



1.) Movement considerations of the Central Nervous System vs Peripheral Nervous System

- The importance of quality feedback from the PNS for movement output/control

2.) Neurology of load tolerance and its impact of neural sensitivity

- How increased sensitivity impacts movement output

3.) Using neural movement as an insight into the load tolerance of the nervous system

- Why it's important to enable every peripheral tissue to accept/tolerate load

4.) The difference between muscles and neural circuitry

- How do we get feedback from the muscles?
- Neuro-biomechanics and its role in movement generation/control

5.) Active vs passive approaches to nerve loading

- How to add more neural engagement to your loading strategies

6.) How does nerve loading impact the clarity of our movement maps?

- How might nerve loading fit into rehab, performance, and other movement approaches?

7.) What are we looking for during the assessment?

- Important considerations when implementing nerve loading strategies
- Coordinating the breath with movement

8.) Upper limb nerve loading strategies:

- Basic neuroanatomy
- Practical load capacity testing
- Practical movement sequencing of each nerve
- How to use different joint drivers to mobilise each nerve
- How to challenge further through positional changes and other layering strategies

9.) Lower limb nerve loading strategies:

- Basic neuroanatomy
- Practical load capacity testing
- Practical movement sequencing of each nerve
- How to use different joint drivers to mobilise each nerve
- How to challenge further through positional changes and other layering strategies