NeuroMuscular Taping (NMT) – Professional Myotherapy and Remedial Massage Rehabilitation

Integrating Elastic Decompression Methodology with Myotherapy, Remedial Massage and Soft Tissue Rehabilitation
International NMT Certification Program | 4 Days – 32 Hours

Course Overview



The NeuroMuscular Taping (NMT) Professional Myotherapy and Remedial Massage Course is an intensive four-day professional training program designed for remedial massage therapists, clinical myotherapists, sports massage therapists, and manual therapy practitioners seeking to expand their therapeutic skills through the integration of elastic decompressive taping.

Developed by the NeuroMuscular Taping Institute in Italy, the program introduces a standardized clinical methodology combining functional anatomy, musculoskeletal assessment, tissue decompression, and evidence-informed treatment planning. Particular emphasis is placed on integrating NMT with established manual therapy approaches, including myofascial release, trigger point therapy, deep tissue massage, soft tissue mobilization, neuromuscular techniques, sports massage, and remedial massage rehabilitation.

Unlike conventional tension-based taping, the NMT decompressive methodology uses elastic adhesive tape applied with zero tension while the skin and underlying tissues are positioned in functional elongation. When the body returns to its resting position, characteristic skin convolutions develop beneath the tape, producing a dynamic mechanical interaction intended to support tissue mobility, sensory stimulation, superficial circulation, and physiological recovery.

The principal objective is to extend the therapeutic effects of manual treatment beyond the clinical session, providing continuous mechanical and sensory stimulation during normal daily movement. NMT applications can be incorporated into Individualised treatment plans to complement manual therapy, movement rehabilitation, and functional recovery.

Who Should Attend?

This course is specifically designed for professionals working in manual therapy, musculoskeletal care, and soft tissue rehabilitation, including:

- Clinical myotherapists and remedial massage therapists
- Sports massage and soft tissue therapists
- Neuromuscular and deep tissue massage practitioners
- Myofascial release and trigger point therapists
- Physiotherapists and musculoskeletal rehabilitation professionals
- Manual therapy practitioners and eligible final-year students

No previous NMT certification is required. Participants should have an appropriate foundation in musculoskeletal anatomy, clinical assessment, and manual therapy. All applications must remain within the practitioner's professional scope of practise and applicable national regulations.

Educational Objectives
The course develops the anatomical knowledge, clinical reasoning, and manual dexterity required to integrate decompressive NMT applications into existing myotherapy and remedial massage treatment protocols. Participants learn to assess muscular dysfunction, fascial restrictions, movement limitations, tissue sensitivity, and functional complaints, selecting NMT applications according to the patient's presentation and therapeutic objectives.

Particular emphasis is placed on understanding the relationship between manual tissue manipulation and prolonged decompressive stimulation, enabling practitioners to combine hands-on treatment with appropriate taping applications. Through practical demonstrations and supervised exercises, participants learn to design treatment sequences incorporating manual therapy, NMT, and movement-based rehabilitation across acute, post-acute, and functional recovery phases.

Key Skills and Topics Covered
The course combines functional anatomy, clinical assessment, manual therapy integration, and intensive practical NMT training.

- **32 hours over 4 days**, combining theoretical instruction, demonstrations, supervised practise, and clinical case discussions.
- **NMT decompressive methodology**, including zero-tension applications and the differences between decompressive and compressive taping.
- **Musculoskeletal and fascial anatomy**, including muscular origins and insertions, joint biomechanics, connective tissue relationships, and movement patterns.
- **Integration with myotherapy and remedial massage**, including deep tissue massage, myofascial release, trigger point therapy, neuromuscular techniques, and soft tissue mobilization.
- **Muscular and tendon applications** for the neck, shoulder, upper limbs, thoracic and lumbar spine, hip, knee, ankle, and foot.
- **Lymphatic and circulatory applications**, including regional drainage techniques for selected presentations involving swelling and soft tissue congestion.
- **Post-treatment NMT applications**, designed to complement manual therapy and provide continued sensory stimulation between treatment sessions.
- **Clinical reasoning and treatment sequencing** across acute, post-acute, and functional rehabilitation phases.
- **Individualised treatment protocol development**, integrating manual therapy, decompressive taping, movement exercises, and patient education.
- **Supervised practical training**, including application corrections, clinical case studies, and evidence-informed decision-making.
- **Post-course mentoring**, including a two-hour online feedback session within one to two months.
- **Ongoing instructor support** through a dedicated WhatsApp group for up to two years.

Integrating NMT with Myotherapy and Remedial Massage
A Complementary Approach to Manual Therapy
NeuroMuscular Taping offers massage and myotherapy professionals an additional therapeutic tool that can be incorporated into established treatment approaches. While manual therapy provides direct mechanical stimulation through hands-on techniques, NMT introduces a prolonged, movement-responsive stimulus through elastic tape applied to the skin. The combination allows practitioners to develop treatment strategies that address tissue mobility, muscular discomfort, sensory feedback, and functional movement during and between treatment sessions.

Myofascial Release and Fascial Mobilization
NMT can be integrated following myofascial release and soft tissue mobilization to provide continued cutaneous stimulation over selected anatomical regions. Applications are selected according to fascial restrictions, movement limitations, tissue sensitivity, and treatment objectives. The course explores the

relationship between skin elasticity, superficial fascia, muscle movement, and the mechanical responses associated with decompressive taping.

Trigger Point Therapy and Neuromuscular Techniques
Following trigger point therapy or neuromuscular treatment, NMT applications may be used to complement strategies addressing muscular sensitivity, movement-related discomfort, and altered neuromuscular function. Participants learn to select appropriate applications according to the anatomical location of symptoms, muscular relationships, and functional assessment.

Deep Tissue and Remedial Massage
Deep tissue and remedial massage techniques frequently address muscular tension, restricted mobility, and soft tissue dysfunction. NMT can be incorporated after manual treatment as a non-invasive, movement-compatible application intended to provide continued sensory stimulation without additional compressive loading.

Sports Massage and Functional Recovery
In sports massage and athletic rehabilitation, NMT applications can complement soft tissue treatment, mobility exercises, and progressive return-to-activity programs. Training includes applications for common muscular and tendon-related presentations involving the shoulder, lumbar region, hip, knee, calf, Achilles tendon, and ankle.

Lymphatic and Circulatory Applications
The course introduces NMT regional drainage techniques that may complement appropriate manual lymphatic approaches for selected soft tissue presentations. Participants learn the importance of anatomical drainage pathways, clinical precautions, and appropriate referral when swelling or circulatory symptoms require medical assessment.

Course Structure and Practical Training
The program is divided into two complementary stages, each lasting two days.

Stage 1 – Upper Extremity, Shoulder and Cervical Myotherapy
Days 1–2 | Upper Limb, Neck, Shoulder and Thoracic Region
This stage introduces NMT principles and their integration with manual therapy techniques for the upper body.

Day 1 – Muscular and Myofascial Applications
Participants learn decompressive applications for the deltoid, trapezius, pectoralis, rhomboids, supraspinatus, biceps, triceps, forearm musculature, sternocleidomastoid, and scalene muscles. Practical sessions explore integration with myofascial release, trigger point therapy, deep tissue massage, and neuromuscular treatment. Clinical reasoning focuses on cervical mobility, shoulder function, muscular discomfort, postural adaptations, and upper-limb movement.

Day 2 – Lymphatic, Joint and Functional Applications
The second day introduces regional drainage techniques and progressive applications for the shoulder, elbow, wrist, and hand. Participants practise cervical and upper-limb lymphatic applications, shoulder double-fan techniques, deltoid applications, wrist rehabilitation, and selected hand conditions. Emphasis is placed on integrating NMT with remedial massage treatment plans, functional exercises, and post-treatment management.

Stage 2 – Lower Extremity, Lumbar and Postural Myotherapy
Days 3–4 | Lumbar Spine, Hip, Knee, Ankle and Foot
This stage develops decompressive taping skills for the lower body and explores integration with myotherapy and remedial massage techniques for common musculoskeletal presentations.

Day 3 – Muscular, Fascial and Lumbar Applications

Participants learn applications for the Achilles tendon, gastrocnemius, quadriceps, hamstrings, hip adductors, tensor fasciae latae, iliopsoas, piriformis, and lumbar musculature. Practical sessions focus on combining NMT with deep tissue techniques, myofascial release, neuromuscular therapy, and movement-based rehabilitation. Clinical discussions address lumbar discomfort, hip mobility, muscular dysfunction, postural compensation, and lower-limb movement patterns.

Day 4 – Lymphatic, Knee, Ankle and Functional Rehabilitation
The final practical day introduces lower-limb drainage techniques, knee applications, ankle rehabilitation, and selected foot conditions. Participants practise applications for the posterior knee, inguinal drainage pathways, knee stability, plantar fascia, hallux valgus, Achilles tendon, and ankle sprains. Emphasis is placed on treatment sequencing, appropriate clinical assessment, and the integration of NMT into remedial massage and myotherapy rehabilitation programs.

Developing Individualised Myotherapy and NMT Treatment Protocols
An essential component of the course is the development of clinical reasoning specific to the integration of manual therapy and decompressive taping. Participants learn to determine when NMT should be applied before or after manual treatment, which anatomical regions should be prioritized, and how applications can be adapted according to tissue response and functional objectives.

Treatment planning considers three principal rehabilitation phases:
- **Acute Phase:** Applications prioritize patient comfort, tissue protection, appropriate sensory stimulation, and management of selected presentations involving swelling or movement sensitivity.
- **Post-Acute Phase:** Treatment focuses on improving tissue mobility, supporting progressive movement, and integrating NMT with appropriate manual therapy techniques.
- **Functional Phase:** Applications are selected to complement movement retraining, postural rehabilitation, functional exercise, and return to normal activity.

This structured approach helps practitioners develop reproducible treatment protocols while maintaining the flexibility required for individual patient presentations.

Teaching Methodology
The course adopts an interactive, practise-focused educational model designed to accelerate manual skill development and clinical confidence. Training combines anatomical presentations, application videos, instructor demonstrations, supervised practical exercises, and clinical case discussions. Participants work in pairs, alternating between practitioner and model roles, allowing each student to practise application techniques and receive individual feedback. Particular attention is given to tape preparation, anatomical positioning, skin elongation, application direction, and clinical treatment objectives. Full attendance and active participation are compulsory.

Final Examination and International Certification
The course includes a structured theoretical and practical assessment evaluating clinical knowledge, anatomical understanding, application accuracy, and treatment reasoning.
The examination includes:
- **Theoretical assessment:** 125 multiple-choice questions and written responses covering NMT methodology, anatomy, and clinical applications.
- **Practical assessment:** Demonstration of 10 selected NMT applications, evaluated for anatomical positioning, technical accuracy, and clinical objectives.
- **Individual feedback:** Written and practical results are reviewed with instructor comments.
- **Certification standard:** A minimum overall score of 90% is required, with final classifications of Pass, Excellent, or Distinction.

Successful participants receive the NMT International Certification in Professional Myotherapy and Remedial Massage Applications, recognizing their completion of the specialized training program. Certification documents and professional membership cards are available through the NMT Institute online platform. Certified practitioners are eligible for inclusion in the **NMT International Practitioner Register**.

Post-Course Mentoring and Professional Development
Professional skill development continues beyond the classroom. Participants receive a two-hour online mentoring and feedback session, scheduled approximately one to two months after course completion, to review applications, discuss clinical cases, and refine treatment protocols. A dedicated WhatsApp group provides direct communication with the NMT instructor for up to two years. Participants may also continue their professional development through advanced NMT programs in lymphatic rehabilitation, orthopaedics, sports medicine, postural rehabilitation, spinal rehabilitation, and scar management.

Course Information
- Course Code: NMT 4/I°
- **Course Duration:** 4 days – 32 hours, plus a two-hour online follow-up session
- **Training Format:** Intensive classroom-based practical training
- Maximum Participants: 24
- **Course Instructor:** David Blow, Founder and Research Director, NeuroMuscular Taping Institute
- **Target Professionals:** Clinical myotherapists, remedial massage therapists, sports massage therapists, manual therapists, and allied healthcare professionals
- **Prerequisites:** Appropriate professional training in musculoskeletal anatomy and manual therapy; no previous NMT certification required
- **Assessment:** Written and practical examination
- **Certification:** NMT International Certification – Professional Myotherapy and Remedial Massage Applications
- **Course Materials:** NMT workbook, study resources, application videos, and practical training kit
- **Continuing Education Credits:** Subject to accreditation and recognition by relevant professional associations or regulatory bodies
- **Professional Support:** Post-course mentoring and instructor communication for up to two years
- Extend Your Manual Therapy Skills Beyond the Treatment Session
- **Integrate NeuroMuscular Taping into your myotherapy and remedial massage practise** and develop new strategies for combining manual treatment, decompressive taping, and functional rehabilitation.

Through intensive practical training, clinical reasoning, and standardized treatment methodology, this course provides professionals with the skills to develop Individualised applications and broaden their therapeutic approach. The NeuroMuscular Taping Institute promotes international professional education, clinical research, and evidence-informed rehabilitation to support the continued development of non-invasive therapeutic methods.

Advance your clinical skills with NeuroMuscular Taping International Certification.

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