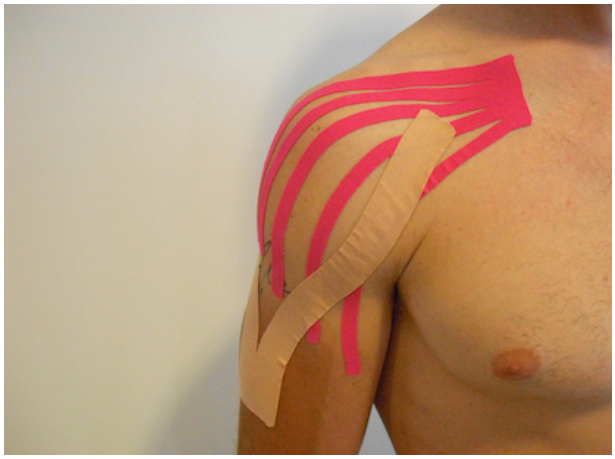
# NeuroMuscular Taping Professional Massage Therapy

## 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
- 2 hour NMT Feedback Session ONLINE 2 months post course
- Direct contact with NMT teacher through specific course WA group for 2 years.

**TARGET**: Doctors (GP, Rehabilitation Specialists, Neurologists), Physical Therapists, Remedial massage therapists, health staff specialized in rehabilitation 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
**PHYSICAL THERAPY TEACHING TEAM**: **DAVID BLOW.**

**DURATION**: 4 days + testing for a total of 32 hours, PLUS feedback 2 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 formato hardcopy or pdf. The workbook maybe be made available to the signed in students before the course start date.
- 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 organized in mini sessions of 2 hours each (with 10 min break) to maximize the learning potential
- Clinical cases may be presented by the teacher or participating students.
- FEEDBACK 2 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 Details

- Online Questionnaire:
  - Consists of 125 multiple-choice questions and a written answer exam.
  - Completion of student satisfaction questionnaires online in English via the NMT platform.
- Practice Test and Skill Development:
  - Participants will perform a selection of 10 applications
  - Each participant needs to apply on a course colleague or a model (family member or colleague).
  - A NeuroMuscular Taping expert will assess and provide feedback on the applications.
  - Expected duration: 4 hours.
- Evaluation and Communication:
  - Both the questionnaire and skill test results will be evaluated.
  - Individual results with comments will be communicated to each participant.
  - All marks and exam results will be logged on the NMT.com platform, accessible to students through their login credentials.

## EDUCATIONAL OBJECTIVES:

- Learning basic skills in the use of NeuroMuscular Taping (NMT) for upper and lower extremity treatments through interactive training for doctors, physical therapy and remedial massage professionals.
- Acquisition of manual skills and specific NMT application techniques in the fields of mobility, rehabilitation medicine, and patient well-being.
- Assisting in skill development through a weighted examination process involving questionnaire and application skills for feedback from teachers.

**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, each spanning 2 days, plus a 4-hour skill test examination, totaling 32 hours including follow-up.
- Participation is mandatory (100%).
- Upon passing the final exam at the end of the complete course, participants will receive NMT International Certification.

- Participants will receive an NMT Qualification Diploma in NeuroMuscular Taping for Upper and Lower Extremities. The final evaluation includes results from the practical and written tests, as well as the teacher's and tutor's final assessment. A score of 90% or higher is required to pass. The course evaluation criteria include: Pass, Excellent, Distinction.
- Certificates and Membership Cards will be digitally available through the NMT platform at NMT.com.
- Certification allows registration as an NMT certified practitioner on the NMT.com website.
- Upon registration, professional details such as workplace, clinic, hospital, contact information, photo, and biography may be included and made public.

**PROFESSIONAL GOAL:** The course aims to provide comprehensive understanding of the theory and underlying concepts of NeuroMuscular Taping (NMT) techniques, and to develop proficiency in the manual techniques covered during the course, particularly in the application of NMT for treatment. The course is meticulously designed to enhance both theoretical understanding and crucial practical and manual skills essential to mastering the NeuroMuscular Taping methodology.

The training is divided into two stages:

- Stage 1: Upper Extremities and Neck NeuroMuscular Taping (NMT) Techniques
- Stage 2: Lower Extremities and Back NeuroMuscular Taping (NMT) Techniques

Participants in this module will:

- Gain insight into the history and evolution of NeuroMuscular Taping.
- Understand various application procedures tailored to different clinical objectives of patients.
- Explore clinical objectives and neurophysiological mechanisms underlying specific NMT applications for upper and lower extremities.
- Acquire knowledge about the cutaneous anatomical components involved in NMT.
- Review clinical objectives and distinguish between acute, post-acute, and functional NMT treatment options.
- Learn the mechanisms by which NMT addresses acute and chronic pain conditions specific to upper and lower extremities.
- Achieve proficiency in various application techniques and tape cutting methods to achieve different physiological objectives.
- Learn protocol-based treatment applications for common knee conditions.
- Master the NMT application techniques aimed at enhancing outpatient and hospital clinical treatments specific to 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.

## Program NMT Rehabilitation - Upper Extremity and Neck

### 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
- Techniques of Application: Circulatory and Neurosensor
- Lab. Demonstration and individual practice: Sternocleidomastoid + spinale 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 – functional phase
- Break
- Post Surgery Lab. Demonstration and individual practice: Shoulder N° 1 - Drainage double fan technique
- Shoulder double fan technique + trapezius superior
- Post Surgery Lab. Demonstration and individual practice: Shoulder N° 2 - deltoid + trapezius superior
- Post Surgery Lab. Demonstration and individual practice: Shoulder N° 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: Wrist – acute phase 5 strip fan, functional phase
- Lab. Demonstration and individual practice: Rehabilitation of Trigger finger
- Lab. Demonstration and individual practice: Rehabilitation of Neck and cervical area
- Discussion, Case studies
- Written examination
- Practical examination
- CEU documentation

## NMT Rehabilitation - Lower Extremity and Back

### 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 I – 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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- Lab. Demonstration and individual practice: Adductor Muscles Application I - Adductor Muscles Application 2
- Lab. Demonstration and individual practise: 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 N°1 - Inguinal Drainage
- Post Surgery Lab. Demonstration and individual practice: Knee N° 2
- Post Surgery Lab. Demonstration and individual practice: Knee N°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. EdiErmes 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 formato 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 studenti is responsible for their own material.

## Other NMT Physical Therapy 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:***

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