Advanced Certificate in Neuromuscular Therapy

DUBLIN    LONDON

Advanced Continuing Professional Development
Hello and thank you for your interest in NTC. I am very pleased to have this opportunity to say some words about why you should join our community of students and graduates. As returning graduates completing our continuing educational programmes will already know, NTC deliver our education programmes using a blended learning approach. Blended learning ensures you have an excellent educational experience where you can access NTC’s up to date resources available on our website. As the longest established bodywork education provider in Ireland we know what it takes to ensure you graduate with the appropriate knowledge and skills to do the job.

In Ireland NTC is academic partner of the University of Chester which shows that our standards, policies and procedures meet the very highest academic rigor. There are other training providers but none with the recognition, reputation and training that NTC provide. You are about to make a very important decision in your life and I am confident that NTC will provide you with the best training in Europe and right up there with the best in the world. You can be confident that your training and qualification will be held in the highest regard. For example in 2015/16 I am very proud to have been invited to give keynote presentations for several of our industry’s leading governing bodies and continuing training providers such as the Sports Massage Association (SMA, UK), Australian Association for Massage Therapists (AAMT), Malaysian EXPO/Convention and Celebrity Fitness, Jakarta, Indonesia, Bodywork India, BiO T ensegrity Summit Washington, USA and a host of other conventions and training in Italy, Spain, Poland, Portugal and more.

I am very proud to be an accredited member of the medical team for the Olympic Council of Ireland (OCI) since 1999. My appointment to the OCI medical team reflects the recognition from athletes and governing bodies of sports and I am pleased that our graduates benefit from that reputation and recognition.

Of course we are aware that other training providers try to copy what we do here at NTC but we view that as a complement. Be sure to speak to as many people as possible before making your final decision on a course that could change your life. Do not accept an imitation. One visit to NTC to view our excellent facilities and to speak with any of our amazing staff will leave you assured you are in the right hands.

I wish you every success in your studies.

John Sharkey MSc

JOHN SHARKEY
Director, National Training Centre
“A unique opportunity to study with world leaders and gain the advanced skills required to take your treatments to the next level.”
Our Programmes

The National Training Centre offers a range of programmes which qualify and equip graduates with the necessary skills to treat chronic and acute pain in soft tissue and muscle.

NEUROMUSCULAR PHYSICAL THERAPY (Certificate)
(Dublin, Cork, Galway, Limerick, Waterford)
Successful completion of this neuromuscular physical therapy course will offer you the opportunity to offer safe and effective treatment for soft tissue and muscular pain, injury and dysfunction to the general public on an individual basis either as part of a multi-disciplinary team or within your own private practice.

NEUROMUSCULAR THERAPY (Advanced Certificate)
(Dublin and London)
The part-time course of six weekends will provide professional experienced therapists with unique models and concepts for the specific intention of providing therapeutic intervention for the resolution of unresolved (chronic) pain problems and changes in sensations. This course includes Myofascial Trigger Point Dry Needling, Cranial and Intra-oral work.

NEUROMUSCULAR THERAPY (Higher Diploma)
(Dublin)
The Higher Diploma in Neuromuscular Therapy is a part-time course, which qualifies you to offer consultancy services to complementary bodywork therapists who hold a primary qualification. It will also give you the skills to offer advanced intervention procedures for patients with chronic soft tissue, muscle and nerve pain.

NEUROMUSCULAR THERAPY (Masters Degree)
(Dublin)
This modular programme, awarded by the University of Chester, aims to deliver neuromuscular therapy education that will match and exceed the standards set worldwide. The programme aims to enable students to develop a competence and confidence in all aspects of professional practice, by encouraging autonomy and criticality in thinking and action.
Advanced Certificate in Neuromuscular Therapy

The Advanced Certificate in Neuromuscular Therapy is a 6 month part-time continuing professional development course for therapists who hold a primary qualification.

The part-time course of six weekends will provide professional experienced therapists with unique models and concepts for the specific intention of providing therapeutic intervention for the resolution of unresolved (chronic) pain problems and changes in sensations (Myofascial Trigger Points).

This unique course provides intensive practical sessions with theoretical lectures, demonstrations, discussions and hands-on practice between course participants.

Qualified ENMT Tutors will use HD camera technology to ensure each participant gets to see every technique, elbow, digit or hand placement in real time when applicable.

Course participating therapists will learn advanced skills in evaluating musculoskeletal dysfunctions with specific reference to the human mesokinetic organ. Therapists will learn fascial anatomy and physiology while learning new skills and approaches to the new biomechanical model of human movement known as “The Mesokinetic Organ” (Levin and Scarr 2012).

This advanced course of bodywork therapy will provide science based anatomical and physiological insights to the age old problem of feeling pain in one body part while the origin of that pain is in a distant body part. We all know someone who is suffering with long standing unresolved pain be it a frozen shoulder, epicondylitis, low back or hip pain, plantar fascitis, Fibromyalgia, Carpal Tunnel, unresolved tooth ache or neck pain.

The list of chronic pain problems is exhaustive and therefore the potential for new patients is extensive, real and untapped.

This is truly the advanced bodywork therapy course that practitioners have been waiting for. This course will take your knowledge of chronic pain and your bodywork skills to a higher level of understanding and application.

The course syllabus will integrate up-to-date research and clinical findings to support the unique models and techniques employed in European Neuromuscular Therapy.

Dealing with chronic pain patients will grow your professional practice and provide new opportunities for professional development.

Become unique in your community and gain a reputation for successfully treating unresolved chronic pain. If you are treating athletes or the general public this course will increase your success rate at providing positive therapeutic interventions.
Synoptic Syllabus

**WEEKEND ONE**
- **Introductions**
  Overview of the course
- **History**
  An overview of the history of European NMT
- **MyoTensegrity**
  The one muscle hypothesis - A new vision for bodywork therapists (BioTensegrity-Levin)
- **ENMT**
  The 10 physiological considerations Myofascial Trigger Points
  Etiology, pathophysiology and formation of Myofascial Trigger Points, a new hypothesis
- **Full Body Kinetic Chain**
  Assessment, analysis and the implications for treating pain
- **NMTq**
  Neuromuscular Techniques
- **Assessment**
  Tests for Muscle Shortness
- **Advanced Anatomy (1)**
  Wholeness through connective tissue

**WEEKEND TWO**
- **Science of Stretching**
  Skin, fascia, nerves, muscle, Active CryoTherapy Stretching
- **Kinetic Chain**
  Four bar closed chain kinetic system
- **Advanced MET (1)**
  Muscle Energy Technique
- **Injury Scenarios**
  Injury Scenarios
- **Physiology of Muscle Spasms**
  Spasm versus contracture

**WEEKEND THREE**
- **Advanced MET (2)**
  Dynamic Isolytic Approach
- **Advanced Techniques**
  Investment, consumption, overload and wastage
- **Neural Stress Tests**
  Advanced upper and lower limb neural stress tests and differential diagnosis
- **Advanced Anatomy (2)**

**WEEKEND FOUR**
- **Advanced Positional Release**
  Contra methodology
  Cervical Spine
  Inter-costals
  Upper limb
  Para-spinals
  Pelvis
- **Advanced Anatomy (3)**
- **Myofascial Release**
  Compression without distortion.
  Volumetric perspective - radial organisation.
  Mechanotransduction

**WEEKEND FIVE**
- **Myofascial Trigger Point Dry Needling**

**WEEKEND SIX**
- **INIT**
  Integrated Neuromuscular Inhibition Technique
- **Advanced Anatomy (3)**
- **Examination and Assessment**
Our Professional Team
Advanced Certificate in Neuromuscular Therapy

John Sharkey
BASES accredited exercise physiologist John Sharkey, MSc is founder and director of European style Neuromuscular Therapy. He is a member of the medical team of the Olympic Council of Ireland and has held this position since the Sydney 2000 games. John, was also a technical expert sub-committee member of the National Sports Medicine Institute (UK), a member of the International Advisory Board of the Journal of Bodywork and Movement Therapies (JBMT) and the author of The Concise Book of Neuromuscular Therapy - A Trigger Point Manual (Lotus Publishing). John brings many years of international presentation experience and a unique and exciting teaching style to anatomy, physiology and Neuromuscular Therapy. John Sharkey is also a founding member of the Sports Massage Association (UK). John holds an MSc in Exercise and Nutrition Science from the University of Chester and has completed advanced medical studies in Anatomy and Human Identification at the University of Dundee, Scotland.

Kevin Prunty
Kevin is a practicing Neuromuscular Therapist (NMT) and member of the Association of Neuromuscular and Physical Therapists. As a result of many years of study and industry experience Kevin has a unique understanding of the integration of NMT in the broader field of health fitness and athletic performance. He was the resident club therapist for Monaghan United F.C. for 6 years and has also worked with both Monaghan and Cavan GAA at club and county level offering sports first aid, pain & injury prevention strategies and event massage. As course leader of the Higher Diploma in Neuromuscular Therapy Kevin has been instrumental in the development and delivery of NMT and is currently completing his MSc in Neuromuscular Therapy. He has completed fresh frozen cadaver dissections in the Department of Anatomy, Kings College London and is part of a team of international lecturers who have brought advanced qualifications in NMT to a groups of physiotherapists, osteopaths and other health care providers in Warsaw, Poland and King's College London.

David Anderson
David Anderson is a senior tutor at the National Training Centre, teaching on the Certificate and Advanced Certificate Neuromuscular Therapy programmes. David began his association with NTC as a student in 1998, having enrolled on the college’s Sports and Remedial Massage Therapy Certificate programme (as it was then). In 2002, he was amongst the first cohort of students to enrol on the inaugural Higher Diploma in Neuromuscular Therapy programme and in the same year, commenced tutor training. David also holds a Master of Science Degree in Neuromuscular Therapy from the University of Chester and a Certificate in Training and Continuing Education from the National University of Ireland. In addition, David holds a Graduate Diploma in Manipulative Therapy and is a Certified Dry Needling Practitioner. David has more than 15 years clinical experience and practices in Belfast, Dromore and Banbridge (Northern Ireland with a specialist interest in performance arts and dance / musical theatre.

Karen Cosgrave
Karen looks after student registrations and the day to day operation of NTC’s office of administration. Karen is also student liaison for all queries relating to student grant applications for the Department of Social Protection.

Fidelma Conlon
Fidelma, a director of NTC, has a long history of involvement in the creation of European standards for fitness. She is the course coordinator with responsibility for content and review, ensuring the highest standards are met.
World Renowned Authorities
All tutors have delivered programmes and seminars around the world.

Cristopher Alejandro
Cristopher originally hails from the Philippines and is a qualified Physiotherapist. Cris teaches on many of the NTC’s bodywork educational programmes and his area of speciality is in myofascial triggerpoint dry needling.

Larry Geraghty
Larry, who like all NTC tutors holds the National University of Ireland’s Diploma in Training and Continuing Education teaches primarily resistance training on our fitness programmes and also heads up the strength and conditioning course. Larry is also a tutor on the National Qualification in Neuromuscular Physical Therapy and runs his own successful private practice for the treatment of pain, injury and dysfunction.

Bobby Fitzsimons
Bobby has been teaching at the National Training Centre since 1999 and tutors a range of fitness and bodywork modules within the NTC. He holds a Masters Degree in Neuromuscular Therapy and is shortly embarking on his PhD with the University of Chester.

OUR FULL TIME ADMIN TEAM

Linda Byrne
Linda is responsible for student finances and accounts in the National Training Centre and also looks after the certification process. She is also responsible for the smooth provision of course materials making sure that students have the correct resources.

Greg Merriman
Greg is the head of administration with responsibility for day to day operations at NTC. He is also responsible for the design and production of NTC documentation, ICT procedures and has overall responsibility for our web presence.
Why Choose NTC?
Go For The Gold Standard!

There is a multitude of courses available from a variety of training providers, so why should you choose to complete your neuromuscular / physical therapy qualification with us?

1. The National Training Centre has been established since 1985 and have been at the cutting edge of development within the bodywork profession in Europe and worldwide. We introduced the first ever Masters Degree in Neuromuscular Therapy anywhere in the world. Our director, John Sharkey is a recognised worldwide authority in the treatment of pain, injury and dysfunction and a full member of the medical team for the Olympic Council of Ireland.

2. You would be amazed at the number of tutors on other provider’s programmes who have no formal teaching qualification. All NTC tutors are qualified to teach, with many also holding Masters Degrees. All have been trained to facilitate the delivery of course contents to adults of mixed ability and are extremely supportive of students throughout their time at NTC. We believe that every student deserves the very best opportunity to succeed and we strive to deliver that success.

3. We deliver our programmes at multiple locations around the country in excellent modern, fully equipped facilities from our custom built Dublin facility to University College Cork’s Mardyke Arena. Our programmes also represent excellent value for money with lesser programmes from some of our competitors costing many thousands of euro more. We have been here for over thirty years so you can be confident that we will be here to support you in the future.

The Highest Standard in Ireland. Guaranteed!

Through outstanding education, training and support, we will help you to achieve your goals – whether you’re looking to enter work, improve your career prospects or progress to higher education. Together, we can help you take that important next step towards a better future, giving you the qualifications, skills and confidence you need for success.
What do our graduates say?

Can I pass on my sincerest gratitude to all the staff at NTC. Once again you all have delivered another professional and enjoyable course that ensures a qualification that is recognised and accepted with high regard within the industry.

A special thanks to the lecturers who provided not just instruction, but encouraged innovation.

Alan Devine, Palmerstown, Dublin

I really enjoyed the course and the highly engaged and motivated tutors. I found the course very interesting and was fascinated by the individual components of NMPT. I would like to thank everybody involved for their highly valuable input, knowledge and support while studying.

Sabine Graef, Kinsale, Cork

The Advanced European Neuromuscular Therapy course has been an eye opener for me because of my background in Personal Training and Sports Massage.

I have learnt unique ways of treating pain and have been applying these techniques to my existing clients. In particular, one long term client with chronic knee pain has seen a reduction of 80% in her pain.

I would definitely recommend this course to a friend or a family member.

Ismail Sina, London

Colin Cassidy, Perth, Australia (formerly Naas, Co. Kildare)

In April 2012 I completed the Certificate level Neuromuscular Therapy course. Since I completed the course I have had massive success and progression. I had several private clients that I attained from advertising in the gym that I was working in, and also worked on a referral basis with physiotherapist David Gardiner owner of Physiotherapyworks in Naas Co.Kildare.

In August 2012 I moved to Perth, Australia where I have enjoyed even more success. I spent 8 months working at Subiaco Sports Massage and while working in this clinic I had the privilege of treating several Olympic athletes including Sir Chris Hoy of the GB cycling team and also Western Force rugby team of the super 15s competition. I really enjoyed my time at the NTC - we really had a great group and we all keep in touch.

Eamonn Maher, Sallins, Co. Kildare

My experience at NTC was an enjoyable and positive one. This is where I realised my interest in Anatomy, Physiology and caring for people and is the main reason I’ve decided to go back to studying Nursing. I met some fantastic people during my time at NTC and what I learned has played a huge part in me getting a place on Nursing studies. I would like to take this opportunity to thank the staff and tutors for guiding me to where I am now.

Paul Rock, Skerries, Co. Dublin

Just to say big thanks for the excellent (NTC) course which was extremely thorough and brilliantly delivered. Would recommend to anyone as this blows other courses out of the water!!
Advanced Certificate in Neuromuscular Physical Therapy

The standard cost of this programme is €1,985.00. There are discounts of up to €100.00 when places are booked and fully paid by the course start date.

Fees can be paid by means of a deposit of €585.00 followed by a balance of €1,400.00 payable two weeks before the course start date.

A discount of €100.00 is available to individuals paying fees of €1,895.00 in full (either by means of a deposit plus a balance or a single payment) at least one calendar month prior to the course start date. Places are available on a first come first served basis. Examination and programme manual fees are included within the course fee.

This advanced certification qualification also offers participants the opportunity to become involved in the area of intramuscular trigger point stimulation, or dry needling as it is more commonly known.

Locations

Dublin
National Training Centre,
15 - 16 St. Joseph’s Parade
Dorset Street
Dublin 7
t: 01 882 7777

London
Imperial College
Imperial College Road
London SW7
t: 0203 411 0629

Schedule

Each taught module is delivered over one weekend (Saturday and Sunday 09:00 to 16:30).

Participants will be required to complete a number of tasks during the course. There will be continual assessment with feedback and a final written paper (Multiple choice, 2 hours) on the FINAL weekend.

See www.ntc.ie for exact start dates.
REGISTRATION FORM

Please complete all sections using a ballpoint pen and return to our Dublin head office address shown above. If you require any assistance with completing this form please contact us by telephone or email.

PERSONAL INFORMATION

Please Use CAPITAL Letters

First Name

Last Name

Gender

Male

Female

Date of Birth

Place of Birth

Nationality

Occupation

CONTACT INFORMATION

Please Use CAPITAL Letters

Address

Phone

E-mail

NEXT OF KIN INFORMATION

Who we should contact in the event of an emergency

Name

Contact Number

Relationship to you, e.g. Mother, Wife, Partner etc.

HEALTH INFORMATION

If you suffer from any illness or injury which could prevent your full participation on the course, or if you have any special needs, please give details here.

Use a separate sheet if required

Continued over .......................
Please indicate which VENUE and START DATE this enrolment relates to

Please indicate the AMOUNT and METHOD of any payment being made

Card Details (Where Applicable)

Cardholder Name

Card Number

Expiry Date

3 Digit Security Code

Your signature here indicates that the information which you have provided on this form is true and complete and that you have read, understood and agree to be bound by the terms and conditions of enrolment.
Programmes for Further Education

The National Training Centre is also delighted to offer the world's first and only Masters Degree programme in Neuromuscular Therapy.

Delivered in Dublin by NTC and awarded by the University of Chester

You can find comprehensive information about all of our programmes online at www.ntc.ie