

NeuroMuscular Taping Professional Physical Therapy & Remedial Massage NMT Elastic Decompression Methodology Upper/Lower Extremity

CODE: NMT 4 / I °

KEY POINTS: Classroom training offers the following aspects to enrich the training process

- 4 days full immersion
- 4 hour comprehensive examination process
- 4 hour NMT Feedback Session ONLINE 2 months post course
- Direct contact with NMT teacher through specific course WA group for 2 years.

TARGET: Physical Therapists, Treatment staff and Students enrolled in the last year of their Degree Program.

ECM: Accreditation approved by the National Commission for Continuing Education (in the country where the course is held).

MAX NUMBER OF PARTICIPANTS: 24-30

PHYSICAL THERAPY TEACHING TEAM: DAVID BLOW.

DURATION: 4 days + testing (by appointment) for a total of 36 hours, PLUS feedback 4 hour session on line 1-2 months after course completion and consists of the following:

- Each participating student must sign in to the NMT.com platform through and receive their login details.
- Self study of workbook which is available, in format pdf, 7 days prior to the course start date. The workbook will be made available to the signed in students 7 days before the course start date. The workbook may be downloaded from the course provider.
- Program outline
 - Initial presentation and concept development
 - Powerpoint presentation
 - Step by step application videos for every treatment application will be shown and repeated during the course. Video materiale will not be allowed to be downloaded but only to be visioned during the online course
 - The participant applies the indicated application on a model or colleague and the teacher will comment and correct the applications. If the students are in a classroom situation then their fellow students will be the model. The class is then divided into pairs.
 - It is fundamental that the participating student collaborates during the course so that the teacher may clearly comment.
 - Each application personally and as a collective class situation will be commented upon and given the necessary feedback
 - Research and EBM
 - Clinical case presentation by students or teacher
 - Questions and answers.
- The course is organised in mini sessions of 2 hours each (with 10 min break) to maximise the learning potential

- Clinical cases may be presented by the teacher or participating students.
- FEEDBACK 4 hour session, on line, 1-2 months after course completion to assist in training skill development
- All students, models and clinical cases viewed during the course require compilation of specific privacy declaration
- 100% participation and individual participation is compulsory
- Examination process of 4 hours (see below).
- Digital certificate and membership card will be available through the NMT platform after completion of the course and examination procedures.

EXAM: Questionnaire and practical test comprising the following:

- On line questionnaire. 125 Multiple choice questions, written answer exam and student satisfaction questionnaires are to be completed online in english through the NMT platform.
- Practise Test and skill development:
 - A selection of 10 applications will be requested to be performed in-front of the camera/ computer/cell phone
 - The course participant requires a model (family member or colleague) to be present
 - A NeuroMuscular Taping expert will comment and mark the applications
 - This online examination will be done in groups of 10 course participants to maximise the teacher feedback
 - Again, it is fundamental that the participating student collaborates during the course having the personal computer (connected video and audio) in a position that will be able to register their applications and that the teacher may clearly comment.
 - Appointments will be created for the skill testing classes.
 - Duration is expected to be 4 hours.
- Both questionnaire and skill test will be evaluated and results with comments will be communicated to each participant. All marks and exam results will be longed on the NMT.com platform by the teacher and the student may view through their login.

EDUCATIONAL OBJECTIVES:

- Learning of basic skills in the use of NeuroMuscular Taping (NMT) in Upper and Lower extremity treatment in online and interactive training for physical therapy and remedial massage profession
- Acquisition of manual skills and NMT specific application techniques in the field of mobility and rehabilitation medicine and patient wellbeing
- Assist in skill development through a weighted examination process comprising of return filming of application skills and teachers' online feedback. rehabilitation.

DIDACTIC MATERIALS: Study kit, backpack, dermo-pencil, scissors, multicolour tape, Workbook, Certificate and Certification Membership Card.

CERTIFICATION PROCESS:

- The course is divided into 2 stages of 2 days each + 4 hour skill test examination, for a total of 36 hours plus follow-up
- Participation is 100% compulsory
- The NMT International Certification will be presented upon passing the final exam at the end of the complete course
- The participant will receive a NMT qualification diploma in the treatment with the NeuroMuscular Taping method for Upper and Lower extremities. The final evaluation includes; Result of the practical test, result of the written test and final evaluation of the teacher and tutor. To pass the tests it is necessary to obtain a score equal to or greater than 90%. The course will be considered passed according to three parameters of judgment: passed, excellent, praise. NMT.com Certificate and Certification Membership Card will be available in digital form through the NMT platform
- The certification entitles the registration on the NMT.com website as a NMT certified practitioner
- Upon registration, your professional details such as; workplace, clinic, hospital, contact info, photo, biography, may be inserted and made available for public viewing.

PROFESSIONAL GOAL: To know the theory and the concepts underlying the NeuroMuscular Taping technique and to develop correctly the manual techniques foreseen during the course, in particular the application techniques of NeuroMuscular Taping in treatment. The course has been studied and designed to broaden the theoretical and above all practical and manual learning skills fundamental to the NeuroMuscular Taping methodology.

Upper extremities and neck (Stage 1) and Lower extremities and back (Stage 2) NeuroMuscular Taping (NMT) Techniques. The training module allows the participant to:

- Understand the history and development of NeuroMuscular Taping.
- Understand the different application procedures related to the differing patient clinical objectives.
- Review clinical objectives and neurophysiology mechanisms of specific NMT applications for the upper and lower extremities
- Understand the cutaneous anatomical components involved using NMT.
- Review clinical objectives and the clear differences between acute, post acute and functional NMT treatment options.
- Learn the mechanisms of action in the use of NMT for acute and chronic pain conditions specific for the upper and lower extremities.
- Complete understanding of the differing application techniques and methods of tape cutting for differing physiological objectives.
- Learn protocol treatment applications for common knee conditions.
- Learn the 6 NMT application techniques for improved outpatient and hospital clinical treatment specific for the lower extremities: muscular, tendon/ligament, neuro-sensory, postural, lymphatic and circulatory.

NOTE: The Taping NeuroMuscular rehabilitation course can be attended without the obligation of prerequisite NMT courses.

Programma NMT Rehabilitation - Upper Extremity Stage

Day 1

- Registration
- Introduction NeuroMuscular Taping.
- Difference between decompressive/compressive, eccentric/concentric, dilation/constriction
- Characteristics of NMT.
- Clinical Reasoning and techniques of application specific for the upper limb
- Lab. Demonstration and individual practice: Deltoid - decompression/compression (0% tension)
- Lab. Demonstration and individual practice: Trapezius upper - decompression (0% tension)
- Therapeutic Effects of NMT
- Characteristics of taping methods and Contraindications
- Lab. Demonstration and individual practice: Trapezius middle – decompression/compression
- Lab. Demonstration: Trapezius lower - decompression
- Lab. Demonstration and individual practice: Hand flexors/extensors – decompression
- Lunch Break
- Techniques of Application: Muscular and Tendon/ligament
- Lab. Demonstration and individual practice: Pectoralis + rhomboid– decompression, Flexor Hallucis Brevis - decompression
- Lab. Demonstration and individual practice: Supraspinatus - decompression
- Lab. Demonstration and individual practice: Biceps - decompression /compression (25% tension)
- Techniques of Application: Circulatory and Neurosensor
- Lab. Demonstration and individual practice: Sternocleidomastoid + spine neck – decompression
- Lab. Demonstration and individual practice: Scalenus
- Lab. Demonstration: Triceps + teres major + teres minor + latissimus
- Lab. Demonstration and individual practice: Thumb arthritis in decompression. Acute and functional phase
- Discussion, Case studies, Feedback, Questions and answers

Day 2

- Techniques of Application
- Lymphatic drainage
- Lymphatic Lab. Demonstration and individual practice: Anterior neck drainage
- Lymphatic Lab. Demonstration: Lateral neck drainage, Lymphatic drainage Upper limb
- Lymphatic Lab. Demonstration and individual practice: Elbow – anterior/posterior drainage (acute phase)
- Elbow Epicondylitis – functional phase
- Break
- Post Surgery Lab. Demonstration and individual practice: Shoulder post surgery 1 - Drainage double fan technique
- Shoulder double fan technique + trapezius superior
- Post Surgery Lab. Demonstration and individual practice: Shoulder post surgery 2 - deltoid + trapezius superior
- Post Surgery Lab. Demonstration and individual practice: Shoulder post surgery 3 – deltoid functional
- Lunch break
- Shoulder stability applications

- Lab. Demonstration and individual practice: Shoulder deltoid in decompression – anterior, posterior, medial
- Lab. Demonstration and individual practice: Shoulder deltoid in compression (25° flexion Shoulder)
- Lab. Demonstration and individual practice: Upper limb neurological care
- Break
- Review of Effective NeuroMuscular Taping Procedures
- Current research
- Lab. Demonstration and individual practice: Carpal tunnel – acute phase 5 strip fan, functional phase
- Lab. Demonstration and individual practice: Rehabilitation of Trigger finger
- Lab. Demonstration and individual practice: Rehabilitation of Cervical herniation
- Discussion, Case studies
- Written examination
- Practical examination
- CEU documentation

NMT Rehabilitation - Lower Extremity Stage

Day 3

- Registration
- Introduction NeuroMuscular Taping.
- Difference between decompressive/compressive, eccentric/concentric, dilation/constriction
- Characteristics of NMT.
- Clinical Reasoning and techniques of application
- Lab. Demonstration and individual practice: Achilles tendon - decompression/compression (0% tension)
- Lab. Demonstration and individual practice: Gastrocnemius - decompression (0% tension)
- Therapeutic Effects of NMT
- Characteristics of taping methods and Contraindications
- Lab. Demonstration and individual practice: Quadriceps Femoris – decompression/compression
- Lab. Demonstration and individual practice: Hamstring Muscles Application 1 – decompression, Hamstring Muscles Application 2 - decompression
- Lunch Break
- Techniques of Application: Muscular and Tendon/ligament
- Lab. Demonstration and individual practice: Extensor Hallucis Longus – decompression, Flexor Hallucis Brevis - decompression
- Techniques of Application - Lumbar/Postural
- Lab. Demonstration and individual practice: Lumbar – Type 1 - decompression
- Lab. Demonstration and individual practice: Lumbar – Type 2 – decompression. Lumbar herniation.
- Techniques of Application
 - Circulatory
 - Neurosensor
- Lab. Demonstration and individual practice: Rectus Abdominis – decompression, Piriformis
- Lab. Demonstration and individual practice: Adductor Muscles Application 1 - Adductor Muscles Application 2
- Lab. Demonstration and individual practice: Tensor Fasciae Latae, Iliopsoas – Psoas Major
- Discussion, Case studies, Feedback, Questions and answers

Day 4

- Techniques of Application. Lymphatic drainage
- Lymphatic Lab. Demonstration and individual practice: Drainage lower limb
- Lymphatic Lab. Demonstration and individual practice: Achilles tendon

- Lymphatic Lab. Demonstration and individual practice: Drainage Posterior knee
- Post Surgery Lab. Demonstration and individual practice: Knee post surgery 1 - Inguinal Drainage
- Post Surgery Lab. Demonstration and individual practice: Knee post surgery 2
- Post Surgery Lab. Demonstration and individual practice: Knee post surgery 3
- Lunch break
- Joint applications Lab. Demonstration and individual practice: Knee stability
- Tendon applications
- Lab. Demonstration and individual practice: Plantar Fasciitis
- Review of Effective NeuroMuscular Taping Procedures
- Current research
- Lab. Demonstration and individual practice: Hallux Valgus
- Lab. Demonstration and individual practice: Rehabilitation of Ankle Sprain - 1
- Lab. Demonstration and individual practice: Rehabilitation of Ankle Sprain - 2
- Discussion, Case studies
- Written examination - see below
- Practical examination - see below

Recommended reading

1. NeuroMuscular Taping, from principals to practice, Editor. Edi Ermes Milan, Italy. ISBN: 978/88/7051/342/4. May 2012, English edition
2. NeuroMuscular Taping, treatment of edema, hematoma, and scarring, October 2013, Editor. Edi Ermes Milan, Italy. ISBN: 978-88-7051-377-6. English edition
3. Anatomy, lymphatic and vascular system textbooks
4. Functional anatomy textbooks
5. Clinical Neurophysiology
6. Supplemental Materials will be provided online where necessary

Course Materials

1. Self study of workbook which is available, in format pdf, 7 days prior to the course start date.
2. Material for practice will be provided on the first day of the practice laboratory. It is expected that the student brings their taping practice kit with them at all training sessions. Each student is responsible for their own material.

Multimedia ONLINE training GOAL

NMT Elastic Decompression Methodology Upper/Lower Extremity is the most extensive and in-depth therapeutic taping seminar specific for neurology based pathologies available for all professionals working in medicine.

The seminar is ideally a hands-on skill developing classroom experience that teaches this new taping methodology in treatment. NeuroMuscular Taping Institute's online training programs have been modified to give the best explanation possible, through quality video and filming and teacher explanation for each application in the program. Manual skills are extremely difficult to learn in a multimedia and distant learning experience. The examination process has been widened to cover, as direct as possible, intervention between the teacher and the course participant to encourage skill development and

instruction. An in-depth questionnaire covering 125 questions and short answers, with proposed clinical situations, on the NMT treatment methodology and fundamentals of this clear cut treatment program, offers the participant a professional-active learning process. The skill testing takes the participating student through online self applications (with their own model) in small online groups giving each the necessary hands on guided instruction by the teacher.

To encourage an outstanding and productive training we require the maximum collaboration between course students and the teacher.

Other NMT Physical Therapy ONLINE training stages available:

- NMT lymphatic rehabilitation (2 days)
- NMT lymphatic post surgery rehabilitation (2 days) - requiring NMT Lymphatic stage 1 completion
- NMT lymphatic breast reconstruction surgery rehabilitation (2 days) - requiring NMT Lymphatic stage 1 completion
- NeuroMuscular Taping Rehabilitation Advanced Orthopedic
- NeuroMuscular Taping Rehabilitation Advanced Neurology
- NeuroMuscular Taping Rehabilitation Advanced Pediatric
- NeuroMuscular Taping Rehabilitation Sport Medicine
- NeuroMuscular Taping Advanced Vertebra and Spinal Rehabilitation
- Postural Proprioceptive NeuroMuscular Taping
- NeuroMuscular Taping Foot and Ankle Advanced Rehabilitation
- NeuroMuscular Taping Shoulder Advanced Rehabilitation
- NMT in-depth scar treatments (2 days).

For information and enquires on the program, please contact:

NeuroMuscular Taping Institute, Via Gavinana 2, Rome, Italy

Cell. or whatsapp +39 3387773912 david.blow@nmtinstitute.org

www.tapingneuromuscolare.eu, www.neuromusculartaping.com

Instagram: Taping NeuroMuscolare, Facebook: Pages - Taping NeuroMuscolare

