Nerve Glide Techniques

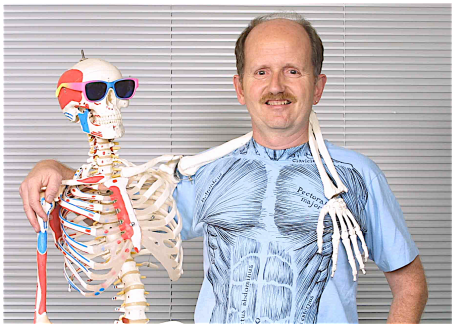
April 23, 2027
Friday 9 am - 6 pm (8 hours)
$200 + $10 materials



Nerve Glide for the Sciatic Nerve

Nerve impingement issues can mimic musculoskeletal problems. Some examples are tennis elbow (lateral epicondylitis) which may be from entrapment of the radial nerve, or Iliotibial band pain that can be from an impingement of the lateral femoral cutaneous nerve.

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



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.

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.

Northern Virginia School of Therapeutic Massage
6402 Arlington Blvd., Suite 840
Falls Church, VA 22042
703-533-3113
www.nvschoolofmassage.com