Pain in the Human

Fig. 1.3 Factors that contribute to the patterns of activity generated by the body-self neuromatrix, which is composed of sensory, affective, and cognitive neuromodules. The output patterns from the neuromatrix produce the multiple dimensions of pain experience, as well as concurrent homeostatic and behavioral responses. (From Melzack R: Pain and the neuromatrix in the brain, J Dent Edu 65:1378–1382, 2001.)


DERMONEUROMODULATION

Hmm... I want social grooming stripped of superfluous concepts...

... that considers nerves, movement, neuroscience and pain science

MAKING CONNECTIONS

- Nervous system
- Skin
- Pain science
- Manual therapy
- Therapeutic context

INTRODUCTION
Hmmm... I want social grooming stripped of superfluous concepts...

... that considers nerves, movement, neuroscience and pain science