



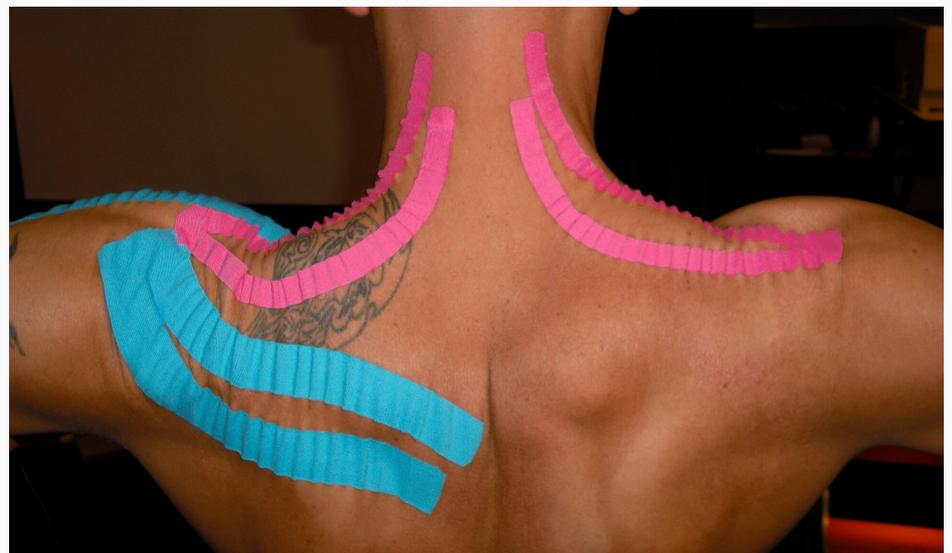
EBM NEWSLETTER

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NMT INSTITUTE ITALY HAS CREATED THE INNOVATIVE CONCEPT OF DECOMPRESSION TAPING CALLED “NEUROMUSCULAR TAPING” WIDELY KNOWN IN MEDICINE AND REHABILITATION.

The most difficult problem with the discussion on “Taping” research is the definition of taping. There are 2 types of taping used in the therapeutic area. One is the use of a stretched tape, resulting in a bandage or compressive taping definition. For example KT, functional taping, medical taping and so forth use a specific compression or stretched application methodology that may also be called neuromuscular bandage. Using KT methodology tape is applied with paper-off, 25,50,100, or variable tension %. We can generally affirm this technique started in the 1980-90’s. Definition of bandage is compressive and contraction creating various types of local muscle and joint stimulation also under investigation and research. KT and these types of taping applications do not create skin wrinkling as the elastic tape is always applied with some degree of tension.

The other is NeuroMuscular Taping methodology, a non-stretched tape applied over the skin in an extended position resulting in a decompressive taping definition. NeuroMuscular taping refers to a specific decompressive taping application techniques which originated in the early 2000’s in Italy. This NMT taping system is characterized by resulting skin wrinkling, skin folds or skin undulations. Also this taping application creates various types of skin, muscle, joint, sensory, vascular and tactile stimulation under study over the last decade. Hence 2 types of taping application resulting in 2 different and opposing methodologies.



EVIDENCE

BASED RESEARCH AND CLINICAL EFFECTIVENESS

The Research & Development aspect of the NMT institute is based upon the creation of clinical experiences and controlled treatment trials leading to research projects that eventually modify how we treat our patients.

PROFESSIONAL TRAINING IN HEALTH CARE

All training courses in the medical and health area of the NeuroMuscular Taping Institute are certified by Continuing Education Credits in the country where they are held.

NeuroMuscular Taping Institute is an activity of Savà rehabilitation LINK.



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EFFECT OF NEUROMUSCULAR TAPING ON MUSCULOSKELETAL DISORDERS SECONDARY TO THE USE OF AROMATASE INHIBITORS IN BREAST CANCER SURVIVORS: A PRAGMATIC RANDOMISED CLINICAL TRIAL

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Abstract

Background: Aromatase inhibitors reduce breast cancer recurrence rates in postmenopausal women by about 30% compared with tamoxifen while treatments differ. Unfortunately, nearly half of women taking AIs report AI-associated arthralgia (AIA), leading to therapy abandon in on third of patients, which could lead to cancer recurrence. The purpose of the current study was to evaluate the effectiveness of Neuromuscular Taping (NMT) in the treatment of AIA in women who have been treated of BC.

Methods: This study included 40 BC survivors receiving endocrine therapy (either AIs or TMX) from Hospital Universitario Virgen de la Victoria (Málaga, Spain) suffered from AIA. Patients were randomized to one of the two groups that made this pilot study: A. Placebo intervention B. Real NMT. Clinical data were collected from medical history, grip strength, algometry measured, questionnaires and VAS scale. There have been three interventions prior to the completion of the study, 5 weeks later. The primary objective of this pilot study was to achieve an improvement of pain by 20% decrease of VAS. Results: Significant differences in measures of VAS ($p = 0.009$), global health status/QoL ($p = 0.005$), fatigue ($p = 0.01$) and pain ($p = 0.04$) were observed post intervention with NMT.

Conclusions: An intervention by NMT to MSCM under treatment with AIs improves their subjective sensation of pain. In addition, this taping had an impact on variables related to the quality of life. This pilot study may be the basis for others to support the use of NMT for the treatment of AIAs, thereby improving their well-being and reducing the dropout rate.

Trial registration. ClinicalTrials.gov Identifier: NCT02406794. Registered on 2 April 2015 Retrospectively registered.

Keywords: Breast cancer, Hormonal therapy, Aromatase inhibitors, Estrogen deprivation, Myalgia, Arthralgia, Carpal tunnel syndrome, Visual analogue scale, Pressure pain threshold, Neuromuscular taping, Kinesio taping

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ADVANCED TRAINING IN MEDICAL AND REHABILITATION AREAS

Rehabilitation specific Research Projects. The NMT Institute is committed to creating innovative and continuous training programs to help medical treatment rehabilitation services offer the best therapy possible and offer increasingly updated therapy.

The goal of the NMT Institute is to improve the overall results of patients' rehabilitation treatment and their quality of life by using standardized therapeutic protocols. The use of the technique allows you to reduce both pain and recovery times so that patients can quickly achieve psycho-motor health and well-being.

The NMT Institute's goal is to improve patients' overall treatment results and quality of life by using our treatment protocols to maximize patients' rehabilitation time, reduce pain, and enable patients to achieve active and healthy lifestyles. The comprehensive medical rehabilitation education program maintains high quality standards that will guide medical and rehabilitation staff in gaining new treatment skills to improve short and long-term rehabilitative care.

The NMT Volunteer Projects has the overall objective of breaking the vicious circle of poverty/disability, which is established in not only third world countries but in all countries, through protocols and research programs intended for local specialists who operate in the area.

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