

NeuroMuscular Taping Professional Rehabilitation Lymphatic Elastic Decompression Methodology (stage 1) ONLINE

CODE: LinT 2 / I °

DATE: 2-4 days, PLUS follow-up session for a total of 18 hours

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

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

TEACHING STAFF: David Blow

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

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 8 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.

DIDACTIC MATERIALS: Study kit, backpack, dermo-pencil, scissors, multicolour tape, Workbook, Certificate and Certification Membership Card (worth 50 euro).

CERTIFICATION PROCESS:

- The course is divided into 9 sessions over 4 days, for a total of 18 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 the treatment with the NeuroMuscular Taping Lymphatic 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 90%. 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: NMT Lymphatic drainage is the most extensive and in-depth therapeutic taping seminar specific for lymphatic congestion related pathologies available for all professionals working in medicine.

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:

- Learning of basic skills in the use of Neuromuscular Taping (NMT) in lymphatic rehabilitation in on-site and interactive training
- Acquisition of manual skills and NMT specific application techniques in the field of motor rehabilitation.

Lymphatic Rehabilitation Neuromuscular Taping (NMT) Techniques. The training module allows the participant to:

- Understand the history and development of NeuroMuscular Taping
- Understand the different application procedures related to the differing patient clinical objectives.
- Review clinical objectives and lymphatic drainage mechanisms of specific NMT applications for the upper and lower extremities
- Understand the cutaneous anatomical components in relation to lymphatic pathways of the upper back, neck and limbs involved using NMT
- Review clinical objectives and the clear differences between acute, post acute and functional NMT treatment options
- Learn the mechanisms of action in the use of NMT for acute and chronic lymphatic congestion.
- Complete understanding of the differing application techniques and methods of tape cutting for differing physiological and drainage objectives
- Learn protocol treatment applications for common post surgical rehabilitation conditions
- Learn the 2 NMT application techniques for improved outpatient and hospital clinical treatment specific for congestion: lymphatic and circulatory.

NOTE: The Taping NeuroMuscular rehabilitation course can be attended without the obligation of prerequisite NMT courses.

NMT Lymphatic Rehabilitation – Stage 1

Session 1 (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 2 (Zoom live - requiring model for application purposes)

- Therapeutic Effects of NMT
- Lymphatic drainage of the upper extremity
- Lab. Demonstration and Individual practice: drainage of the hand - decompression (0% tension)
- Lab. Demonstration and Individual practice: drainage of the axilla armpit - decompression (0% tension)
- Lab. Demonstration and Individual practice: drainage posterior to the axilla armpit - decompression (0% tension)
- Questionnaire

Session 3 (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
- Questionnaire

Session 4 (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)
- **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%)
- Questionnaire

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

- Lab. Demonstration and Individual practice: lateral drainage of the ankle - decompression (0% tension)
- Lab. Demonstration and Individual practice: medial drainage of the ankle - decompression (0% tension)
- Lab. Demonstration and Individual practice: double fan technique lateral to the ankle - decompression (0% tension)
- Lab. Demonstration and Individual practice: anterior drainage of the ankle - decompression (0% tension)
- Questionnaire

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

- Lymphatic drainage of the lower extremity
- Post Surgery Lab. Demonstration and individual practice: foot and toe drainage – decompression
- Lab. Demonstration and Individual practice: drainage of the achilles tendon - decompression (0% tension)
- Lab. Demonstration and Individual practice: double joint drainage of the lower limb - decompression (0% tension)
- Lab. Demonstration and Individual practice: inguinal drainage - decompression (0% tension)
- Lab. Demonstration and Individual practice: drainage of the abdomen - decompression (0% tension)
- Questionnaire

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

- Questionnaire

- Lab. Demonstration and Individual practice: drainage of the popliteal fossa - decompression (0% tension)
- **Pathology Lab. Knee bursitis**
 - Demonstration and Individual practice: acute phase lymphatic drainage of the knee
 - Demonstration and Individual practice: double joint drainage of the knee
- Lab. Demonstration and Individual practice: drainage of the trunk and thoracic cage - decompression (0% tension)
- Questionnaire

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

- Lab. Demonstration and Individual practice: drainage of the internal thigh - decompression (0% tension)
- Lab. Demonstration and Individual practice: double joint drainage of the thigh - decompression (0% tension)
- Lab. Demonstration and Individual practice: drainage posterior to the thigh - decompression (0% tension)
- **Pathology Lab. Trochanteric Bursitis**
 - Demonstration and Individual practice: Lateral hip region
- Review of effective NeuroMuscular Taping procedures
- Current research
- Discussion, Case studies
- Written short answer examination

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

- Practical skill test examination
- Individual test: double fan drainage of the knee post surgery
- Individual test: double fan drainage of the brachial neuritis post breast surgery
- Individual test: double fan drainage of the lateral ankle
- Individual test: drainage of the medial ankle
- Individual test: double fan drainage of the trochanteric bursitis
- Individual test: double joint drainage of the lower extremity ankle to popliteal fossa
- Individual test: abdominal drainage
- Individual test: drainage of the hand

Session 10 (Zoom live - FEEDBACK)

- Review of effective NeuroMuscular Taping procedures
- 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

The NMT Course offers a hands on classroom experience structured as 10% Lecture and 90% Laboratory demonstration and individual practice. The Lecture section covers the clear basis for NeuroMuscular Taping decompression taping in clinical situations with a rapid review of the anatomy and physiology behind the efficacy of NMT. The Laboratory portion will demonstrate applications, tape/patient positioning, taping techniques for use on lymphatic congestion. The particular training aspect of NMT

courses, involves the lecturer guiding each student through each application maximising individual learning curves. All participants are expected to actively participate in every aspect of the practice laboratory. Final certification will be given upon completion of both written and practice examination.

For information and enquires on the program, please contact:

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More wrinkles today, less wrinkles tomorrow!

