# Course Outline

ABMMA
ACADEMY OF BIOELECTRIC MERIDIAN MASSAGE AUSTRALIA

# Neuro-Bioelectrotherapy

## Who is this course for?

This hands-on course is open to qualified health care professionals wishing to broaden their scope of practice and understanding of this highly effective modality, Bioelectric Meridian Therapy (BMT).

## What do you get?

- ABMMA PRO BMT Device
- Accessories & BMT Conductive Gel
- Certificate of Completion

## Course accreditation CPD/CPE

- Massage & Myotherapy Australia
- ATMS
- IICT

If you are unsure if Bioelectric Meridian Therapy fits within your scope of practice, please consult your professional association.

## Qualification description

Electrotherapy has been used to treat pain for many decades. Recent research on pain neuroscience has opened many doors for the therapist in understanding how a person may develop a pain problem and how the use of electrotherapy may be beneficial. Modern pain neuroscience findings are gradually changing the way therapists think, with much more emphasis now being placed on working with the nervous system, rather than trying to change tissue and structure, or manipulate Qi in TCM meridians. The ABMMA device provides a useful tool for helping people experiencing pain via the application of recent neuroscience findings.

## Objectives

This course will enable the participant to:

- Identify Red Flags and contraindications to treatment
- Understand the physics and physiology of how electrical therapy works on the body
- Appreciate the Bio-Psycho-Social lens when considering and managing people experiencing pain
- Explore the cutaneous nerves which are a frequently neglected area of the nervous system in therapy
- Safely apply the device for self and client/patient treatment
- Learn practical applications for clinical pain presentations

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# Neuro-Bioelectrotherapy

## Outline DAY 1:

Lecture
- Electrotherapy: physiology, physics, nervous system effects
- Hands-On effects. The physiology of touch- based therapy
- ”Skin is the outside of the brain”. The cutaneous nerves and their sensory fields. Based on the work of Canadian physiotherapist Diane Jacobs
- Who can benefit from this therapy?
- Discussion on the different types of pain presentations – Nociceptive – Nociplastic – Neuropathic.
- The Bio- Psycho-Social Lens in considering and managing persistent pain – The Pain Loops Poster

Practical
- Introduction to the device
- Safety checks & balances
- Self- treatment applications
- The importance of patient positioning to unload neural tissue
- Touching and moving skin- focusing on neural receptors in the skin
- Developing effective therapeutic touch: Treating the Homunculus big hitters - the hands and feet

Practical
- Dorsal Cutaneous Nerves **Low Back**
    1. General dorsal rami sitting, side-lye & prone
    2. Dorsal rami of lumbar nerve roots supine

- **Pelvis** – Cluneal nerves/ Postero-lateral hip
    1. Superior
    2. Medial
    3. Inferior

- **Groin/Hip**
    1. Lateral Cutaneous nerve
    2. Ilioinguinal nerve

- **Q&A**

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## Outline DAY 2

Practical

- Cutaneous Nerves **Shoulder /Arm**
    1. Anterior shoulder
    2. Posterior shoulder
    3. Elbow
    4. Forearm

Practical

- Nerves - **Neck**
    1. C2 nerve roots
    2. Dorsal rami of C3-T1
    3. C3 ventral rami – Electrical stim OFF
    4. Supine superficial cervical plexus - C 3
    5. Supraclavicular nerves- Electrical stim OFF

- Dorsal Cutaneous Nerves -**Thoracic Spine**
    1. Cutaneous nerves – Dorsal rami of thoracic nerve roots - upper & lower thoracic
    2. Lateral Cutaneous nerves of trunk T3-T12

- **Thigh & Knee**
    1. Posterior and anterior cutaneous nerves of thigh
    2. Obturator nerve
    3. Anterior cutaneous nerves of knee
    4. Saphenous nerve- infrapatellar branch & medial calf
    5. Sural & Tibial Nerve

### Q&A: Discussion/Comments/Queries

### Participants will come away from this course being confident in the use of the ABMMA PRO BMT Device.

### Suggested course reading

- Atlas of Human Anatomy by Frank Netter, MD,
- A Regional Atlas of the Human Body by Carmine Clemente.
- Dermo Neuro Modulating – Diane Jacobs
- Complete Anatomy – 3D4Medical