Neuromuscular Physical Therapy

DUBLIN CORK LIMERICK WATERFORD GALWAY

NTC

Our health insurance partners

AVIVA Laya healthcare
Message from the DIRECTOR

Hello and thank you for your interest in NTC. I am very pleased to have this opportunity to say some words about why you should join our community of students and graduates. As returning graduates completing our continuing educational programmes will already know, NTC deliver our education programmes using a blended learning approach. Blended learning ensures you have an excellent educational experience where you can access NTC’s up to date resources available on our website. As the longest established bodywork education provider in Ireland we know what it takes to ensure you graduate with the appropriate knowledge and skills to do the job.

In Ireland NTC is academic partner of the University of Chester which shows that our standards, policies and procedures meet the very highest academic rigor. There are other training providers but none with the recognition, reputation and training that NTC provide. You are about to make a very important decision in your life and I am confident that NTC will provide you with the best training in Europe and right up there with the best in the world. You can be confident that your training and qualification will be held in the highest regard. For example in 2015/16 I am very proud to have been invited to give keynote presentations for several of our industry’s leading governing bodies and continuing training providers such as the Sports Massage Association (SMA, UK), Australian Association for Massage Therapists (AAMT), Malaysian EXPO/Convention and Celebrity Fitness, Jakarta, Indonesia, Bodywork India, BioTensegrity Summit Washington, USA and a host of other conventions and training in Italy, Spain, Poland, Portugal and more.

I am very proud to be an accredited member of the medical team for the Olympic Council of Ireland (OCI) since 1999. My appointment to the OCI medical team reflects the recognition from athletes and governing bodies of sports and I am pleased that our graduates benefit from that reputation and recognition.

Of course we are aware that other training providers try to copy what we do here at NTC but we view that as a complement. Be sure to speak to as many people as possible before making your final decision on a course that could change your life. Do not accept an imitation. One visit to NTC to view our excellent facilities and to speak with any of our amazing staff will leave you assured you are in the right hands.

I wish you every success in your studies.

John Sharkey MSc

JOHN SHARKEY
Director, National Training Centre
Thank’s once again for an inspiring and enlightening weekend (although my wife’s upper trapezius muscles may disagree!). Learnt loads and am very excited about the future of my practice. Although already incredibly busy I find treating people with pain much more interesting and full-filling than a runner with a tweaked calf! The education you have given me is truly going to develop me as a practitioner in such a dramatic way.

ROB DATE
The National Training Centre offers a range of programmes which qualify and equip graduates with the necessary skills to treat chronic and acute pain in soft tissue and muscle.

**NEUROMUSCULAR PHYSICAL THERAPY (Certificate)**
(Dublin, Cork, Galway, Limerick, Waterford)
Successful completion of this neuromuscular physical therapy course will offer you the opportunity to offer safe and effective treatment for soft tissue and muscular pain, injury and dysfunction to the general public on an individual basis either as part of a multi-disciplinary team or within your own private practice.

**NEUROMUSCULAR THERAPY (Advanced Certificate)**
(Dublin and London)
The part-time course of six weekends will provide professional experienced therapists with unique models and concepts for the specific intention of providing therapeutic intervention for the resolution of unresolved (chronic) pain problems and changes in sensations. This course includes Myofascial Trigger Point Dry Needling, Cranial and Intra-oral work.

**NEUROMUSCULAR THERAPY (Higher Diploma)**
(Dublin)
The Higher Diploma in Neuromuscular Therapy is a part-time course, which qualifies you to offer consultancy services to complementary bodywork therapists who hold a primary qualification. It will also give you the skills to offer advanced intervention procedures for patients with chronic soft tissue, muscle and nerve pain.

**NEUROMUSCULAR THERAPY (Masters Degree)**
(Dublin)
This modular programme, awarded by the University of Chester, aims to deliver neuromuscular therapy education that will match and exceed the standards set worldwide. The programme aims to enable students to develop a competence and confidence in all aspects of professional practice, by encouraging autonomy and criticality in thinking and action.
The National Qualification in Neuromuscular Physical Therapy course is a 15 month part-time course for the treatment of acute and chronic pain in soft tissue and muscle.

Successful completion of this neuromuscular physical therapy course will offer you the opportunity to offer safe and effective treatment for soft tissue and muscular pain, injury and dysfunction to the general public on an individual basis either as part of a multi disciplinary team or within your own private practice.

Graduates will have the knowledge and skills to diagnose acute and chronic pain and injury and offer effective treatment to their patients.

The primary focus of this course is the skill required to locate the source of pain, as opposed to the area where the pain presents (as these are usually different), and the appropriate treatment models.

The Neuromuscular Physical Therapy course is open to applicants who have a keen interest in the treatment of pain, injury and soft tissue dysfunction. Students need to offer commitment to participation on this course which has been designed to fit in with busy schedules.

Treatments offered by graduates who are based in the Republic of Ireland and who are members of the Association of Neuromuscular Physical Therapists (anmpt.ie) to customers of Laya Healthcare and AVIVA Health are covered in line with the policies which they offer.

There are no formal education requirements for participation on this physical therapy course. Individuals with a prior qualification are free to enrol on any of the programmes. The content is delivered to facilitate adult learners of mixed ability.

The list of covered areas includes:

- Anatomy, Physiology and Functional Anatomy, Physiology and Pathology
- The Skeletal System
- Arthrokinematics
- The Muscular System
- Blood and Circulatory System
- The Respiratory System
- Nervous and Endocrine System
- Fascia and Myokinetic Chains and Links
- Overview of all other major systems applied to Physical Therapy
- Laws of European NMT
- Orthopaedic Sports Massage
- Postural Assessment and Range of Motion testing
- Soft Tissue Release
- Myofascial Release
- Pre and post event massage
- Positional Release
- Strain Counterstrain
- Muscle Energy Techniques
- Etiology, formation and treatment of Myofascial Trigger Points
- Neuromuscular Techniques
- Bodywork Nutrition
- Kinetic Chain Assessment
- Injury Scenarios and Differential Diagnosis
- Role of the therapist including professional conduct, ethical practice and setting up professional practice
- Physical Therapy as a profession (Includes aspects of Clinical Practice)
A GREAT CAREER

When you successfully complete the National Qualification in Neuromuscular Physical Therapy you will be fully qualified to treat soft tissue, chronic muscular pain, acute injury and dysfunction.

Educational Roadmap

At the National Training Centre we are very proud of the range of programmes we offer from certificate level to masters degree.

The National Qualification in Neuromuscular Physical Therapy
This is our certificate level programme and is the only qualification you need if you want to establish private practice or work within a multidisciplinary clinic treating chronic pain and injury in soft tissue and muscle. This also qualifies you to work with sporting teams, professional and amateur, and entertainment troupes.

The Advanced Certificate in Neuromuscular Therapy
This advanced certification programme is primarily aimed at individuals who already hold a bodywork or massage qualification but who want to take their knowledge and skills to the next level.

The Higher Diploma in Neuromuscular Therapy
The H. Dip. NMT programme has been designed for bodywork graduates, both those who hold our certificate level qualification and those who hold other bodywork qualifications, to learn with world leaders such as Leon Chaitow, John Sharkey and Joanne Avison as they study advanced aspects of Neuromuscular Therapy which will give them the skills to provide consultancy services to qualified bodywork and sports injury therapists.

Masters Degree in Neuromuscular Therapy
This really is the pinnacle of Neuromuscular Therapy education. The programme, which is delivered by NTC in Dublin and awarded by the University of Chester, is the first of its kind anywhere in the world. Completion of the MSc programme enables graduates to develop a competence and confidence in all aspects of professional practice, by encouraging autonomy and criticality in thinking and action.
Our Highly Qualified Professional Team
Neuromuscular Physical Therapy Programmes

John Sharkey
John holds degrees from Bachelors to Masters in health-related areas. He is the Director of NTC, a Clinical Anatomist, published author and a full member of the Medical and Science team for the OCI.
All NMT Programmes

Cristopher Alejandro
Cristopher originally from the Phillipines is a qualified Physiotherapist. Cris teaches on many of the NTC’s programmes and his area of speciality is in myofascial triggerpoint dry needling.
NMT, Adv. Cert NMT

Larry Geraghty
Larry is a tutor on the National Qualification in Neuromuscular Physical therapy and runs his own successful private practice for the treatment of pain, injury and dysfunction.
NMT, Adv. Cert NMT

Kevin Prunty
Kevin holds a Bachelor’s Degree in Communications in Creative multimedia teaches across many NMT programmes He is course leader of the Higher Diploma in Neuromuscular Therapy.
NMT, Adv. Cert NMT, H.Dip. NMT

Michelle O’Melia
Michelle holds an MSc in Exercise and Nutrition Science and has been delivering educational excellence at the NTC since 2000. She delivers modules on both certificate and masters level programmes.
NMT, MSc NMT

Ray Morley
Ray is a fully qualified advanced paramedic and teaches on our certificate level Neuromuscular Therapy, First Aid and Taping and Strapping programmes. He runs a successful practice in Wexford.
NMT

Carmel Drohan
Carmel teaches on the National Training Centre’s certificate level Neuromuscular Physical Therapy programme and has been running the Pro Active Health and Fitness Clinic in Dublin since 1999.
NMT

David Anderson
David holds a Masters Degree in NMT and has more than 15 years clinical experience in Northern Ireland. He specialises in treating participants of performance arts and dance / musical theatre.
NMT, Adv. Cert NMT
Every NTC tutor qualified to teach
All our tutors hold at least a teaching qualification from the National University of Ireland

Bobby Fitzsimons
Bobby holds a Masters Degree in Neuromuscular Therapy and is shortly embarking on his PhD with the University of Chester. He has been working with the NTC since 1999.
NMT, Adv. Cert NMT

Leon Chaitow
Leon is an Honorary Fellow, University of Westminster London, and he is the founder and Editor-in-Chief of the peer-reviewed, MedLine indexed, Journal of Bodywork & Movement Therapies
H. Dip. NMT, MSc NMT

Sean Mc Kenna
Sean is a Chartered Physiotherapist, holds an MSc and an MBA, and he is presently a PhD candidate at the University of Limerick where his area of research is Rheumatoid Arthritis and Exercise.
NMT

Judith DeLany
Judith’s primary focus is the advancement of education in all healthcare professions to include soft tissue care and the myofascial treatment of chronic pain syndromes. She is also a published author.
H. Dip. NMT

ADDITIONAL TEAM MEMBERS

Jamie Alagna
H. Dip. NMT

Paula Bergs
H. Dip. NMT

Don Kelley
H. Dip. NMT

Dr. William Elliott
H. Dip. NMT, MSc NMT

Dr. Jay P. Shah
MSc NMT

Dr. Stephen Fallow
MSc NMT

Dr. Mike Morris
MSc NMT

Dr. Michael Gunther
MSc NMT

OUR FULL TIME ADMIN TEAM

Karen Cosgrave
Karen looks after student registrations and the day to day operation of NTC’s office of administration. Karen is also student liaison for all queries relating to student grant applications for the Department of Social Protection.

Fidelma Conlon
Fidelma, a director of NTC, has a long history of involvement in the creation of European standards for fitness. She is the course coordinator with responsibility for content and review, ensuring the highest standards are met.

Greg Merriman
Greg is the head of administration with responsibility for day to day operations at NTC. He is also responsible for the design and production of NTC documentation, ICT procedures and has overall responsibility for our web presence.

Linda Byrne
Linda is responsible for student finances and accounts in the National Training Centre and also looks after the certification process. She is also responsible for the smooth provision of course materials making sure that students have the correct resources.

Ireland’s leading educator in Health Fitness and Bodywork Therapies
We deliver our programmes at multiple locations around the country in excellent modern, fully equipped facilities from our custom built Dublin facility to University College Cork’s Mardyke Arena. Our programmes also represent excellent value for money with lesser programmes from some of our competitors costing many thousands of euro more. We have been here for over thirty years so you can be confident that we will be here to support you in the future.

You would be amazed at the number of tutors on other provider’s programmes who have no formal teaching qualification. All NTC tutors are qualified to teach, with many also holding Masters Degrees. All have been trained to facilitate the delivery of course contents to adults of mixed ability and are extremely supportive of students throughout their time at NTC. We believe that every student deserves the very best opportunity to succeed and we strive to deliver that success.

The National Training Centre has been established since 1985 and have been at the cutting edge of development within the bodywork profession in Europe and worldwide. We introduced the first ever Masters Degree in Neuromuscular Therapy anywhere in the world. Our director, John Sharkey is a recognised worldwide authority in the treatment of pain, injury and dysfunction and a full member of the medical team for the Olympic Council of Ireland.

There is a multitude of courses available from a variety of training providers, so why should you choose to complete your neuromuscular / physical therapy qualification with us?

1. **The National Training Centre** has been established since 1985 and have been at the cutting edge of development within the bodywork profession in Europe and worldwide. We introduced the first ever Masters Degree in Neuromuscular Therapy anywhere in the world. Our director, John Sharkey is a recognised worldwide authority in the treatment of pain, injury and dysfunction and a full member of the medical team for the Olympic Council of Ireland.

2. You would be amazed at the number of tutors on other provider’s programmes who have no formal teaching qualification. All NTC tutors are qualified to teach, with many also holding Masters Degrees. All have been trained to facilitate the delivery of course contents to adults of mixed ability and are extremely supportive of students throughout their time at NTC. We believe that every student deserves the very best opportunity to succeed and we strive to deliver that success.

3. We deliver our programmes at multiple locations around the country in excellent modern, fully equipped facilities from our custom built Dublin facility to University College Cork’s Mardyke Arena. Our programmes also represent excellent value for money with lesser programmes from some of our competitors costing many thousands of euro more. We have been here for over thirty years so you can be confident that we will be here to support you in the future.

**The Highest Standard in Ireland. Guaranteed!**

Through outstanding education, training and support, we will help you to achieve your goals – whether you’re looking to enter work, improve your career prospects or progress to higher education. Together, we can help you take that important next step towards a better future, giving you the qualifications, skills and confidence you need for success.
What do our graduates say?

Can I pass on my sincerest gratitude to all the staff at NTC. Once again you all have delivered another professional and enjoyable course that ensures a qualification that is recognised and accepted with high regard within the industry.

A special thanks to the lecturers who provided not just instruction, but encouraged innovation.
Alan Devine, Palmerstown, Dublin

I really enjoyed the course and the highly engaged and motivated tutors. I found the course very interesting and was fascinated by the individual components of NMPT. I would like to thank everybody involved for their highly valuable input, knowledge and support while studying.
Sabine Graef, Kinsale, Cork

The good news is that I passed my Neuromuscular Physical Therapy exams. I would like to pass on my sincere thanks to you and all the team in NTC for helping me in step 1 of a plan.

Colin Cassidy, Perth, Australia (formerly Naas, Co. Kildare)
In April 2012 I completed the Certificate level Neuromuscular Therapy course. Since I completed the course I have had massive success and progression. I had several private clients that I attained from advertising in the gym that I was working in, and also worked on a referral basis with physiotherapist David Gardiner owner of Physiotherapyworks in Naas Co.Kildare.

In August 2012 I moved to Perth, Australia where I have enjoyed even more success. I spent 8 months working at Subiaco Sports Massage and while working in this clinic I had the privilege of treating several Olympic athletes including Sir Chris Hoy of the GB cycling team and also Western Force rugby team of the super 15s competition. I really enjoyed my time at the NTC - we really had a great group and we all keep in touch.

Eamonn Maher, Sallins, Co. Kildare
My experience at NTC was an enjoyable and positive one. This is where I realised my interest in Anatomy, Physiology and caring for people and is the main reason I've decided to go back to studying Nursing. I met some fantastic people during my time at NTC and what I learned has played a huge part in me getting a place on Nursing studies. I would like to take this opportunity to thank the staff and tutors for guiding me to where I am now.

Paul Rock, Skerries, Co. Dublin
Just to say big thanks for the excellent (NTC) course which was extremely thorough and brilliantly delivered. Would recommend to anyone as this blows other courses out of the water!!
Programme Fees
Your investment in your future!

National Qualification in Neuromuscular Physical Therapy
The standard cost of this programme is €3,750.00. There are discounts of up to €350.00 when places are booked and fully paid by the course start date.

Fees can be paid by means of a deposit of €950.00 followed by ten monthly instalments of €280.00. If the deposit is paid at least one calendar month prior to the course start date, the monthly instalments are reduced to €265.00 per month, a discount of €150.00.

A discount of €350.00 is available to individuals paying fees of €3,400.00 in full (either by means of a deposit plus a balance or a single payment) up to the course start date. Places are available on a first come first served basis. Examination and programme manual fees are included within the course fee.

Locations
This programme takes place in Dublin, Cork, Galway, Waterford and Limerick.

Dublin
National Training Centre,
15 - 16 St. Joseph’s Parade
Dorset Street
Dublin 7

Limerick
Limerick Strand Hotel,
Ennis Road
Limerick

Cork
Mardyke Arena,
University College Cork
Western Road
Cork

Waterford
NAS Training Centre
Cleaboy Business Park,
Waterford

Galway
Pillo Hotel,
Headford Road
Galway

Schedule
The National Qualification in Neuromuscular Physical Therapy takes place four times per year in Dublin and once per year in Cork, Limerick, Galway and Waterford.

Dublin Evening Course
This runs one evening per week - 19:00 to 22:00 for 15 months and generally starts in March and October

Dublin Weekend Course
This runs on Saturday and Sunday - 09:00 to 17:00 for 15 months and generally starts in April and October

Cork Weekend Course
This runs on Saturday (09:30 to 17:30) and Sunday (10:00 to 18:00) for 15 months and generally starts in October

Limerick Weekend Course
This runs on Saturday and Sunday - 09:00 to 17:00 for 15 months and generally starts in November

Galway Weekend Course
This runs on Saturday and Sunday - 09:00 to 17:00 for 15 months and generally starts in September

Waterford Weekend Course
This runs on Saturday and Sunday - 09:00 to 17:00 for 15 months and generally starts in the first quarter each year.

See www.ntc.ie for exact start dates.
Please complete all sections using a ballpoint pen and return to our Dublin head office address shown above. If you require any assistance with completing this form please contact us by telephone or email.

### PERSONAL INFORMATION

Please Use **CAPITAL** Letters

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Name</td>
<td></td>
</tr>
<tr>
<td>Last Name</td>
<td></td>
</tr>
<tr>
<td>Gender</td>
<td>Male</td>
</tr>
<tr>
<td>Date of Birth</td>
<td>dd mm yyyy</td>
</tr>
<tr>
<td>Place of Birth</td>
<td></td>
</tr>
<tr>
<td>Nationality</td>
<td></td>
</tr>
<tr>
<td>Occupation</td>
<td></td>
</tr>
</tbody>
</table>

### CONTACT INFORMATION

Please Use **CAPITAL** Letters

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td></td>
</tr>
<tr>
<td>Phone</td>
<td></td>
</tr>
<tr>
<td>E-mail</td>
<td></td>
</tr>
</tbody>
</table>

### NEXT OF KIN INFORMATION

Who we should contact in the event of an emergency

<table>
<thead>
<tr>
<th>Field</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
<td></td>
</tr>
<tr>
<td>Contact Number</td>
<td></td>
</tr>
<tr>
<td>Relationship to you</td>
<td>e.g. Mother, Wife, Partner etc.</td>
</tr>
</tbody>
</table>

### HEALTH INFORMATION

If you suffer from any illness or injury which could prevent your full participation on the course, or if you have any special needs, please give details here.

Use a separate sheet if required
Your signature here indicates that the information which you have provided on this form is true and complete and that you have read, understood and agree to be bound by the terms and conditions of enrolment.

**DATA PROTECTION**

The details entered on this form will be used by the NTC to contact you before, during and after the course. We will also pass your details to potential employers and clients please tick this box.

**TERMS & CONDITIONS OF ENROLMENT**

**Attendance**

All courses involve attendance at various times and on various dates for varying durations depending on the course option chosen.

We provide to all tutors as advertised in literature specific to each course. It is the student's responsibility to attend every tutorial. If a student's attendance is uncertain, it may be possible, depending on the course, to attend the same tutorial on a different date and, possibly, at a different venue. Should a student wish to attend a missed tutorial they must pay a repeat tutorial fee. Where advance notification is given prior to a course starting date, it may be possible, subject to availability, for a student to attend on a different date and at a different venue without incurring any additional charge. This is not possible without prior approval prior to the course start date except where the Educational Committee of the National Training Centre have offered approval in response to a written student request where genuine compassionate or medical reasons have been offered. Where an individual's attendance has been influenced by a medical reason, an opportunity to repeat may be offered and the fee payable waived. Medical reasons for non-attendance must be confirmed by means of a medical certificate and any social reason for missing a weekend, e.g., wedding, holiday, etc., will not be considered valid justification for repeating the repeat fee unless notification was given at the time of enrolment.

**Examination and Qualification**

Students are eligible to sit final examination irrespective of the number of tutorials attended. Although the ability to pass final examinations, particularly those of a practical nature, diminishes in proportion to the number of missed tutorials.

On courses which require it, students must complete their Learner Workbook and submit it on the specified days. Failure to submit any of the required tasks precludes the student from qualification and graduation.

**Reasons for deferral**

Any student who has a learning difficulty should bring this fact to the attention of our administration staff in advance of securing a place on their chosen course of study. Alternatively you can ask to speak to a senior tutor in confidence before paying any fees. NTC will always support students with learning difficulties as best we can within our limitations.

**Withdrawal and non-completion**

Students who fail to complete any course will receive no refund of course fees paid and course fees which are owing will have to be paid. For courses which allow booking through the payment of a deposit, any deposits paid are nonrefundable in all circumstances and any balance of course fees which have been paid, either separately or as part of a single payment which includes the deposit and/or balance payment, may only be refunded in line with the advertised refund policy.

**Requests for deferral**

Requests on programmes of education are nonrefundable in all instances. Where there is a medical reason why a student is unable to commence or complete a course where fees have already been paid, they may apply to the Educational Committee of the National Training Centre to defer their participation to a later date. All submissions to the Educational Committee of the National Training Centre must be made in writing and sent to our Dublin Head Office postmarked to Head Office.

The decision of the Educational Committee in all such matters is final. The Educational Committee of the National Training Centre will always endeavour to meet all demands in relation to deferral and its agents.

**Use of all study facilities**

Use of all study facilities is at the discretion of staff and tutors of the NTC and its agents.

**Examination fees**

Examination fees will be forfeited in the event of a student cancellation or non-attendance. Students wishing to sit final examination for the National Qualification in Exercise, Health Studies and Personal Training must pay examination fees at approximately week 12 of the programme. The cost for assessment for the National Qualification in Exercise, Health Studies and Personal Training Upgrade Course must be paid when registering for assessment. The cost of examination and assessment for all other programmes is included in the course fee.

**General conditions of enrolment**

Course start dates may be subject to change. If a course start date changes, you will be offered the opportunity to transfer your enrolment to the new date or to receive a full refund of any fees paid. Should a course be cancelled or postponed the National Training Centre will not be held responsible for any additional costs incurred by the student, including, but not limited to, transport or accommodation.

For a course commences, although extremely unlikely, class dates and times may be subject to change.

Tutors for individual classes on courses, venues for courses and individual classes, and course fees may be subject to change.

Fee for host programmes may be subject to change from year to year.

Any and all special offers and/or promotions offered in relation to enrolment for any course are always subject to availability. Although the National Training Centre will always endeavour to meet all demands in relation to such offers, there should be no availability for any other alternative or cash refund will not be offered.

Use of all study facilities is at the discretion of staff and tutors of the NTC and its agents.

Certificates and other qualifications will only be awarded once a student has successfully completed all assessments associated with their course and once all fees have been paid and any evidence required for proof of eligibility has been submitted. It is important for potential students to understand that places on all courses are available on a first come first served basis. If you feel quite certain that this is the course for you we would advise that you pay a deposit as soon as possible in order to avoid potential disappointment.

NQNMPT - 0315
Advanced Certification Programmes

A complete range of exciting add-ons and further educational programmes

Advanced Certificate in NMT

Higher Diploma in Neuromuscular Therapy

Masters Degree in Neuromuscular Therapy

Myofascial Triggerpoint Needling

Frequency Specific Microcurrent

BioTensegiry Focused Human Anatomy Dissection Seminar

Full Details

You can find comprehensive information about all of our Continuing Professional Development (CPD) programmes online at www.ntc.ie