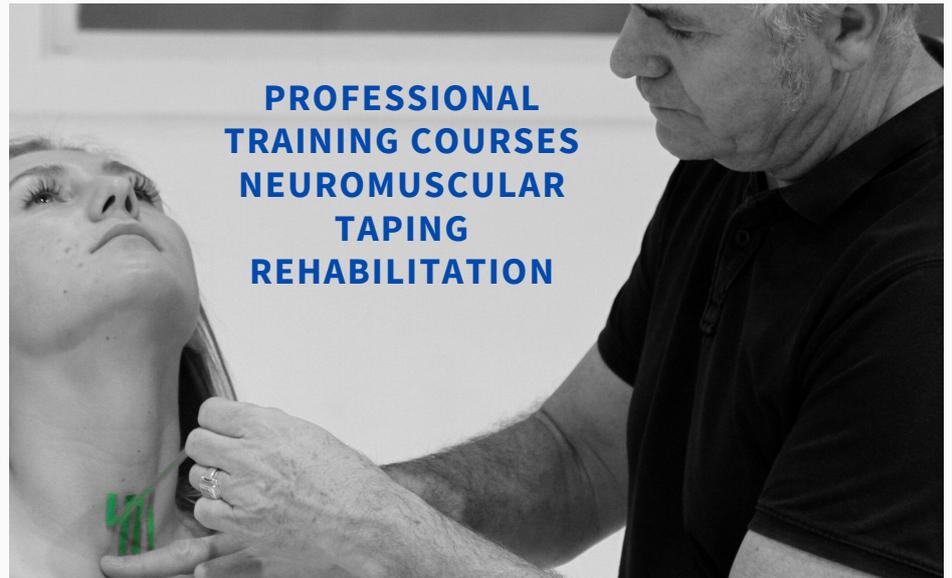




EBM NEWSLETTER

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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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NEUROMUSCULAR TAPING APPLICATION IN COUNTER MOVEMENT JUMP: BIOMECHANICAL INSIGHT IN A GROUP OF HEALTHY BASKETBALL PLAYERS

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Abstract Kinesio logic elastic tape is widely used for both clinical and sport applications although its efficacy in enhancing agonistic performance is still controversial. Aim of the study was to verify in a group of healthy basketball players whether a neuromuscular taping application (NMT) on ankle and knee joints could affect the kinematic and the kinetic parameters of the jump,



either by enhancing or inhibiting the functional performance. Fourteen healthy male basketball players without any ongoing pathologies at upper limbs, lower limbs and trunk volunteered in the study. They randomly performed 2 sets of 5 counter movement jumps (CMJ) with and without application of Kinesiological tape. The best 3 jumps of each set were considered for the analysis. The Kinematics parameters analyzed were: knees maximal flexion and ankles maximal dorsiflexion during the push off phase, jump height and take off velocity. Vertical ground reaction force and maximal power expressed in the push off phase of the jump were also investigated. The NMT application in both knees and ankles showed no statistically significant differences in the kinematic and kinetic parameters and did not interfere with the CMJ performance. Bilateral NMT application in the group of healthy male basketball players did not change kinematics and kinetics jump parameters, thus suggesting that its routine use should have no negative effect on functional performance. Similarly, the combined application of the tape on both knees and ankles did not affect in either way jump performance.

KEY WORDS: neuro muscular taping, vertical jump, biomechanics, performance.
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Evidence Based Research and Clinical Effectiveness

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. A good idea is not enough – it has to be substantiated using correct and precise treatment methodology. The role of the NMT Institute is to create correct and duplicable training which is the basis to all continuing education and primary objective to all training in medicine. Our role is to ensure that the Know-How created over the last 20 years becomes solid and reproducible medical intelligence.

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.

Regards, David Blow



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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