



# EBM NEWSLETTER

2/2019

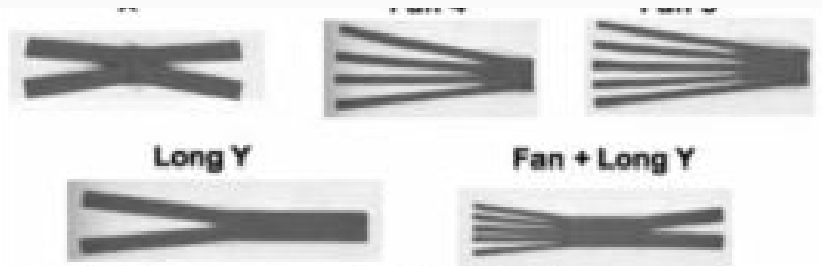
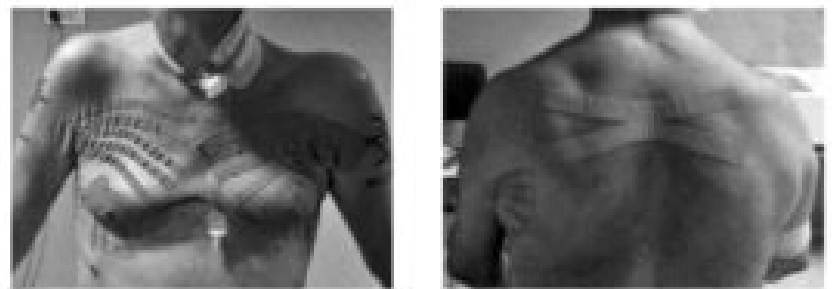


Figura 1 Possibili forme in cui può essere tagliato ed applicato il TN.



## USE OF NEUROMUSCULAR TAPING (NMT) IN POST-THORACOTOMY PAIN: CASE SERIES

**Italian Journal of Physiotherapy and Respiratory Rehabilitation (year XIV number 3 September-December 2015)**

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### Abstract

Post-operative pain is frequently the cause of functional limitations and suffering in the patient undergoing thoracic surgery. Drug therapy is the treatment of choice for the control of post-thoracotomy pain. However, the search for non-pharmacological strategies to minimize the perception of nociceptive or neuropathic pain and peripheral and / or central sensitization is still of great interest.

## 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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The series of cases describes the treatment by applying Neuromuscular Taping (NMT) on patients with thoracotomy and persistent pain for over a month after surgery. The pain trend was measured, measured by means of a Borg CR10 scale, and the amount of pain relieving drugs taken. 7 patients (5 males) who underwent thoracotomy for lung transplantation or lung cancer surgery were treated with TN. In six cases the pain was reduced during the TN application sessions, while in one case the pain did not change. The amount of analgesic drugs taken as needed decreased in six cases. The application of TN in patients who have persisted pain for over a month after thoracotomy therefore seems to be able to positively influence the progress of pain symptoms and reduce the intake of pain relieving drugs. Future randomized controlled trials are necessary to define the real efficacy on the pain and the possible mechanisms of action of TN.

**KEYWORDS:** Neuromuscular taping, chronic pain, thoracotomy.

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## 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.





**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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