

NeuroMuscular Taping Professional Rehabilitation

ADVANCED TRAINING IN BREAST RECONSTRUCTION REHABILITATION ONLINE

CODE: NMTC-P.LBR 2 / I°

DURATION: 12 sessions, including examination and followup, for a total of 24 hours

KEY POINTS: Classroom training offers the following aspects to enrich the training process

- 4 days training full immersion
- Comprehensive examination process
- 2 hour NMT Feedback Session 2 months post course online
- Direct contact with NMT teaching staff through WA group for 2 years.

TEACHING STAFF: David Blow, Internationally renowned surgeon Stefano Martella.

COURSE DIRECTOR: Mabel Bussati

SCIENTIFIC SECRETARY: Gabriela Sfarich

TARGET: Doctors and Specialists, Physiotherapists, Lymphatic drainage specialists, Occupational Therapists, Students enrolled in the last year of their Degree Program

ECM: Accreditation approved by the National Commission for Continuing Education (in the country where the course is held)

MAX NUMBER OF PARTICIPANTS: 24-30

DIDACTIC MATERIALS: Study kit, Workbook, video registration of the course, video registration of the protocols used is available online, Certificate and Certification Membership Card (worth 75 euro).

DURATION: 2 days and testing for a total of 16 hours, PLUS feedback 2 hour session on line 2 months after course completion and consists of the following:

- Self study of workbook which is available, in formato pdf, 7 days prior to the course start date
- The following is the face-to-face classroom presentation
 - Initial presentation and concept development
 - Step by step application films
 - The participant applies the indicated application on a model (colleague)
 - Each application will be commented upon and given the necessary feedback
 - Research and EBM
 - Clinical case presentation by students or teacher
 - Questions and answers.
- The course is organised in mini sessions of 2 hours each (with 10 min break) to maximise the learning potential
- Clinical cases may be presented by the teacher or participating students.
- All students, models and clinical cases viewed during the course require compilation of specific privacy declaration.
- 100% participation is required
- Registration on the NMT.com web site is compulsory prior to the course.
- Examination process of 2 hours (see below).

EXAM: Questionnaire - 75 Multiple choice questions, written exam and practical test comprising the following:

- On line questionnaire
- Practise Test and skill development:
 - A selection of 10 applications will be requested to be performed

- A NeuroMuscular Taping expert will comment and mark the applications
- Duration is expected to be 1-2 hours.
- Both questionnaire and skill test will be evaluated and results with comments will be communicated to each participant.

CERTIFICATION PROCESS:

- The course is divided into 12 sessions over 4 days, for a total of 24 hours
- The NMT International Certification will be presented upon passing the final exam at the end of the complete course.
- The participant will receive a NMT qualification diploma in **ADVANCED TRAINING IN BREAST RECONSTRUCTION REHABILITATION** with the NeuroMuscular Taping method. The final evaluation includes: Result of the practical test, result of the written test and final evaluation of the teacher and tutor. To pass the tests it is necessary to obtain a score equal to or greater than 85%. The course will be considered passed according to three parameters of judgment: passed, excellent, praise.
- Certificate and Certification Membership Card will be available printed and in digital form
- The certification entitles the registration on the NMT.com website as a NMT certified practitioner
- Upon registration, your professional details such as; workplace, clinic, hospital, contact info, photo, biography, may be inserted and made available for public viewing.

PROFESSIONAL GOAL: The course was requested by the medical-surgical world to integrate cancer therapy with an effective rehabilitation project to assist the patient in the most complete recovery possible and is aimed at all professionals working in the rehabilitation of the breast surgery patients. Participants will be in constant contact with teachers to share treatment protocols, for operational advice and to create good therapeutic practices to treat and limit the possible side effects caused by breast cancer treatment interventions and the numerous consequent problem. Both a written and a practical exam are an integral part of the course to ensure a high level of learning.

The seminar is a hands-on classroom experience that teaches this new taping methodology in physical rehabilitation. NeuroMuscular Taping Institute's training programs detail the origin and development of this unique taping technique recently introduced to the USA, Asia, Africa e South America. The training program takes the participating student through the fundamentals of this clear cut treatment program giving each the necessary hands on guided instruction.

In depth coverage of its efficacy together with overviews of anatomy, lymphatic and vascular pathways and physiology which are the underlying theoretical background for this neuro/muscular/vascular/postural method of taping specific for lymphatic and vascular drainage. All courses are given by certified instructors who will clarify the NMT system of rehabilitation through guided application procedures, treatment protocols, case studies, and research giving the NMT practitioner an immediate and effective clinical tool. The participant during the seminar will follow the theoretical development of treatment techniques obtaining the highest level of skills and qualifications. The NMT classroom setting is 90% practical and 10% theoretical.

EDUCATIONAL OBJECTIVES:

The literature confirms that the incidence of breast cancer is very high, one in eight women, requiring the need for post-surgical rehabilitation and post-cancer treatment has become indispensable. The course aims to train professionals able to manage the multidisciplinary rehabilitation treatment. Currently the availability of trained health teams that guarantee a complete approach is very limited, but must support surgical reconstruction and oncological therapy, functional aspects, vascular and lymphatic rehabilitation, as well as the management of possible complications, without neglecting the fundamental psychological implications of the disease.

- Learning of advanced skills in the use of NeuroMuscular Taping (NMT) in rehabilitation in on-site and interactive training

- Acquisition of manual skills and NMT specific application techniques in the breast reconstruction rehabilitation treatment.
- Know the various surgical techniques and their evolution in breast reconstruction.
- Follow the step by step surgeons evaluation and discussion making process when choosing the best surgical technique in breast reconstruction.
- Understand the
- Acquisition of manual skills for the treatment of the breast after surgical reconstruction and for the treatment of possible transient side effects after breast reconstruction
- Learning of basic skills for a correct use of NeuroMuscular Taping Lymphatic drainage techniques
- Acquisition of manual skills and application techniques of NMT aimed at removing fluid congestion body, improve blood and lymphatic circulation, reduce pain, inflammation and scar adhesions, prevent lymphangitis, promote the restoration of the lymphatic pathways during rehabilitation.
- Determine the correct application for the treatment of acute, post-acute edema and functional rehabilitation in breast reconstruction.
- Acquisition of specific manual protocols and NMT to assist patients in every phase of post surgery breast rehabilitation.

NOTE: The ADVANCED TRAINING IN BREAST RECONSTRUCTION REHABILITATION course can be attended without the obligation of prerequisite NMT courses.

ADVANCED TRAINING IN BREAST RECONSTRUCTION REHABILITATION Stage 1

Session 1. Surgeon Stefano Martella. (Zoom live)

- Breast surgery and its evolution
- Before and after the diagnosis, the cancer patient: anxiety, fear, stress
- Types of surgical interventions.
- the family of quadrantectomy and mastectomy:
- simple quadrantectomy or with lymphadenectomy
- simple mastectomy or with lymphadenectomy
- preventive mastectomy
- sentinel lymph node

Session 2. Surgeon Stefano Martella. (Zoom live)

- Breast reconstruction
 - with expander
 - with breast implants
 - with breast implant and acellular dermal matrix
 - reconstruction with autologous flaps (great dorsal muscle and transversus abdominal muscle)
 - with lipofilling
 - no reconstruction
 - symmetrization of the contralateral breast
 - breast augmentation
 - breast lift
 - post quadrantectomy reshaping
- Possible transient side effects after breast reconstruction
- Possible side effects of drug, immunological, biological and hormonal therapies - chemotherapy - radiotherapy

Session 3. (powerpoint presentation online)

- Introduction NeuroMuscular Taping elastic decompression methodology.
- Difference between decompressive/compressive, eccentric/concentric, dilation/constriction
- Characteristics of NMT.

- Clinical Reasoning and techniques of application specific for the lymphatic drainage
- Characteristics of NMT methods and contraindications

Session 4. (Zoom live - requiring model for application purposes)

- Didactic applications and draining practices in the upper limb. anterior / posterior NMT construction of the post-mastectomy large arm, local effusion / post surgical edema
- Lab. Demonstration and individual practice: axillary anterior and posterior
- Lab. Demonstration and individual practice: forearm
- Lab. Demonstration and individual practice: anterior arm, posterior arm
- Lab. Demonstration and individual practice: hand

Session 5. (Zoom live - requiring model for application purposes)

- Lab. Demonstration and Individual practice: double joint anterior drainage of the upper limb Elbow/shoulder - decompression (0% tension)
- Lab. Demonstration and Individual practice: double joint posterior drainage of the upper limb Elbow/shoulder - decompression (0% tension)
- Lab. Demonstration and Individual practice: double joint drainage of the forearm wrist/elbow - decompression (0% tension)
- Lab. Demonstration and Individual practice: drainage back and upper trunk area - decompression (0% tension)
- Lab. Demonstration and individual practice: Complete drainage of the upper limb– decompression

Session 6. (Zoom live - requiring model for application purposes)

- Post Surgery Lab. Demonstration and Individual practice: double joint drainage of the shoulder post surgery - decompression (0% tension)
- Lymphatic drainage applications and post-surgical treatment in the acute, post-acute phase and functional rehabilitation of the arm and shoulder.
- **Pathology Lab. Brachial plexus neuropathy and dysfunction. Brachial neuritis**
 - Demonstration and Individual practice: Trunk aspect of cervical and neck regions
 - Demonstration and Individual practice: Cord aspect of shoulder and pectoralis regions
 - Demonstration and Individual practice: Terminal or peripheral aspect of hand, fingers and elbow regions
- Lab. Demonstration and Individual practice: drainage of the posterior, lateral and neck - decompression (0%)
- Application and treatment protocol in the chronic phase of lymphatic congestion - integration with the lymphatic compression bandage, principles of action, duration of treatment.

Session 7. (Zoom live - requiring model for application purposes)

- Lab. Demonstration and individual practice: shoulder blade application
- Lab. Demonstration and individual practice: peri-scapular muscles application
- Lab. Demonstration and individual practice: pectoral muscle application
- Lab. Demonstration and individual practice: trapezius muscle application

Session 8. (Zoom live - requiring model for application purposes)

- NeuroMuscular Taping treatment protocol**
- symmetrisation of the breast
 - treatment of the serous sac
 - breast treatment with reconstruction with the great dorsal muscle
 - breast treatment with reconstruction with the abdominal muscle
 - treatment for nipple retraction
 - treatment after breast reconstruction with lipo-filling
 - breast treatment with breast implant and acellular dermal matrix
 - the prevention and treatment of axillary web syndrome and post-operative scar adhesions

(A.W.S.)

- treatment to avoid capsular contracture
- breast augmentation
- the expander

Session 9. (Zoom live - requiring model for application purposes)

- Scar analysis, treatment principles and therapeutic choice of the most suitable NMT protocols
- **Pathology Lab. scar treatments**
 - nipple scar
 - axillary scar
 - sternal scar
 - breast scar

Session 10. (Zoom live - requiring model for application purposes)

- Protocol for breast phantom pain syndrome
- Methodology in the chronic phase of lymphatic congestion
- Surgical consequences - compression on the cuff plexus, partial paralysis
- Consequences of radiotherapy - compression on the cuff plexus, partial paralysis, burned skin
- Review of effective NeuroMuscular Taping procedures
- Current research
- Discussion, Case studies
- Questionnaire and short answer examination

Session 11. (Zoom live - requiring model for application purposes)

- Practical skill test examination
- 10 applications will be requested to be performed online
- The skill test may be preregistered and sent to the teacher for evaluation

Session 12. (Zoom live - FEEDBACK)

- Review of effective NeuroMuscular Taping procedures for post surgery breast reconstruction
- NeuroMuscular Taping protocol development for lymphatic conditions
- Student feedback and discussion
- Case reports and discussion
- Lymphatic NMT research for Central and South America feedback and discussion
- Review of sample NeuroMuscular Taping applications

Overview

NMT ADVANCED TRAINING IN BREAST RECONSTRUCTION REHABILITATION course is the most extensive and in-depth performance and training taping seminar available for all professionals working in oncology and post surgery rehabilitation. The seminar is a hands-on classroom experience that teaches this new taping methodology in rehabilitation specific to breast reconstruction. NeuroMuscular Taping Institute's training programs detail the origin and development of this unique taping technique recently introduced to the USA, Asia, Africa e South America. The training program takes the participating student through the fundamentals of this clear cut program covering athletic training objectives giving each the necessary hands on guided instruction. In depth coverage of its efficacy together with overviews of anatomy and physiology which are the underlying theoretical background for this neuro/muscular/vascular/postural method of taping specific in post surgery. Treatment protocol applications are covered in the many post surgical conditions that are present in a clinical situation All courses are given by certified instructors who will clarify the NMT system through guided application procedures, application protocols, case studies, and research giving the NMT practitioner an immediate and effective clinical tool. The participant during the seminar will follow the theoretical development of application techniques obtaining the highest level of skills and qualifications. The NMT classroom setting is 90% practical and 10% theoretical.

For information and enquires on the program, please contact:

NeuroMuscular Taping Institute

Via Gavinana 2, Rome, Italy

Cell. or whatsapp +39 3387773912

david.blow@nmtinstitute.org

www.tapingneuromuscolare.eu

www.neuromusculartaping.com

Instagram: Taping NeuroMuscolare

Facebook: Pages - Taping NeuroMuscolare

More wrinkles today, less wrinkles tomorrow!

