



**Dermo Neuro Modulation - treating the body as if the nervous system really matters  
with Diane Jacobs, PT**

Wednesday to Saturday, March 25<sup>th</sup> to 28<sup>th</sup>, 2020  
Travelodge Hotel and Conference Centre, 4177 Albert Street, Regina, Sask. S4S 3R6

6:00pm – 9:00pm Wednesday (lecture); 9:00am – 5:00pm Thursday to Saturday

**24 primary credits (3 primary credits for lecture only)**

Minimum class size 16, maximum 40  
Deadline for registration is March 12<sup>th</sup>

Wear loose and comfortable clothing in which you can  
treat and be treated.  
1 massage table required per 2 participants (Thurs-Sat).  
Everyone to bring bolster, 2 pillows, linen.

Name: \_\_\_\_\_

Mailing address: \_\_\_\_\_

City/province/postal code: \_\_\_\_\_

Daytime phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

**COST, including GST: MTAS members - early-bird: \$535.00 if registered by December 20<sup>th</sup> (\$600.00 after)  
Non-members - early-bird \$610.00 (\$685.00 after December 20<sup>th</sup>)**

**REGISTRATION AND PAYMENT:** make cheques payable to MTAS and please check the appropriate box:

Register me at the **early-bird MTAS member rate** of \$535.00 [  ] **regular rate** of \$600.00 (after Dec. 20<sup>th</sup>) [  ]  
Register me at the **early-bird non-MTAS rate** of \$610.00 [  ] **regular rate** of \$685.00 (after Dec. 20<sup>th</sup>) [  ]  
Register me for the Wednesday evening lecture only at \$60.00 [  ] *Note that we cannot accept late registrations for Thurs-Sat at the Weds lecture)*

[  ] I am paying in full now.

[  ] I am paying a \$200.00 non-refundable advance deposit now, with the final balance plus admin. fee payable by March 12<sup>th</sup>.

**Notes for 2-payment plans: An administration fee of \$25 + GST must be added (\$26.25).**

**Post-dated cheque must accompany your registration. For credit card payments, the same card # shown below will be used for the final payment.**

**I will bring a massage table** yes [  ] no [  ]

VISA/MC (circle one) Credit card #: \_\_\_\_\_ Exp. date: \_\_\_\_\_ CVC #: \_\_\_\_\_

Chq/MO #: \_\_\_\_\_ Therapist signature: \_\_\_\_\_

Total payment: \$ \_\_\_\_\_ *MY SIGNATURE AUTHORIZES MTAS TO CHARGE MY CREDIT CARD WITH THE AMOUNT(S) ABOVE*

**CANCELLATION POLICY:** If cancelled prior to February 25<sup>th</sup> – full refund less \$75.00 admin. fee;  
cancellations after February 25<sup>th</sup> – no refund.

**RETURN REGISTRATION FORM WITH PAYMENT TO:**

MTAS - #22 - 1738 Quebec Avenue, Saskatoon, Sask. S7K 1V9

**Phone:** 306-384-7077

**Fax:** 306-384-7175

**E-mail:** mtas@saskmassagetherapy.com

**Your registration cannot be confirmed without this registration form and payment. Confirmation will be sent via e-mail.**

## ABOUT THE INSTRUCTOR – Diane Jacobs, PT



Diane Jacobs graduated 1971, age 20, with a diploma in PT from University of Saskatchewan in Saskatoon, and the ambition to become a manual therapist. In 1983 she encountered the world of osteopathic technique; she moved to Vancouver to be

close to a small but good science-based manual therapy school near Seattle, the URSA Foundation, then attended for several workshops over the next few decades. She owned and operated a solo, cash-based private manual therapy practice from 1994 to 2009. She realized most traditional treatment models ignored neuroscience and modern pain science. In 2007 she conducted a small cadaver study of the cutaneous nervous system of the arm and developed a new manual therapy approach from the ground up, from the inside out, to incorporate the nervous system, DermoNeuroModulation. In 2006 a pilot study of DNM commenced, at U of S., was completed and presented in 2010 at CPA Congress in St. John's, Newfoundland.

In 2009 she left Vancouver to return to Saskatchewan; she lives and works in Weyburn, Sask. in her own practice, Sensible Solutions Physiotherapy. In her spare time, she maintains an active online life writing, studying, moderating at SomaSimple.com, and administering a Facebook page for bringing pain and neuroscience to manual therapists. In 2008, a group of physiotherapists she helped to form into an interest group officially became the Pain Science Division of the Canadian Physiotherapy Association. She served as PSD executive communication liaison until 2013.. She teaches DNM workshops internationally.

### ABOUT THE WORKSHOP:

Dermo -> skin.

Neuro -> nervous system.

Modulation -> change.

Dermoneuromodulating (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 framework of pain as output, 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. We put “pain” first; i.e., we put the *nervous system* of the patient (not their anatomy), and their own subjective complaint, their own interoceptive reality, 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.

### WORKSHOP DETAILS:

#### THEORY LECTURE (Wednesday evening):

- Introduction, brief history of pain science.
- Pain and nociception, the difference.
- The predictive brain, how manual therapy may tie in.
- Overview, evolution and embryology of the nervous system, how it began as a sensing system.
- Psychosocial factors, non-specific effects, descending modulation, distinction between what the spinal cord (oldest part of CNS) does, and what brain (more recently evolved) does.
- Peripheral mechanisms, PNS, skin, what it is and does.
- Nerves, neurons, neurodynamics, physiology of nerves, tunnel syndromes.
- Treatment goals and concepts.

#### WORKSHOP (Thursday to Saturday):

**DAY 1 OVERVIEW: Cervical plexus, spinal nerves of upper body.** Assessment and suggested treatment for spinal nerves of head, neck, upper trunk (back, sides, front).

**DAY 2 OVERVIEW: Nerves of brachial plexus.** Assessment and suggested treatment for spinal nerves, motor and cutaneous, of shoulder girdle, shoulder, elbow, forearm and hand, also for dorsal rami of low back and posterior pelvis.

**DAY 3 OVERVIEW: Nerves of the lumbosacral plexus.** Assessment and suggested treatment for nerves, motor and cutaneous, of the lumbosacral plexus to low back and posterior pelvis, hip, pelvic floor, knee, lower leg, foot.

### **WORKSHOP OBJECTIVES:**

Participants will come away with:

- Increased awareness of the role the nervous system plays in pain production, and in response to manual therapy.
- Better ways of accessing and communicating with the nervous system on every level.
- Appreciation for the cutaneous nervous system.
- A science-based method of manual therapy handling that considers what has been learned in neuroscience and pain science over the last couple decades.
- Better palpation skill, and motivation to have manual therapy hands that are warm, slow, light, kind, effective, responsive and intelligent.

### **WORKSHOP REQUIREMENTS:**

A treatment manual will be provided at the workshop, but Diane's book is available at major online retailers, e.g. Amazon.ca: [https://www.amazon.ca/Dermo-Neuro-Modulating-Peripheral-Especially/dp/1987985184/ref=tmm\\_pap\\_swatch\\_0?encoding=UTF8&qid=1480126884&sr=1-3](https://www.amazon.ca/Dermo-Neuro-Modulating-Peripheral-Especially/dp/1987985184/ref=tmm_pap_swatch_0?encoding=UTF8&qid=1480126884&sr=1-3)

**\*\*Diane will share .pdf files of the presentation images – please bring a memory stick.\*\***

All participants to bring a bolster (triangular knee bolster if you have it), 2 pillows and linens.

Wear clothing in which you can treat and be treated.

One massage table is required per two participants – indicate on the registration form if you are able to bring a portable table.

### **HOTEL:**

A block of rooms has been reserved at the Travelodge Hotel for the nights of March 24<sup>th</sup> to 28<sup>th</sup> at the special rate of \$144.95 per night plus taxes. Call: 306-586-3443 for reservations and quote **block code 032420MTA**. Reserve your room before February 28<sup>th</sup> in order to receive the workshop rate. Check in time is 4pm; check out 11am.

**PARKING:** ample free parking is available in the hotel lot.

Click on the link below for more information about Diane and DNM.  
<http://www.dermoneuromodulation.com>