Homeostatic Nerve Point Therapy Using NeuroNaturals Oil

<u>Indications</u>—If you are treating an area of localized pain it can be beneficial to treat the homeostatic nerve (HS) point close to that area. You are attempting to decrease neurotrigger points, ease neural tension, and create balance in the central nervous system.

Contraindications- Open wounds or ANY skin irritation

Nerve Points:

- -24 nerve points on each side of the body, 48 in total
- -Points are located in between muscles(valleys) or muscles and bones

<u>Treatment of Homeostatic (HS)Nerve Points:</u>

If you are treating an area of localized pain then it can be beneficial to treat the homeostatic points that are close to that area as well as above and below. Treat 2 points above and 2 below the pain

Before treating each point check for tenderness to pressure. If the point is tender, then treat it. If it is not tender still apply oil.

<u>Trigger point(TP) technique</u>- Apply NeuroNaturals oil over HS point/tenderpoint(TP) then hold TP for 15 seconds using tip of finger/thumb with a gentle circular motion doing 3-4x per point below pain threshold until tenderness is reduced or gone

Pain can be reduced without massaging nerve points as described above. If nerve points are to painful to touch then simply apply oil over tender area and HS points above and below

Example; If you are having medial (inner) knee pain you should apply oil and treat at a minimum HS 4, 5, 6, and 24. Treating HS 10, 11, and 18 will also help

- Apply NeuroNaturals to HS points 1 time a day for 3 days, if you do not experience skin irritation increase to 2-3x/day. Be aware that NeuroNaturals is a high potency formula that will feel intense when applied over sensitive areas of the body.

- *PRP is not responsible for misuse of this product. NeuroNaturals is strictly used to treat pain and nothing else.
- *Keep oil away from eyes and any other open areas
- *Not for internal use

Homeostatic Sites

Head, Neck, Shoulders, Arms, and/or hands

HS 1- Dee	p Radial
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- HS 2- Great Auricular
- HS 3- Spinal Accessory
- HS 7-Greater Occipital
- HS 8- Suprascapular
- HS 9- Lateral Antebrachial Cutaneous
- HS 12- Superficial Radial
- HS 13- Dorsal Scapular

Abdomen, and or Mid/Low Back

- HS 14 Superior Cluneal
- HS 15 Posterior Cutaneous of 2nd lumbar vertebrae (L2)
- HS 16 Inferior Gluteal (Low Back/Pelvis)
- HS 20 Spinous Process of Thoracic vertebrae 7 (T7)
- HS 21 Posterior Cutaneous of Thoracic vertebrae 6 (T6)
- HS <u>22</u> Posterior Cutaneous of Lumbar vertebrae 5 (L5)

Legs, Hips, Knees and or Feet

- HS 4 Saphenous
- HS 5 Deep Fibular (Peroneal)
- HS 6 Tibial
- HS 10 Sural
- HS 11 Lateral Popliteal
- HS 18 iliotibial
- HS 24 Common Fibular (Peroneal)

Index of the location of the HS's

- $HS1 deep \ radial$ the deep radial nerve (C5 8) is one of the terminal branches of the brachial plexus, 4cm distal to the lateral epicoldyle, where the radial nerve branches into two: superficial and deep radial, in between m.brachioradialis and m. extensor carpiradialis longus.
- HS2 greater auricular is located just behind the earlobe on the anterior border of the sternocleidomastoid muscle, the greater auricular nerve branches from the cervical nerveplexus
- **HS3** *spinal accessory* the spinal accessory nerve originates from both cranial roots and spinal roots of C1 and C6. The branch of spinal accessory nerve enters the trapeziusmuscle at the point over the shoulder bridge in the middle of the front edge of the uppertrapezius.(neuromuscular site)
- HS4 saphenous-is located at the medial side of the knee below the condyle of the tibia, innervation of L2 4
- HS5 deep fibular 2cm proximal to the web between the great and second toes where the deep common femoral nerve terminates
- HS6 tibial at the medial aspect of the leg, about 6 to 8 cm from the medial malleolus and calcaneus
- **HS7** *greater occipital* is located at the base of the occipital region, 2 3 cm from the midline and is at the dorsal rami of C2 spinal nerve.
- HS8 infrapinatus is located right on the infraspinatus muscle (innervated by the suprascapular nerve (C5 6), at the fossa infraspinatus (neuromuscular site)
- HS9 *lateral antebrac hial cutaneous*-is located at the lateral end of the skin crest at the elbow joint and easy to detect when the forearm is flexed at 90 degree angle, the site is where the antebrachial cutaneous nerve piercing the deep fascia
- HS10 sural- is located at the posterior aspect of the leg in between two heads of the gastrocnemious muscle where the sural nerve piercing the fascia.
- HS11 lateral/medial popliteal- is located on the medial side of the tendon of the bicepsfemoris
- **HS12** *superficial radial* is located where the superficial radial nerve emerges to the surface and branches on the web between the thumb and the index finger.
- **HS13** *dorsal scapular* the dorsal scapular nerve is a branch of C5, the site is located about 1cm superior to the base of the spine of the scapula (neuromuscular site)
- HS14- superior cluneal is located at the highest point of the iliac crest, the superior cluneal muscle innervates superior two thirds of the buttock
- HS15 posterior cutaneous of L2 lateral border of the erector spinae at the level of the waist
- HS16 inferior gluteal is located at the centre of the gluteal region, the inferior nerve innervates L5, S1, S2
- HS17 *lateral pectoral* the lateral pectoral nerve (C5 7) pierces clavipectoral fascia an enters the pectoralis major muscle at the spot about 4 -5cm inferior to the middle point of the clavicle. (neuromuscular site)
- HS18 iliotibial- at the lateral surface of the thigh half way between the hip and the knee on the iliotibial tract

HS19 – *infraorbital* -is located on the infraorbital foramen, the infraorbital nerve, cutaneous branch from the maxillary branch of the trigeminal nerve

HS20 -spinous Process of T7- as a mechanic pivot, T7 is most vulnerable

HS21 - posterior cutaneous of T6 - 3cm laterally from the spinous process of T6

HS22 - posterior cutaneous of L5 - 3cm lateral form the L5

HS23 – *supraorbital* - is located on the supraorbital notch, where the pAS'sage of the supraorbital nerve, the cutaneous nerve from the ophthalmic branch of the trigeminal nerve and which extends to the top of the head.

HS24 – *common fibular* – is located just anteriorinferior to the head of the fibula, at thebranching point where the common femoral nerve branches into superficial and deepterminal nerves



