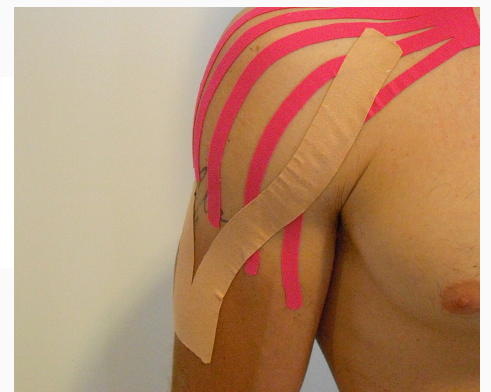




EBM NEWSLETTER

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PROFESSIONAL TRAINING COURSES NEUROMUSCULAR TAPING REHABILITATION



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 EFFECTS OF NEUROMUSCULAR TAPING COMPARE TO PHYSICAL THERAPIES MODALITIES IN PATIENTS WITH ADHESIVE CAPSULITIS OF THE SHOULDER

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Abstract

Adhesive capsulitis is a common painful condition characterized by severe loss of mobility and shoulder pain. Patients with this disease have a painful restriction of both active and passive mobility and an overall loss of shoulder movement in all planes. This experimental design study investigated the effect of combination of taping neuromuscular and stretching exercises program compared to ultrasounds and stretching exercises program. A total of 40 patients aged between 40 and 60 years were involved in the study. Patients were divided in two groups: first group subjected of neuromuscular taping +stretching exercises program for 4 weeks (experimental group 20 patients) and a second group subjected of a daily program of physical therapy + stretching exercises (control group 20 patients). They were evaluated using visual analogue scales for pain, goniometric measure for passive and active range of motion, SPADI index for shoulder function and patient satisfaction.



Analysis showed statistically significant improvement in both the experimental and control groups. In addition, the mean improvement in VAS was significantly greater after first week in the experimental group than in the control group. The study showed that the combination of taping with stretching exercises program leads to better outcomes in rehabilitation of patients with frozen shoulder especially when an immediate effect is needed.

KEY WORDS: Adhesive exercises, taping neuromuscular, ultrasound, laser, stretching exercises.

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SPADI disability score

Both groups improved significantly after 4 weeks in total SPADI score and its sub-score. Patients in NMT group had lower disability scores after first week of treatment ($p<0.01$) there was not much difference between the NMT group and PT group after four week of treatment ($p=0.16, p=0.58, p=0.71$) (Table 6).

Table 6. Comparison of SPADI scores between two groups

SPADI	NMT Group mean±SD	PT Group mean±SD	P value
<i>SPADI sub-score for pain</i>			
Baseline	36±17.2	35.67± 18.1	0.69
After 1W	29.5 ±13.3	32.4±17.3	<0.01
After 4W	24.38±18.1	24.92±17.8	0.16
<i>SPADI sub-score for function</i>			
Baseline	57.68±11.4	56.84±16.2	0.23
After 1W	46.1±14.8	51±12.3	<0.01
After 4W	31.67±13.5	32.32±17.3	0.058
<i>SPADI total score</i>			
Baseline	94±17.6	92.51±17.3	0.17
After 1W	75.6±15.5	83.52±12.7	<0.01
After 4W	52.95±16.7	53.14±18.1	0.071

SD -standard deviation, 1W-first week, 4W-fourth week

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.

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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