

Neurac 2 Upper Body

Day 1

0900	Welcome
0915	Theory Presentation
1045	Break
1100	Clinical Examination - Anamnesis - Functional tests - AROM - Relevant orthopedic tests - Neurological screening, including nerve tension tests
1230	Lunch
1330	Practice - Neurac test protocol for neck - Neurac test protocol for shoulder - Neurac test protocol for elbow
1500	Break
1515	Practice - Side-lying Cervical Setting - Inclined Sitting Cervical Setting
1645	Questions and Answers
1700	End of day 1

Neurac 2 Upper Body

Day 2

0900

Practice

- Inclined Sitting Cervical Movements
- Side-lying Cervical Movements
- Prone Cervical Movements
- Standing Cervical Movements

1045

Break

1100

Practice

- Kneeling Push-Up (using Redcord Axis)
- Kneeling Shoulder Extension (using Redcord Axis)
- Supine Shoulder Flexion
- Supine Shoulder Ab-/Adduction
- Supine Shoulder External Rotation

1230

Lunch

1330

Practice

- Prone Shoulder Ab-/Adduction
- Prone Shoulder Internal Rotation
- Kneeling Elbow Extension
- Supine Elbow Flexion

1500

Break

1515

Practice – Exercises on Mat

- Supine Cervical Stabilization
- Standing Shoulder External Rotation
- Standing Shoulder Internal Rotation
- Standing Shoulder Adduction
- Standing Shoulder Abduction

16:30

Summary and Evaluation

17:00

End of day 2