MICHAEL SHACKLOCK

TRAINER



Michael Shacklock
PhD, DipPhysio, MAppSc, FACP

- Physiotherapist since 1980, graduate of the Auckland School of Physiotherapy (New Zealand), PhD.
- Founder of the neurodynamic approach in physiotherapy and manual therapy (1995).
- Founder and Director of Neurodynamic Solutions (NDS).
- Author of Clinical Neurodynamics (Elsevier, 2005), an international best-seller.
- Fellow of the Australian College of Physiotherapists (FACP).
- More than 11,000 clinicians trained worldwide.

PROFESSIONAL PROFILE AND CLINICAL EXPERTISE

Profile

Physiotherapist since 1980, PhD – founder of the neurodynamic approach, author and international lecturer.

After graduating from the Auckland School of Physiotherapy (New Zealand) in 1980, Michael Shacklock first worked in New Zealand public hospitals – medicine, surgery, paediatrics, orthopaedics, geriatrics, intensive care and burns – before joining private practices specialising in spinal disorders and sports injuries.

In 1995 he introduced the concept of “neurodynamics” to physiotherapy and manual therapy. He then founded Neurodynamic Solutions (NDS) to spread and advance neurodynamics in clinical practice. His book Clinical Neurodynamics (Elsevier, 2005), an international best-seller, earned him a Fellowship of the Australian College of Physiotherapists.

A practising clinician, researcher and teacher, he works all over the world: invited lectures and training for the staff of elite sports clubs, universities and hospitals. His internationally standardised courses have already been attended by more than 11,000 clinicians.

Skills and clinical expertise

- Clinical neurodynamics: diagnosis and treatment of musculoskeletal disorders with a neural component.
- Management of lumbar radiculopathy, radicular pain and sciatica.
- Neurodynamic tests and neurodynamic sequencing.
- Manual neural mobilisation techniques and treatment progressions, from low functional level to athlete.
- Clinical reasoning applied to neurodynamic disorders.
- Research on the mechanics of the nervous system (MRI, ultrasound, clinical studies).
- Training of staff in elite sports clubs, universities and hospitals.

PROFESSIONAL EXPERIENCE

From 1980	**New Zealand public hospitals and private practice** Medicine, surgery, paediatrics, orthopaedics, geriatrics, intensive care and burns; then private practices in Nelson and Auckland specialising in spinal disorders and sports injuries.
1995	**Founder of the neurodynamic approach** Introduced the concept of neurodynamics to physiotherapy and manual therapy.

Present	**Founder and Director – Neurodynamic Solutions (NDS)** Organisation dedicated to spreading and advancing neurodynamics in clinical practice.
2024 – 2026	**Collaborating lecturer – Universitat Internacional de Catalunya (Barcelona)** Faculty of Medicine and Health Sciences, Department of Physiotherapy.

HONOURS AND ACHIEVEMENTS

Fellow of the Australian College of Physiotherapists (FACP)
Awarded following the publication of Clinical Neurodynamics (Elsevier, 2005).

EDUCATION AND CERTIFICATIONS

1980	**Diploma in Physiotherapy** Auckland Technical Institute (now Auckland University of Technology), New Zealand.
1989	**Graduate Diploma in Advanced Manipulative Therapy** University of South Australia.
1993	**Master of Applied Science** University of South Australia. Thesis on his discovery of neurodynamic sequencing.
	PhD

TEACHING AND CONFERENCES

International	**Clinical Neurodynamics courses – Neurodynamic Solutions** Internationally standardised courses, upper quarter and lower quarter, face-to-face and hybrid formats, already attended by more than 11,000 participants.
Barcelona – 2024-2026	**University Master's in Orthopaedic Manual Physiotherapy** Universitat Internacional de Catalunya – therapeutic exercise for the pelvis, spine and orofacial region; clinical neurodynamics course.

CLINICAL RESEARCH AND PUBLICATIONS

2005
Clinical Neurodynamics: A New System of Musculoskeletal Treatment
Elsevier, Oxford. Reference textbook and international best-seller.
Status: Book

1995
Moving in on Pain
Butterworth-Heinemann, Sydney (editor).
Status: Book

1995
Neurodynamics
Shacklock M. Physiotherapy 81: 9-16.
Status: Article

2022
Treatment of sciatica and lumbar radiculopathy with an intervertebral foramen opening protocol: pilot study in a hospital emergency and in-patient setting
Shacklock M, Rade M, Poznic, Marcinko M, Fredericson M, Kröger H, Kankaanpää M, Airaksinen O. Physiotherapy Theory and Practice.
Status: Article
https://doi.org/10.1080/09593985.2022.2037797

2021

Extending the straight leg raise test for improved clinical evaluation of sciatica: reliability of hip internal rotation or ankle dorsiflexion

Pesonen J, Shacklock M, Rantanen P, Mäki J, Karttunen L, Kankaanpää M, Airaksinen O, Rade M. BMC Musculoskeletal Disorders 22: 303.

Status: Article

2019

Differential movement of the sciatic nerve and hamstrings during the straight leg raise with ankle dorsiflexion: implications for diagnosis of neural aspect to hamstring disorders

Bueno Gracia E, Pérez-Bellmunt A, Estébanez-de-Miguel E, López-de-Celis C, Shacklock M, Caudevilla-Polo S, González-Rueda V. Musculoskeletal Science and Practice 43: 91-95.

Status: Article

https://doi.org/10.1016/j.msksp.2019.07.011

2017

Normal multiplanar movement of the spinal cord during unilateral and bilateral straight leg raise: quantification, mechanisms, and overview

Rade M, Shacklock M, Könönen M, Marttila J, Vanninen R, Kankaanpää M, Airaksinen O. Journal of Orthopaedic Research 35 (6): 1335-1342.

Status: Article

https://doi.org/10.1002/jor.23385

PHYSIO MEDIC FORMATION