



Indonesian Edition

NEUROMUSCULAR TAPING NEWSLETTER

Nusantara Medika Tekno Indonesia Foundation



5 Year collaboration extended to 2028 between Universitas ABDURRAB, Pekanbaru and NMT Institute

A Memorandum of Understanding (MOU) was signed 24 May 2023, outlining the collaboration between the NeuroMuscular Taping Institute, NMT Indonesia and the Universitas ABDURRAB, Pekanbaru. The collaboration will cover training of students and alumni, research, programming, educational development and continuing education in physical therapy. The signing was presided by the founder of the university

Dr. dr. Susiana Tabrani M.Pd and director Prof. Susi Endrini S.Si., M.Sc., Ph.D., Sunarto Hardjo Soetopo, Nusantara Medika Tekno Indonesia Foundation and David Blow NMT Institute. The MOU is the extension of a 5 year collaboration with the university following on from the first NMT Indonesian university 5 year MOU collaboration in 2016. Wishing all staff and students the best for the upcoming 2024 academic year.



Universitas ABDURRAB

A one day event at the Abdurrab University for treatment possibilities and awareness through NMT methodology was given in a Hybrid conference format. The conference brought together doctors, physical therapists, university teaching staff

and students. Presentations were given from various parts of Indonesia and Europe. The event was organised by the Physical Therapy Fakultas of ABDURRAB and special thanks to the organising committee and Yose Rizal, S.S.T., M.K.M., Ftr.

Universitas Abdurrab
Present
INDONESIA NEUROMUSCULAR
TAPING (NMT)
INTERNATIONAL
SYMPOSIUM

KEYNOTE SPEAKER
DAVID BLOW
(FOUNDER OF NEUROMUSCULAR TAPING CONCEPT)

*Updates and Managements of
Neuromuscular Taping (NMT) in Clinical
Problems*

THE SPEAKERS:

 Nova Relida S, SST.FT., M.Fis., NMTC	 Siti Muawanah, S.FT., M.Fis., NMTC
 Yose Rizal, S.S.T., M.K.M., Ftr., NMTC	 Renni Hidayati Z, SST.FT., M.Bmd., NMTC
 Sari Triyulianti, S.FT., M.Biomed., NMTC	 Fajar Wijanarko, ST Ft., Ftr., MKM, NMTC -Tc
 dr. Wahida Ratnawati, Sp.S, M.Kes, FIN, NMT.Tc	 Ismaningsih, SST.FT., M.Fis., NMTC

**Agustiyawan, SST.FT., M.Fis., Ftr.,
AIFO., NMTC-Tc**

FOR MORE INFORMATION, CALL : +62 812-6145-7467

Volunteer treatments for OSTEOARTHRITIS at the UPT Pelayanan Sosial Tresna Werdha Khusnul Khotimah, Pekanbaru



Physical Therapy department of ABDURRAB University in collaboration with UPT Pelayanan Sosial Tresna Werdha Khusnul Khotimah, Pekanbaru hosted a special onsite training event 22, May 2023. A treatment team headed by Yose Rizal and David Blow organised an awareness day for geriatric patients. Osteoarthritis of the knee, shoulder and spine as well pain and mobility issues were seen in a clinical setting at the residential home.

University lecturers, tutor staff and students who have been previously trained and certified in NMT under the MOU University collaboration were involved in patient health status evaluations, assessing their condition, blood pressure and vital signs. NeuroMuscular Taping treatments were given and end of treatment feedback was documented. This is the first of a series of volunteer geriatric therapeutic programs available in Pekanbaru.

ADVANCED NEURO Training in Jakarta

On 4th June 2023, the Advanced Neurology NeuroMuscular Taping certification training and certification were successfully completed. A dedicated group of neurologists from various regions of Indonesia demonstrated their enthusiasm and commitment by passing the final examination and skill assessment.

During the training, the participants had the opportunity to work with patients suffering from facial paralysis, ictus, spinal trauma, and post-surgery cases. Therapeutic algorithms tailored to each specific condition were developed during this process. To ensure continuous support and guidance, all doctors maintain regular communication with David Blow through video calls and messaging. This ongoing assistance aids in evaluation and treatment decision-making.

In 2024, advanced medical neurology training is in the planning stage to take place in Makassar. For more information about this course, interested individuals can reach out to the course organizers. Furthermore, those who have completed the training will have the opportunity to participate in future clinical multi-center research trials. This collaborative effort will involve documenting and exploring potential treatment alternatives and synergies for the benefit of future patients. Feel free to contact the organizers for any additional details or queries.



JUNE 2023

NMT THERAPEUTIC SOLUTIONS

"Assessment and Treatment on Spinal Disorder" IFI Tangerang Branch, Jakarta. 21 May 2023



The Indonesian Physiotherapy Association
Cabang Tangerang

HALAL BI HALAL IFI TANGERANG DAN SEMINAR ASSESSMENT AND TREATMENT ON SPINAL DISORDER

Mari bersilaturahmi sambil meningkatkan ilmu

PEMBICARA



Heru Purwanto, Ftr

Manual & Spine therapist
Co-fonder Lentera
Physiospine



Fajar Wijanarko, Ftr, MKM

Ketua cabang IFI Tangerang
Dosen Stikes Bethesda
Yogyakarta

Fajar Wijanarko conveyed material on service standards and private practice of physiotherapy encouraging members to independent professional practice with good service standards.

The second speaker was Heru Purwanto, SST Ft., Ftr a senior physiotherapist who is an expert in the field of spinal disorders and manual therapy. Heru Purwanto delivered material on examining spinal disorders, how to distinguish complaints based on causes, such as problems with the intervertebral discs, facet joints, muscles or the sacroiliac joint.

The third session of the seminar, the last speaker was Mr David Blow, a special guest from Australia, founder of NeuroMuscular (NMT) Concept. David delivered introductory material about NMT and spinal disorders. Participants were very excited and enthusiastic about the material presented by David Blow. The basic principle of the NMT concept is that applications will create dilation and eccentricity. Correct applications of NMT will assist in oxygenation to muscles and joints improving tissue metabolism which will have a positive impact on tissue repair.



Introduction to NMT at the MAYAPADA Hospital



Grateful acknowledgments are extended to the organizing committee of Mayapada Hospital in Jakarta for their efforts in arranging the introductory training event for physical therapists. During the event, special focus was given to NeuroMuscular Therapy (NMT) as a fundamental treatment approach in rehabilitating orthopedic disorders and aiding post-surgery recovery. The presentation shed light on the vital role NMT plays in ensuring effective rehabilitation and improved patient outcomes.

In his role as the hospital's director, Dr. Fiktorius Kuludong, MM, delivered an insightful presentation highlighting the significance of ongoing education within the medical and rehabilitation field. He emphasized the necessity of integrating diverse treatment options to enhance the quality of patient therapy and ultimately improve treatment outcomes.



NMT Teacher refresh training 27,28 May 2023



The Teacher Refresh Training held on May 27th and 28th, 2023, in Jakarta was a significant event for NMT practitioners. The training brought together the many experienced NMT teachers, including Agustiawan, Amanda Tiksnadi, Fajar Wijanarko, Fransisca Xaveria, Grace Tumbelaka, Heru Purwanto, Jeannie Grace Romulo, Novy Hikmah Maduriana, Sunarto Hardjo Soetopo, Susetyo Suwarno, Umi Budi Rahayu, and Yose Rizal.

During the intensive two-day program, the focus was on introducing the new NMT Indonesian Foundation and its pivotal roles. One of the primary objectives was to establish a functioning member network to create a strong organizational structure.

Crucial decisions were made regarding training programs, leading to the development of comprehensive guidelines for NMT courses across Asia. In response to the post-Covid era, the courses will be organised in

various formats:

- Full Classroom Course: This will entail 32 hours of training conducted over 4 or more days in a traditional classroom setting.
- Hybrid Course: This innovative approach will blend both online and classroom training, offering flexibility and convenience to participants.
- University Curriculum Training: This comprehensive program will cover 64 hours of training, providing in-depth knowledge and expertise.

Exciting research opportunities have also been unveiled. From 2024 to 2028, various research projects under the RTC (Research, Training, and Clinical Services) umbrella will commence. These projects will be conducted in University, Hospital, private clinic, and multi-centered settings, exploring diverse pathological areas. Some of the research areas include Lower back pain, Osteoarthritis of the knee, Carpal tunnel, Respiratory and diaphragm sports research, and Neuropathy pain.

Those interested in participating in these research projects are encouraged to get in touch and be part of the transformative advancements in the field of NeuroMuscular Taping.



JUNE 2023

NMT THERAPEUTIC SOLUTIONS

Introduction of Neuromuscular Tapping (NMT) in Child Development

Yogyakarta, 24 Mei 2023

1	16.15 – 16.40 WIB	Registrasi Online Kehadiran dan Presensi	Panitia: Risty dkk
2	16.40 – 16.45 WIB	Pembacaan Peraturan dan Tata Tertib	Pembawa Acara : Ekoyunia
3	16.45 – 17.00 WIB	- Lagu Indonesia Raya & Mars IFI - Sambutan Ketua Panitia - Sambutan Ketua PFAI Cab Jogja	
4	17.00 – 17.45 WIB	Sambutan Ketua IFI Cabang Sleman dan Materi Organisasi Fisioterapi Damha Al Banna, SST.FT., M.Fis, AIFO	
5	17.45 – 18.15 WIB	Break Sholat Maghrib	Panitia: Risty dkk
6	18.15 – 19.15 WIB	“Aplikasi NeuroMuscular Taping pada Kasus Pediatri” S. Novy Hikmah M. R., SFis, Ftr, RPT, MPsi, NMTC-TC PED	Moderator Evi Nur H
7	19.15 – 19.45 WIB	Diskusi & Tanya jawab	
8	19.45 – 20.45 WIB	“Introduction NeuroMuscular Taping Concept” David Blow	Moderator Fajar Wijanarko, Ftr, MKM, NMTC-Tc
9	20.45 – 21.00 WIB	Diskusi & Tanya jawab	
10	21.00 – 21.15 WIB	PENUTUPAN	Pembawa Acara

The PANITIA WEBINAR 2023 stands as a momentous occasion in the continuous series of essential initiatives led by "Griya Fisio Bunda Novy" (Center for Pediatric Habilitation & Rehabilitation). This enlightening webinar delved into the profound impact and patient advancements resulting from the integration of NeuroMuscular Taping (NMT) treatment techniques into pediatric therapeutic care. The online event garnered overwhelming success, drawing the active participation of over 160 ONLINE attendees, making it one of the most significant events of the year. Colleagues from various backgrounds engaged in a vibrant and interactive question and answer session, fostering a spirit of collaboration and knowledge exchange. The success of this webinar further indicates the commitment of Griya Fisio Bunda Novy to advancing pediatric rehabilitation and

enhancing the quality of care for young patients through innovative therapeutic approaches.

We offer specialized NMT training programs tailored to meet the needs of physical therapy and medical staff working in the field of pediatric care. These intensive training courses cover neurological, orthopedic, and child developmental strategies. By honing their skills through such comprehensive training, practitioners gain access to faster-track treatment options, enabling them to provide exemplary clinical support services, therapeutic protocols, and conduct research and volunteer training projects dedicated to pediatric patients.

For any inquiries or to explore advanced course programming, please feel free to contact Griya Fisio Bunda Novy.

Nusantara Medika Tekno Indonesia Foundation



On December 12, 2022, a significant milestone was reached with the signing of a Memorandum of Understanding (MOU) between the NeuroMuscular Taping Institute and the Nusantara Medika Tekno Indonesia Foundation. This momentous event marked the establishment of a new foundation responsible for overseeing all aspects of NMT Institute's operations in Indonesia. The foundation will play a crucial role in governing NMT Institute's training programs, research initiatives, educational development, and collaborations with universities in the country. This partnership aims to foster growth and advancements in the field of NeuroMuscular Taping within Indonesia, benefitting the medical community and patients alike.

It is worth noting that all NMT training programs strictly adhere to the essential "Continuing Education in Medicine" guidelines for professionals.

These programs are conducted in close collaboration with tertiary and university educational institutions, professional associations, and the Health Ministry, ensuring their quality and compliance with industry standards.

With the establishment of the Nusantara Medika Tekno Indonesia Foundation, the scope of NMT initiatives will expand beyond Indonesia's borders. The foundation aims to extend its reach to other countries in the ASEAN region, offering comprehensive training programs, clinical support services, therapeutic protocols, research opportunities, and volunteer training projects. By sharing expertise and knowledge with neighboring countries, the foundation seeks to promote the adoption of NMT and contribute to the advancement of medical practices and patient care in the region. Through these efforts, the foundation envisions making a positive impact on the healthcare landscape and fostering collaboration among healthcare professionals across ASEAN nations.



NMT
INDONESIA

**NMT EDUCATION WITH INTERNATIONAL
STANDARDS**

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NMT THERAPEUTIC SOLUTIONS



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