NeuroMuscular Taping (NMT) – Professional Lymphatic Rehabilitation

Integrating Elastic Decompression Methodology with Lymphatic Drainage, Vascular Rehabilitation and Post-Surgical Recovery
International NMT Certification Program | Stage 1 | 2 Days – 16 Hours

Course Overview

The **NeuroMuscular Taping (NMT) Professional Lymphatic Rehabilitation Course** is an intensive two-day training program designed for healthcare professionals seeking to develop specialized skills in elastic decompressive taping for lymphatic and circulatory rehabilitation. Developed by the NeuroMuscular Taping Institute in Italy, the program introduces a standardized clinical methodology combining lymphatic anatomy, vascular physiology, functional assessment, tissue decompression, and evidence-informed clinical reasoning. Particular emphasis is placed on integrating NMT with established rehabilitation approaches, including **manual lymphatic drainage, compression therapy, physiotherapy, remedial massage, myotherapy, and postoperative 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 movement-responsive mechanical interaction intended to support superficial tissue mobility, sensory stimulation, and lymphatic function. The principal objective is to develop practical skills for integrating NMT into the management of lymphatic congestion, postoperative oedema, soft tissue swelling, and functional rehabilitation. Participants learn to select appropriate applications according to anatomical drainage pathways, clinical presentation, and the different stages of tissue recovery.

Who Should Attend?

This course is designed for professionals involved in lymphatic rehabilitation, musculoskeletal treatment, postoperative care, and patient recovery, including:

- Medical doctors and rehabilitation specialists
- Physiotherapists and physical therapists
- Occupational therapists
- Nurses involved in postoperative and lymphatic care
- Lymphoedema therapists and manual lymphatic drainage specialists
- Clinical myotherapists and remedial massage therapists
- Other appropriately qualified allied healthcare professionals

No previous NMT certification is required. Participants should have an appropriate foundation in anatomy and clinical assessment. Applications must remain within the practitioner's professional scope and applicable national regulations.

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Educational Objectives
The course develops the anatomical knowledge, clinical reasoning, and manual dexterity required to integrate decompressive NMT applications into lymphatic rehabilitation. Participants learn to understand superficial lymphatic drainage pathways, regional lymph node relationships, vascular and cutaneous anatomy, and the clinical implications of altered fluid movement following injury or surgery. Particular emphasis is placed on the relationship between skin elasticity, superficial fascia, lymphatic pathways, and movement-responsive decompressive applications.

Through supervised practical training, participants learn to assess lymphatic and soft tissue presentations, select appropriate application techniques, and develop individualized treatment protocols. The program distinguishes between acute, post-acute, and functional rehabilitation phases, helping practitioners adapt NMT applications to changing tissue conditions and recovery objectives.

Key Skills and Topics Covered
The course combines lymphatic anatomy, clinical reasoning, and intensive hands-on NMT training.

- **16 hours over 2 days**, combining theoretical instruction, demonstrations, supervised practice, and clinical case discussions.
- **NMT decompressive methodology**, including zero-tension applications and differences between decompressive and compressive techniques.
- **Lymphatic and vascular anatomy**, covering regional lymph nodes, superficial drainage pathways, cutaneous structures, and physiological fluid transport.
- **Upper-extremity lymphatic applications**, including the hand, forearm, elbow, shoulder, axillary region, and upper trunk.
- **Lower-extremity lymphatic applications**, including the foot, ankle, Achilles tendon, knee, thigh, hip, and inguinal region.
- **Specialized drainage techniques**, including double-fan, double-joint, regional drainage, and complete limb applications.
- **Post-surgical and post-traumatic oedema management**, including applications adapted to tissue healing and functional recovery.
- Trunk, abdominal, thoracic, and cervical drainage applications, addressing regional lymphatic relationships.
- **Clinical reasoning and treatment sequencing** across acute, post-acute, and functional rehabilitation phases.
- **Integration with established lymphatic therapies**, including manual lymphatic drainage, compression, and therapeutic exercise.
- **Patient safety and contraindications**, including infection, vascular complications, skin integrity, and appropriate medical referral.
- **Supervised practical training**, with instructor feedback, clinical case studies, and evidence-informed applications.
- **Post-course mentoring**, including a two-hour online feedback session within one to three months.
- **Ongoing instructor support** through a dedicated WhatsApp group for up to two years.

Integrating NMT with Lymphatic and Manual Rehabilitation
A Complementary Approach to Lymphatic Therapy
NeuroMuscular Taping provides healthcare professionals with an additional non-invasive application technique that may be incorporated into established lymphatic rehabilitation programs. While manual lymphatic drainage and compression therapy provide established approaches to managing selected lymphatic conditions, NMT introduces a prolonged, movement-responsive stimulus through elastic tape applied to the skin. The course explores how these different approaches may be combined within individualized rehabilitation protocols, while recognizing that the clinical effectiveness of NMT for specific lymphatic conditions continues to require rigorous investigation.

Manual Lymphatic Drainage and Decongestive Therapy
NMT can be integrated with manual lymphatic drainage and other components of comprehensive decongestive therapy. Participants learn to identify regional drainage pathways, assess proximal and

distal anatomical relationships, and select appropriate applications according to the patient's presentation. The course introduces decompressive taping as an adjunct rather than a replacement for established lymphoedema treatment, including compression where indicated.

Remedial Massage and Myotherapy
In remedial massage and myotherapy, NMT may complement soft tissue mobilization and appropriate manual techniques for selected presentations involving swelling, muscular discomfort, and restricted movement. Participants learn to integrate NMT with existing treatment approaches while considering tissue sensitivity, lymphatic anatomy, and the stage of recovery.

Post-Surgical and Post-Traumatic Rehabilitation
Surgical procedures and traumatic injuries may produce local swelling, tissue sensitivity, and temporary alterations in fluid movement. The course introduces NMT applications for selected postoperative and post-traumatic presentations, including shoulder, knee, ankle, and other musculoskeletal conditions. Applications are selected according to wound healing, clinical assessment, surgical precautions, and rehabilitation objectives.

Functional Movement and Rehabilitation
NMT applications can be incorporated into progressive rehabilitation programs involving movement, exercise, and restoration of daily function. Participants learn to select taping techniques that accommodate normal movement while complementing established rehabilitation strategies.

Course Structure and Practical Training
The program is organized into **eight classroom learning sessions over two days**, followed by practical assessment and an online mentoring session.

Day 1 – Upper Extremity, Axillary and Cervical Lymphatic Rehabilitation
Sessions 1–4 | NMT Principles, Upper-Limb Drainage and Post-Surgical Applications
The first day introduces the foundations of elastic decompressive taping and develops practical applications for the upper extremity, shoulder, axillary region, and cervical drainage pathways.

Session 1 – NMT Methodology and Lymphatic Clinical Reasoning
Participants review the development of NeuroMuscular Taping, the principles of decompressive and compressive applications, and the anatomical and physiological considerations relevant to lymphatic rehabilitation. The session addresses skin elasticity, lymphatic pathways, application techniques, clinical objectives, contraindications, and treatment planning.

Session 2 – Upper Extremity and Axillary Drainage
Practical training introduces NMT lymphatic applications for the hand and axillary region. Participants practice anterior and posterior axillary drainage techniques and learn to select applications according to regional anatomy and clinical presentation.

Session 3 – Advanced Upper-Limb and Double-Joint Drainage
Participants develop specialized applications for anterior and posterior double-joint drainage between the elbow and shoulder, together with wrist-to-elbow drainage techniques. Additional applications address the upper back, trunk, and complete upper-extremity drainage. Emphasis is placed on anatomical positioning, tape preparation, zero-tension application, and treatment sequencing.

Session 4 – Post-Surgical Shoulder and Cervical Drainage
This session introduces double-fan shoulder drainage and selected applications for postoperative upper-extremity swelling. Participants practice anterior, posterior, and lateral axillary applications, together with posterior and lateral cervical drainage. Clinical discussions address changes in lymphatic drainage following breast and axillary surgery, with emphasis on appropriate assessment and surgical precautions.

Day 2 – Lower Extremity, Trunk and Functional Lymphatic Rehabilitation
Sessions 5–8 | Ankle, Knee, Thigh, Hip and Regional Drainage
The second day develops practical NMT applications for the lower extremities and introduces regional drainage protocols for the abdomen, trunk, and cervical region.

Session 5 – Ankle and Regional Drainage Applications
Participants learn medial, lateral, and anterior ankle drainage techniques. Practical training includes the double-fan lateral ankle application and selection of appropriate techniques for local swelling and post-traumatic rehabilitation.

Session 6 – Foot, Lower-Limb and Abdominal Drainage
This session introduces decompressive applications for the foot, toes, Achilles tendon, and lower extremity. Participants practice double-joint lower-limb drainage, inguinal applications, and abdominal drainage techniques. Emphasis is placed on understanding anatomical drainage relationships and developing appropriate treatment sequences.

Session 7 – Knee, Popliteal and Trunk Drainage
Participants develop applications for the popliteal region and knee, including acute-phase drainage and double-joint techniques. Clinical examples include selected presentations involving knee bursitis and postoperative swelling. Additional practical applications address the thoracic region, trunk, and lateral neck.

Session 8 – Thigh, Hip and Advanced Regional Applications
The final classroom session focuses on medial and posterior thigh drainage, double-joint applications, and the lateral hip region. Clinical examples include selected presentations involving trochanteric bursitis and regional soft tissue swelling. The session concludes with a review of NMT procedures, current research, clinical case discussions, and theoretical assessment.

Developing Individualized Lymphatic Rehabilitation Protocols
An essential component of the course is the development of clinical reasoning specific to lymphatic drainage and decompressive taping. Participants learn to assess tissue condition, identify appropriate anatomical drainage pathways, and select applications according to clinical objectives.

Treatment planning considers three principal rehabilitation phases.
- **Acute Phase:** Applications prioritize tissue protection, patient comfort, and appropriate management of selected presentations involving swelling. NMT is introduced only when the clinical condition and skin integrity permit.
- **Post-Acute Phase:** Treatment focuses on progressive swelling management, tissue mobility, and integration with appropriate manual lymphatic drainage, compression therapy, and movement rehabilitation.
- **Functional Phase:** Applications are selected to complement progressive movement, exercise, restoration of functional mobility, and longer-term rehabilitation objectives.
- This structured approach helps practitioners develop consistent treatment protocols while adapting applications to individual patient needs.

Teaching Methodology
The NMT Institute adopts an intensive, practice-focused educational model consisting of approximately 90% practical training and 10% theoretical instruction. The program combines anatomical presentations, step-by-step 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 practice application techniques and receive individual feedback. The instructor provides continuous guidance on tape preparation, anatomical positioning, application direction, skin elongation, and clinical treatment objectives. Scientific research and evidence-based medicine are integrated throughout the program. **Full attendance and active participation are compulsory.** Appropriate privacy and consent procedures apply to clinical cases and practical demonstrations.

Final Examination and International Certification
The course includes a structured theoretical and practical assessment designed to evaluate clinical understanding, application accuracy, and treatment reasoning. The examination includes:

- **Theoretical assessment:** 75 multiple-choice questions and written responses covering NMT methodology, lymphatic anatomy, and clinical applications.
- **Practical assessment:** Demonstration of 10 selected NMT applications, evaluated for anatomical accuracy, technical execution, and clinical objectives.
- **Individual feedback:** Written and practical results are reviewed, with comments provided by the instructor.
- **Assessment weighting:** Attendance and classroom participation (45%), theoretical examination (20%), and practical application skills (35%).
- **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 and Qualification Diploma in Lymphatic Rehabilitation – Stage 1. Certificates and professional membership cards are available digitally through the NMT Institute online platform. Certified practitioners are eligible for inclusion in the **NMT International Practitioner Register**, with the option to publish their professional details and clinical practice information.

Post-Course Mentoring and Professional Development
The NMT Institute recognizes that clinical competence develops through continued application, case review, and professional feedback. Following the classroom program, participants receive a **two-hour online mentoring and feedback session**, scheduled approximately one to three months after course completion. This session provides an opportunity to review NMT applications, discuss clinical experiences, refine treatment protocols, and explore relevant research. A dedicated WhatsApp group provides direct communication with the NMT teaching team for up to two years. An optional research tutorial is also available for participants interested in scientific literature evaluation, clinical research, and preparation of professional case reports.

Additional NMT training opportunities include advanced lymphatic rehabilitation, breast surgery rehabilitation, orthopaedics, neurology, paediatrics, sports medicine, postural rehabilitation, and scar management.

Course Information

- **Course Code:** LinT 2/I°
- **Course Duration:** 2 days – 16 hours, with practical assessment and an additional two-hour online follow-up session
- **Training Format:** Intensive classroom-based practical training
- **Course Structure:** Eight classroom sessions, practical examination, and online follow-up
- Maximum Participants: 24
- **Course Director:** David Blow, Founder and Research Director, NeuroMuscular Taping Institute
- **Teaching Team:** Certified NMT instructors and tutors, including the Indonesian NMT Teaching Team where applicable
- **Target Professionals:** Medical doctors, physiotherapists, occupational therapists, nurses, lymphoedema therapists, and appropriately qualified allied healthcare professionals
- **Prerequisites:** Appropriate professional training in anatomy and rehabilitation; no previous NMT certification required
- **Assessment:** Written and practical examination
- **Certification:** NMT International Certification – Lymphatic Rehabilitation Stage 1
- **Course Materials:** NMT workbook, study resources, application demonstrations, and practical training kit
- **Continuing Education Credits:** Subject to accreditation and recognition by the relevant national or professional bodies
- **Professional Support:** Online mentoring and instructor communication for up to two years
- Advance Your Skills in Lymphatic Rehabilitation

Develop specialized NeuroMuscular Taping skills for lymphatic drainage, postoperative swelling management, and functional rehabilitation. Through intensive practical training, anatomical understanding, and structured clinical reasoning, this course provides healthcare professionals with the skills to integrate decompressive taping into individualized lymphatic rehabilitation programs. The NeuroMuscular Taping Institute promotes international professional education, clinical research, and evidence-informed rehabilitation, supporting the continued development of non-invasive therapeutic approaches.

Advance your professional expertise with NMT International Certification in Lymphatic Rehabilitation.

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