



# EBM NEWSLETTER

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## 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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**PROFESSIONAL  
TRAINING COURSES  
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TAPING  
REHABILITATION**

## **EB TALK WITH DAVID BLOW NEUROMUSCULAR TAPING: STATE OF THE ART AND NEW PROSPECTIVES**

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### **ABSTRACT**

The term in English tape or taping generically refers to a non-elastic or elastic band, which is applied directly to the skin for therapeutic purposes. Potential benefits range from pain inhibition, increased blood circulation and lymphatic drainage, reduction of muscle fatigue, improved posture and sports performance. However, clinical efficacy can not yet be established unequivocally and extensively by the scientific literature and the popularity gained in recent years has fueled a terminological confusion and sometimes improper use of this therapeutic tool. We asked Dr. David Blow, founder of the NeuroMuscular Taping concept, a deepening view and explanation on the area of taping treatment.

**Key words:** Taping, tape, neuromuscular tape, David Blow, NMT

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**With stretch or without stretch**

The NeuroMuscular Taping Concept is the application of a tape with certain characteristics with a specific method for therapeutic purposes. The tape with elastic single directional properties is applied in an eccentric way, that is on the skin stretched with a no tensioning of the tape (zero tension). When the patient repositions the part of the body treated in a neutral position, the tape creates skin folds that cause dilatation of the skin and underlying body tissue creating further dilation of blood and lymphatic vessels and decompression of the muscle fascias, muscle and tendon fibre and joint structures with consequent increase in local blood circulation.

The basic concept that I am passing to you was created in 2000, but follows the assumption that manual therapy, through movement, favors vascularization and therefore tissue recovery. NMT Know-How is based on the correct application methodology that makes it totally different to other types of “taping” already present.



The neuromuscular concept taping consists in the application of a tape for therapeutic purposes in an eccentric way, that is on the skin placed in elongation without tension applied to the tape (zero tension, cit). When the patient repositions the elongated body area in a neutral position, the tape creates skin folds that cause dilation of blood and lymphatic vessels and decompression of muscle, tendon and joint muscle structures with consequent increase in local vascularization. The basic concept that I am explaining here follows the assumption of manual therapy which through movement promotes vascularization and therefore tissue recovery.

On the contrary, other forms of taping involves the application of tape with a pre-tension of variable percentages for stabilizing and containing purposes (the area in which it was first used is sports). The consequence on soft tissues is a concentric return of the elastic fiber in the tape creating a vascular compression and a local ischemia. Other taping techniques invented in recent years represent variants of this “pulled” tape technique.

David Blow is founder and president of the NeuroMuscular Taping Institute based in Rome since 2003, New York since 2012 and Jakarta since 2015. He is the method instructor in Europe, Asia and America; has over thirty years of clinical experience in the field and has published several case studies and articles. He is currently involved in research projects in the pediatric, neurological, orthopedic, rheumatological, oncological and post-surgical fields. He has developed several continuing education programs and specialization courses and has various partnerships with universities and hospitals in Italy and abroad.

**EVIDENCE BASED RESEARCH AND CLINICAL EFFECTIVENESS**

The EB selection of clinical papers is an international open access to all areas in medicine and rehabilitation that underline possible advances in basic and advanced clinical medical research. Our objective is to create a platform for sharing correct NMT treatment methodology and result reciprocity which is the basis to all “good quality” evidence based research and clinical trials. This ongoing NeuroMuscular Taping EB selection newsletter will present research articles, reviews, short communications, patient testimonials and case reports which have been published and available from independent sources. Authors and trained NMT specialists are encouraged to publish their personal experience. Only through your personal effort to share your consolidated and sometimes experimental results you are able to positively influence “how we treat our patients” and to increase our understanding of fundamental principles in the treatment and rehabilitation progression.

**Help us share your professional KNOW-HOW to others.**



**ADVANCED TRAINING IN MEDICAL AND REHABILITATION AREAS**

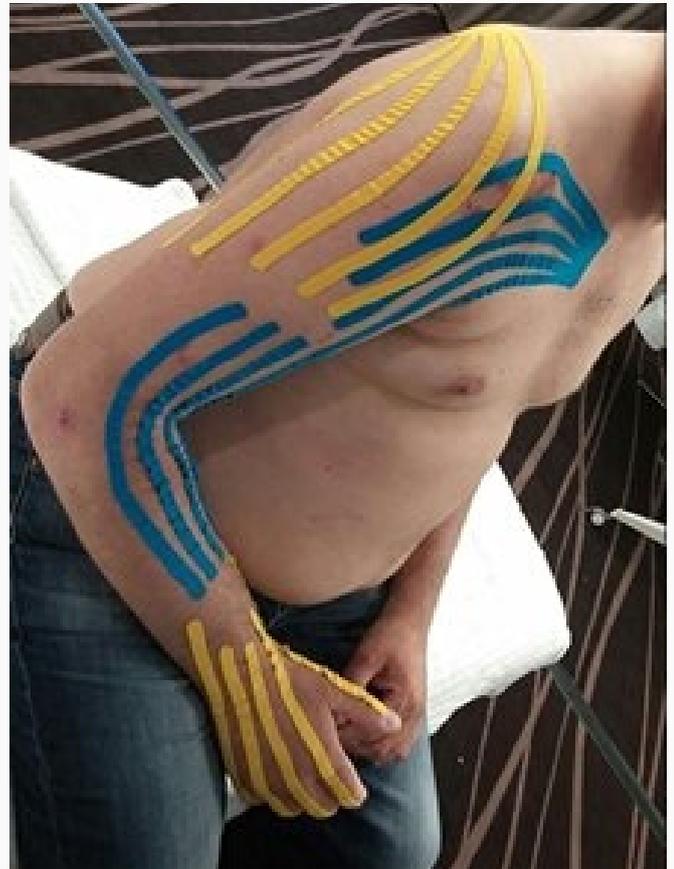
Rehabilitation specific Research Projects. The NMT Institute is committed to creating innovative and continuous training programs to help medical treatment rehabilitation services offer the best therapy possible and offer increasingly updated therapy.

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.

**HELP US TO SHARE YOUR NMT KNOW-HOW TO OTHERS**



**VOLUNTEER TRAINING PROJECTS ARE ORGANISED IN VARIOUS DEVELOPING COUNTRIES THAT OFFER SPECIFIC NMT KNOW-HOW FOR ORTHOPEDIC AND NEUROLOGICAL REHABILITATION**

If you are in the NMT training, photo, tag yourself and follow us on the dedicated album on Facebook.

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