NeuroMuscular Taping (NMT) – Professional Nursing Rehabilitation
Specialized Program – Wound, Ulcer and Scar Treatment

Integrating Elastic Decompression Methodology with Diabetic Foot Care, Pressure Injury Management, Chronic Wound Rehabilitation and Scar Treatment
International NMT Certification Program | 2 Days – 16 Hours

Course Overview



The **NeuroMuscular Taping (NMT) Professional Nursing Rehabilitation – Wound, Ulcer and Scar Management Course** is an intensive two-day specialized training program designed for nursing professionals seeking to develop practical skills in integrating elastic decompressive taping into wound care, ulcer management, and scar rehabilitation. Developed by the NeuroMuscular Taping Institute in Italy, the program introduces a structured methodology combining cutaneous anatomy, lymphatic and vascular physiology, wound assessment, tissue decompression, scar mobility, and evidence-informed clinical reasoning.

Particular emphasis is placed on integrating NMT with established nursing interventions for diabetic foot ulcers, pressure injuries, chronic wounds, traumatic tissue lesions, and healed surgical scars. Chronic wounds and ulcers frequently involve complex interactions between impaired tissue perfusion, altered inflammatory responses, pressure, reduced mobility, neuropathy, and underlying medical conditions. These factors may influence tissue repair, patient comfort, and functional recovery. The NMT decompressive methodology uses elastic adhesive tape applied with zero tension while the skin and underlying body region are positioned in functional elongation. When the body returns to its resting position, characteristic skin convolutions develop beneath the tape, creating a movement-responsive mechanical interaction intended to influence superficial tissue mobility and cutaneous sensory stimulation.

The principal objective is to provide nurses with additional clinical and practical skills for integrating NMT into comprehensive wound and scar management programs, while maintaining established wound-care principles, patient safety, and multidisciplinary collaboration. Participants learn to select appropriate applications according to wound classification, anatomical location, tissue condition, vascular and lymphatic status, stage of healing, and individual treatment objectives. NMT is presented as a complementary intervention and does not replace wound cleansing, appropriate dressings, pressure redistribution, offloading, compression when indicated, infection management, vascular assessment, or other established treatments.

Who Should Attend?

This course is designed for nurses involved in wound management, diabetic care, postoperative recovery, and rehabilitation, including:

- Registered nurses and wound-care specialists
- Diabetic foot and podiatric nursing professionals
- Tissue viability and pressure injury prevention nurses
- Geriatric and long-term care nurses
- Surgical and postoperative nursing professionals
- Community and home healthcare nurses
- Vascular and lymphatic care nurses

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- Rehabilitation and neurological nursing professionals
- Oncology and palliative care nurses
- Eligible final-year nursing students

Prerequisite: Completion of NMT Professional Nursing Rehabilitation – Stage 1, or equivalent approved foundational NMT training, is required. Participants should have an appropriate foundation in wound assessment, anatomy, physiology, and nursing care. All applications must remain within the practitioner's professional scope, institutional wound-care protocols, and applicable national regulations.

Educational Objectives
The course develops the anatomical knowledge, clinical reasoning, and practical application skills required to integrate decompressive NMT techniques into nursing wound and scar management. Participants learn to understand the relationships between skin integrity, tissue perfusion, lymphatic drainage, wound healing, pressure-related tissue damage, and scar formation. Particular emphasis is placed on **the clinical differentiation of diabetic ulcers, pressure injuries, traumatic wounds, and healed scars**, allowing participants to select appropriate adjunctive applications while recognizing conditions requiring specialist assessment. Through supervised practical training, participants learn to evaluate tissue condition, identify anatomical drainage pathways, select NMT techniques, and develop individualized treatment protocols.

By the end of the course, participants should be able to:

- Understand NMT elastic decompression principles and zero-tension applications in wound and scar rehabilitation.
- Recognize the anatomical relationships between skin, superficial fascia, lymphatic drainage, and peripheral circulation.
- Differentiate common wound presentations and identify their implications for treatment planning.
- Select appropriate NMT applications around diabetic foot ulcers and selected lower-extremity wounds.
- Develop decompressive applications for anatomical regions vulnerable to pressure injuries.
- Recognize the importance of pressure redistribution, offloading, vascular assessment, and infection management.
- Assess healed scars for mobility restrictions, tissue sensitivity, and functional limitations.
- Perform selected NMT scar applications for the abdomen, knee, thigh, shoulder, and axillary region.
- Understand acute, post-acute, and functional rehabilitation objectives.
- Identify contraindications, warning signs, and circumstances requiring medical referral.
- Monitor patient responses and document clinical outcomes using appropriate nursing assessment methods.

Key Skills and Topics Covered
The course combines wound physiology, lymphatic and vascular anatomy, clinical reasoning, and intensive practical NMT training.

- **16 hours over 2 days**, combining theoretical instruction, demonstrations, supervised practice, and clinical case discussions.
- **NMT elastic decompression methodology**, including zero-tension applications, skin elasticity, and differences between decompressive and compressive techniques.
- **Cutaneous and vascular anatomy**, including superficial circulation, lymphatic pathways, and tissue characteristics relevant to wound healing.
- **Diabetic foot ulcer rehabilitation**, including selected applications for the toes, dorsal foot, plantar foot, ankle, and tibial region.
- **Pressure injury management**, including anatomical considerations for the sacrum, spine, buttocks, hips, knees, heels, elbows, shoulders, ears, and head.
- **Chronic wound rehabilitation**, including assessment of wound classification, tissue condition, and vascular or lymphatic involvement.
- **Scar rehabilitation**, including healed surgical and traumatic scars, tissue mobility, and adhesions.

- **Lymphatic and vascular considerations**, including regional drainage pathways and selected presentations involving tissue congestion.
- **Postural and respiratory applications**, including lumbar and diaphragmatic NMT techniques from the original diabetic wound curriculum.
- **Clinical reasoning and treatment sequencing**, adapted to acute, post-acute, and functional recovery phases.
- **Integration with established wound care**, including dressings, offloading, pressure redistribution, compression where indicated, and multidisciplinary treatment.
- **Patient safety and contraindications**, including infection, critical ischemia, suspected thrombosis, skin fragility, and adhesive-related complications.
- **Supervised practical training**, including individual corrections, case studies, and evidence-informed application selection.
- **Post-course professional development**, including opportunities for case review, clinical mentoring, and further NMT training.

Integrating NMT with Nursing Wound and Ulcer Management

A Complementary Approach to Wound Care

NeuroMuscular Taping provides nursing professionals with an additional non-invasive technique that may be considered within comprehensive wound-management programs. The course explores the potential role of elastic decompression in influencing superficial tissue mobility, cutaneous sensory responses, and mechanical interactions in the tissues surrounding selected wounds. These proposed mechanisms are examined in relation to current scientific knowledge, while recognizing that clinical evidence for improved wound healing through NMT remains limited. The objective is to integrate appropriate NMT applications with established wound-care interventions rather than substitute for them.

Diabetic Foot Ulcer Rehabilitation

Diabetic foot ulcers are complex conditions frequently associated with peripheral neuropathy, impaired tissue perfusion, altered pressure distribution, and delayed wound healing. Participants learn to assess anatomical relationships involving the toes, plantar and dorsal foot, ankle, and lower leg. The course introduces selected NMT decompressive applications around appropriate anatomical regions, with particular attention to fragile skin, sensory impairment, and vascular complications. Clinical reasoning addresses the importance of diabetic foot assessment, pressure offloading, infection monitoring, and specialist referral. NMT applications must not be placed directly over an open ulcer or used in a manner that increases pressure, friction, skin trauma, or delays established diabetic foot treatment.

Pressure Injury Prevention and Management

Pressure injuries may develop in patients experiencing prolonged immobility, reduced sensation, impaired circulation, or difficulty changing position. Participants learn to Recognize anatomical regions particularly vulnerable to pressure-related tissue damage, including the sacrum, hips, buttocks, heels, elbows, shoulders, and head. The course introduces selected NMT applications to surrounding intact skin, where appropriate, while emphasizing that pressure redistribution and regular repositioning remain fundamental components of prevention and treatment. NMT must never replace pressure-relieving equipment, appropriate support surfaces, nutritional management, or specialist wound care.

Chronic Wounds and Vascular-Lymphatic Considerations

Chronic wounds may involve venous disease, arterial insufficiency, diabetes, pressure injury, or other underlying conditions. Participants review the importance of identifying wound aetiology and recognizing differences between venous, arterial, neuropathic, and pressure-related lesions. The course examines anatomical lymphatic and vascular relationships and introduces the clinical reasoning required before considering NMT applications. Where compression is indicated, NMT is not a substitute for compression therapy. Patients with suspected arterial insufficiency, infection, or other significant complications require appropriate assessment and management before adjunctive taping is considered.

Scar Rehabilitation and Tissue Mobility

Following wound closure and adequate tissue healing, some scars may be associated with altered mobility, tissue sensitivity, or restrictions during movement. Participants learn to assess scar location, maturity, mobility, sensitivity, and functional relationships. The course introduces selected NMT

applications for healed abdominal, knee, thigh, shoulder, and axillary scars. Clinical reasoning focuses on the relationship between superficial tissue movement, patient comfort, and rehabilitation objectives.

Post-Traumatic and Post-Surgical Wounds
Traumatic and surgical wounds may involve tissue disruption, inflammation, oedema, and progressive scar formation. Participants learn to distinguish between active wound management and later scar rehabilitation. NMT may be considered around appropriate intact tissue only after clinical assessment and when it does not interfere with wound closure, dressings, drainage devices, or established treatment.

Course Structure and Practical Training
The program is organized into **two full days of classroom-based training**, combining theoretical presentations, practical demonstrations, supervised application exercises, and nursing clinical case discussions.

Day 1 – Diabetic Foot Ulcers, Lower-Extremity Wounds and Decompressive Rehabilitation
NMT Principles, Wound Assessment, Diabetic Foot Applications and Vascular-Lymphatic Clinical Reasoning
The first day introduces the NeuroMuscular Taping methodology in wound management, focusing on diabetic foot presentations, lower-extremity anatomy, tissue condition, and selected decompressive applications.

Session 1 – NMT Methodology and Wound Assessment
Participants review the history and development of NeuroMuscular Taping and its potential application in nursing wound care. The session introduces the differences between decompressive and compressive applications, eccentric and concentric principles, and the anatomical significance of skin elasticity. Clinical discussions address cutaneous anatomy, lymphatic and vascular pathways, wound classification, tissue condition, contraindications, and treatment objectives. Particular emphasis is placed on the characteristics of diabetic skin, neuropathy, impaired perfusion, and the importance of safe patient selection.

Session 2 – Diabetic Toes and Dorsal Foot Applications
Practical training introduces the NMT diabetic toes and dorsal foot protocols. Participants learn appropriate anatomical positioning, tape preparation, and zero-tension application techniques. Clinical reasoning addresses the relationships between local tissue condition, pressure distribution, skin sensitivity, and wound location. Applications are practiced on intact skin using consenting models, with particular attention to avoiding vulnerable or ulcerated areas.

Session 3 – Plantar Foot, Ankle and Tibial Applications
Participants develop selected NMT applications for the plantar foot, ankle, and tibial region. Practical demonstrations include:
- NMT Diabetic Plantar Foot Protocol
- NMT Diabetic Ankle Protocol
- NMT Diabetic Tibial Protocol

The session explores appropriate application selection according to anatomical region, tissue condition, and clinical objectives. Participants review precautions relating to peripheral neuropathy, fragile skin, vascular insufficiency, and pressure-related complications.

Session 4 – Postural, Lumbar and Diaphragmatic Applications
The final session of Day 1 introduces the lumbar and functional diaphragmatic NMT protocols included in the original diabetic wound curriculum. Participants review the anatomical and functional relationships between posture, respiratory movement, and general rehabilitation. Practical training includes:
- NMT Diabetic Lumbar Protocol
- NMT Functional Diaphragm Protocol

These applications are presented as complementary components of the original NMT treatment framework, not as established treatments for diabetic ulcer healing. The day concludes with supervised practice, clinical case discussions, individual feedback, and questions.

Day 2 – Pressure Injuries, Chronic Wounds and Scar Rehabilitation
Pressure-Related Tissue Damage, Anatomical Decompression, Scar Mobility and Clinical Protocol Development
The second day develops NMT applications for anatomical regions vulnerable to pressure injuries and introduces specialized techniques for healed scars and selected chronic wound presentations.

Session 5 – Pressure Injuries of the Spine, Sacrum, Hip and Buttocks
Participants review the clinical characteristics of pressure injuries and the relationship between immobility, sustained pressure, shear, tissue perfusion, and skin integrity. Practical training introduces selected NMT applications for intact surrounding tissues in the spinal, sacral, hip, and buttock regions. Applications include:

- NMT Pressure Injury Spine and Sacral Protocol
- NMT Pressure Injury Hip and Buttocks Protocol

Clinical reasoning emphasizes appropriate positioning, pressure redistribution, and avoidance of applications that could increase pressure or shear.

Session 6 – Upper- and Lower-Extremity Pressure Injury Applications
Participants develop selected NMT applications for anatomical regions frequently affected by pressure-related tissue damage. Practical demonstrations include:

- NMT Pressure Injury Knee, Heel and Foot Protocol
- NMT Pressure Injury Elbow and Shoulder Protocol
- NMT Pressure Injury Ear and Head Protocol

The session explores clinical assessment, skin fragility, patient positioning, and treatment monitoring. Applications are restricted to appropriate intact skin and must not interfere with pressure-relieving devices or established wound-care interventions.

Session 7 – Scar Rehabilitation and Tissue Mobility
This session introduces NMT applications for healed surgical and traumatic scars. Participants review scar maturation, tissue mobility, superficial adhesions, and sensory changes. Practical training includes:

- NMT Abdominal Scar Protocol
- NMT Knee and Thigh Scar Protocol
- NMT Shoulder and Axillary Scar Protocol

Clinical reasoning addresses application timing, scar sensitivity, tissue condition, and functional objectives.

Session 8 – Clinical Integration, Wound Protocols and Final Assessment
The final session focuses on developing individualized NMT nursing care protocols for selected wound, ulcer, and scar presentations. Participants review treatment sequencing, anatomical priorities, application selection, patient monitoring, and documentation of clinical responses. Clinical case discussions include diabetic foot ulcers, pressure injuries, chronic wounds, postoperative scars, and traumatic tissue lesions. The session explores the integration of NMT with established wound assessment, pressure redistribution, appropriate dressings, offloading, vascular management, and multidisciplinary care. Participants review current scientific research and the limitations of available evidence. The session concludes with theoretical and practical assessment.

Developing Individualized NMT Wound and Scar Protocols
A central component of the course is the development of **NMT-specific clinical reasoning and treatment sequencing** according to wound aetiology, anatomical location, tissue condition, vascular and lymphatic status, and rehabilitation objectives. Participants learn to identify appropriate anatomical regions, determine application priorities, and integrate decompressive taping into established nursing wound-care protocols.

Treatment planning considers three principal phases.

- **Acute Phase:** Priorities include wound assessment, infection prevention and management, tissue protection, pressure relief, and treatment of the underlying cause. NMT is considered only when

clinically appropriate and must not interfere with wound care, dressings, medical devices, or vulnerable skin.

- **Post-Acute Phase:** As the wound progresses towards closure and tissue stability, rehabilitation focuses on appropriate oedema management, movement, patient comfort, and monitoring of tissue condition. Selected NMT applications may be considered on suitable intact skin as adjuncts to established care.
- **Functional and Scar Rehabilitation Phase:** Following complete wound closure and adequate tissue healing, applications may be selected to complement scar mobility, tissue sensitivity management, movement rehabilitation, and functional recovery.

These phases provide a structured framework for clinical decision-making while allowing treatment to be adapted to individual patient needs.

Teaching Methodology
The NMT Institute adopts an intensive, practice-focused educational model consisting of approximately **80% practical training and 20% theoretical instruction**. The course combines anatomical presentations, wound and vascular physiology, step-by-step application demonstrations, supervised practical exercises, and nursing clinical case discussions. Participants work in pairs, alternating between practitioner and model roles, allowing each student to practice NMT applications and receive individual feedback. The instructor provides continuous guidance on tape preparation, anatomical positioning, application direction, skin elongation, clinical objectives, and treatment sequencing. Practical exercises are performed on intact skin. Clinical wound cases are reviewed through appropriate educational materials, photographs, case presentations, or supervised clinical demonstrations when suitable. Scientific research and evidence-based practice are integrated throughout the program. **Full attendance and active participation are compulsory.** Appropriate privacy and consent procedures apply to models, clinical cases, photographs, and practical demonstrations.

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

- **Theoretical assessment:** 50 multiple-choice questions covering NMT methodology, wound assessment, diabetic foot care, pressure injuries, vascular and lymphatic anatomy, scar rehabilitation, contraindications, and clinical reasoning.
- **Practical assessment:** Demonstration of selected NMT applications, evaluated for anatomical positioning, technical accuracy, clinical objectives, and patient safety.
- **Clinical reasoning:** Discussion of appropriate application selection and contraindications for selected wound, ulcer, and scar presentations.
- **Individual feedback:** Written and practical results are reviewed, with comments provided by the teaching team.
- **Certification standard:** A minimum overall score of 85% is required, with final classifications of Pass, Excellent, or Distinction.

Successful participants receive the NMT International Certification and Qualification Diploma in Professional Nursing Rehabilitation – Wound, Ulcer and Scar Management. Certificates and professional membership cards are provided according to the NMT Institute's current certification procedures. This certification Recognizes completion of specialized NMT training and does not independently authorize wound-care procedures or expand the nurse's legally Recognized scope of practice.

Post-Course Mentoring and Professional Development
The NMT Institute Recognizes that clinical competence develops through continued practical experience, case evaluation, and professional feedback. Participants are encouraged to review clinical cases, monitor treatment responses, and develop their application skills through supervised clinical practice and ongoing professional education. Advanced tutorials and additional practical laboratory sessions may be organized to support further skill development. Where appropriate, clinical internships may be required for advanced diabetic foot and wound rehabilitation training.

Participants may also continue their education through the NMT Professional Nursing Rehabilitation pathway:

- Stage 1 – General Lymphatic Rehabilitation and Pain Management. 2 Days – 16 Hours
- Stage 2 – Mobility Rehabilitation for Elderly and Recovering Patients. 2 Days – 16 Hours
- Stage 3 – Advanced Post-Surgical Lymphatic and Pain Rehabilitation. 2 Days – 16 Hours
- The Wound, Ulcer and Scar Management program is offered as a **separate specialized module**, complementing the three-stage nursing pathway.

Course Information

- **Course Title:** NMT Professional Nursing Rehabilitation – Wound, Ulcer and Scar Management
- **Course Code:** NMTC-P.NS2
- **Course Duration:** 2 days – 16 hours
- **Training Format:** Intensive classroom-based practical training
- Maximum Participants: 24
- **Course Director:** David Blow, Founder and Research Director, NeuroMuscular Taping Institute
- **Teaching Team:** Certified NMT instructors and tutors
- **Target Professionals:** Registered nurses, wound-care nurses, diabetic foot nurses, tissue viability specialists, rehabilitation nurses, surgical nurses, community nurses, and eligible final-year nursing students
- **Prerequisites:** NMT Nursing Rehabilitation Stage 1 or equivalent approved foundational NMT training
- **Assessment:** 50-question written examination and practical assessment
- **Certification Standard:** Minimum overall score of 85%
- **Certification:** NMT International Certification – Professional Nursing Rehabilitation: Wound, Ulcer and Scar Management
- **Course Materials:** NMT workbook, study resources, practical training kit, tape, scissors, dermo-marker, and application demonstrations
- **Continuing Education Credits:** Subject to accreditation and recognition by the relevant national nursing or professional bodies
- **Professional Development:** Advanced practical tutorials and clinical case review opportunities where available

Advance Your Skills in Wound, Ulcer and Scar Rehabilitation

Develop specialized NeuroMuscular Taping skills for diabetic foot care, pressure injury management, chronic wound rehabilitation, and postoperative scar treatment. Through intensive practical training, anatomical understanding, and structured clinical reasoning, this course provides nursing professionals with additional skills to integrate decompressive taping into individualized wound and scar rehabilitation programs. The NeuroMuscular Taping Institute promotes international professional education, clinical research, and evidence-informed nursing practice, supporting the responsible development of non-invasive adjunctive rehabilitation methodologies.

Expand your professional expertise with NMT International Certification in Wound, Ulcer and Scar Management.

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