# Nerve Glide Techniques

## June 23, 2027
## Wednesday 9 am - 6 pm (8 hours)
## $200 + $10 materials



Nerve Glide for the Sciatic Nerve

Nerve impingement issues can mimic musculoskeletal problems. Examples include tennis elbow (lateral epicondylitis), which may result from radial nerve entrapment, or Iliotibial band pain, which can result from impingement of the lateral femoral cutaneous nerve.

In this workshop, you will learn how to assess whether a problem is due to nerve impingement, and easy, effective ways to relieve it by using movement to tension and glide the nerve along its path.

**Upper Extremity Nerves**

- Median Nerve
- Ulnar Nerve
- Radial Nerve

**Lower Extremity Nerves**

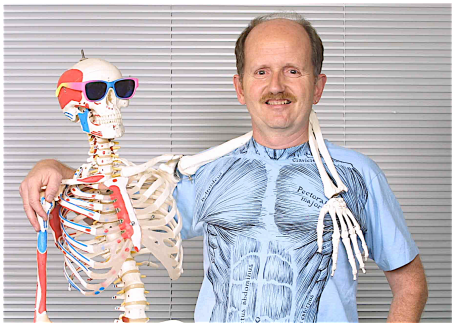
- Sciatic Nerve
- Tibial and Peroneal Nerves
- Femoral Nerve
- Obturator Nerve

**Cutaneous Nerves**

- Lateral Femoral Cutaneous Nerve
- Cluneal Nerves
- Pudendal Nerve

Comprehensive notes will be given with the class.

After completing this class you should be able to help your clients with nerve impingement problems.



Dr. James Mally (the one on the right)

James Mally, N.D. is an orthopedic massage therapist, teacher, and educational content producer with over five decades of experience. He teaches workshops around the world and founded MassageLibrary.com.

James R. Mally, N.D. is approved by the National Certification Board of Therapeutic Massage & Bodywork (NCBTMB) as a Continuing Education Approved Provider. Provider # 451329-10.

**Loving Hands Institute of Healing Arts**
32 Sunnybrae Center, Arcata, CA 95521
707-630-3407
www.lovinghandsinstitute.com