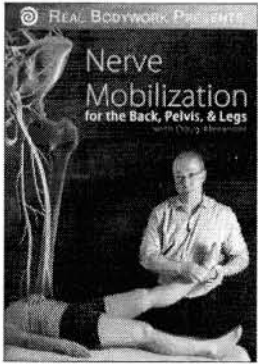


DVD Review

By Tyraus Farrelly

NERVE MOBILIZATION FOR THE BACK, PELVIS & LEGS with Doug Alexander (Sciatic, Tibial, Peroneal and Sural Nerves)



Supplier: Terra Rosa
Presenter: Doug Alexander
Format: DVD - All regions, PAL/NTSC - Widescreen
Duration: 4 Hours 5 Mins
Price: \$69.00 + P&H
Contact: www.terrarosa.com.au or 0402 059 570

Doug Alexander is the founder of 'The Journal of Soft Tissue Manipulation' and an instructor at Algonquin College in Canada. He has published over 30 papers in the massage literature and has been a practising Massage Therapist for over 20 years.

This DVD covers the assessment and treatment of the Sciatic Nerve, including the Tibial, Peroneal and Sural branches. It is one of the best bodywork DVDs I have had the pleasure of watching. The 3D still and animated anatomy graphics are simply awesome and it is jam packed with over 4 hours of assessment and treatment techniques covering the lower back, hip and pelvis and the sciatic nerve along its entire course. At \$69 for over 4 hours of high quality video instruction, this represents extremely good value for money.

The DVD shows 21 assessment techniques for the nerves and surrounding structures of the lumbar spine, pelvis and legs.

The advanced nerve tension tests include the Sciatic Nerve and its Tibial, Peroneal and Sural nerve branches.

There are 32 treatment techniques covering Acute, Sub-Acute and Chronic conditions. These are designed to free restrictions along the entire path of each nerve and normalise function from the hip to the foot.

The DVD concludes with Mr. Alexander demonstrating 12 home-care exercises to help support post-treatment recovery.

Many of the techniques demonstrated by Mr Alexander are designed to have a direct effect on the nerves and any surrounding structures that may inhibit or compress the nerves. Mr Alexander shows the anatomical regions where the nerves become more superficial and accessible and provides a range of techniques for treating these areas. These are precise techniques focused on precise outcomes. However, they are adaptable to just about any clinic and, thanks to the great 3D animations and knowledgeable instruction, are easy to understand and apply.

I particularly liked the neural stretching techniques, which isolated specific local restrictions along the nerve by using differing degrees of joint ROM between the hip, knee and ankle. These, combined with the nerve gliding and fluid lymphatic techniques used to reduce adhesions and inflammation within the nerve tissue, were worth the price of the DVD alone!

I previously reviewed Mr. Alexander's 'Nerve Mobilization for the upper extremities' DVD in the March 2007 edition of *In Good Hands*. Although this is also a very good DVD, I was a little critical about the fact that it didn't include adequate precautions against possible vascular complications during certain techniques. To Doug's credit, he actually contacted me concerning the review and acknowledged that there could have been more focus on precautions and contraindications. I am very happy to say he has corrected that omission within this DVD and devotes an entire chapter to precautions and contraindications.

What didn't I like about this DVD?

As I said from the outset, this is one of the best bodywork DVDs I've had the pleasure of watching so finding fault seems a little chary. If I had a wish list, though, I would ask for the inclusion of sensory, motor and reflex tests for the specific nerves covered and possibly a section on segmental distribution.

I do realise that some of the advanced neural tension testing that is covered may already establish any neural involvement and, in some cases, its precise location. However, it would still be advantageous, in this age of evidence-based assessment requirements, to demonstrate quantifiable results from the treatment. Having said that, I don't know where Mr Alexander could possibly fit this in, with a DVD that is already crammed with over 4 hours of invaluable instruction and information. He could easily have spanned this information over 3 DVDs at \$60.00 each and it would still represent very good value for money!

Who would benefit from this DVD? Any therapist who treats lower back pain within their clinic and, in particular, clients who present with sciatic-type symptoms. Which, I guess, probably means all of us! :-)

At a glance:

- Excellent quality
- Excellent value for money
- Invaluable learning resource
- Awesome Animated Graphics
- Best nerve treatment DVD

I have ever seen

Overall Rating

★★★★★

A must see, highly recommended!

Tyraus Farrelly is a senior level 2 AMT member. He completed the TAFE Associate Diploma of Health Science in 1995. He was the head Massage Therapist for the Illawarra Steelers and the St George Illawarra Dragons for 4 years and the head consultant Therapist for the Australian National Martial Arts team for the World Karate Championships. He has conducted post graduate workshops privately and for the Illawarra Steelers and delivered workshops on Massage for Pain Relief within a pain management course. He has worked with many Physiotherapists, Musculoskeletal Specialists, Chiropractors, Exercise Scientists and Sports Physicians within a rehabilitation environment and within an elite sports environment. He currently runs a full time clinic in Wollongong, with a focus on sports and occupational injuries.

For comments or suggestions please contact Tyraus at tyraus@hotmail.com