NeuroMuscular Taping (NMT) – Professional Pediatric Rehabilitation

Integrating Elastic Decompression Methodology with Pediatric Neurological, Motor and Functional Rehabilitation
International NMT Certification Program | Stage 1 | 4 Days – 32 Hours

Course Overview

The NeuroMuscular Taping (NMT) Professional Pediatric Rehabilitation Course is an intensive four-day professional training program designed for healthcare practitioners seeking to develop specialized skills in elastic decompressive taping and its integration into pediatric neurological, musculoskeletal, and developmental rehabilitation. Developed by the NeuroMuscular Taping Institute in Italy, the program introduces a standardized clinical methodology combining pediatric functional anatomy, neuromuscular assessment, tissue decompression, developmental movement, and evidence-informed clinical reasoning. Particular emphasis is placed on integrating NMT with established pediatric rehabilitation approaches, including neurodevelopmental therapy, physiotherapy, occupational therapy, functional movement training, postural rehabilitation, and multidisciplinary developmental care.



Unlike conventional tension-based taping techniques, 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, creating a movement-responsive mechanical interaction intended to support superficial tissue mobility, sensory stimulation, and functional rehabilitation. **The principal objective is to develop practical clinical skills for integrating NMT into individualized pediatric rehabilitation programs**, addressing motor development, neuromuscular dysfunction, postural control, movement limitations, and selected neurological and musculoskeletal conditions. Participants learn to select appropriate applications according to the child's diagnosis, developmental stage, anatomical structures involved, functional abilities, and clearly defined rehabilitation objectives.

Who Should Attend?

This course is designed for professionals involved in pediatric neurological, developmental, and musculoskeletal rehabilitation, including:

- Medical doctors, pediatricians, and rehabilitation specialists
- Pediatric physiotherapists and physical therapists
- Occupational therapists
- Pediatric neurological and developmental rehabilitation professionals
- Healthcare professionals working with children with motor disabilities
- Eligible final-year students in relevant healthcare degree programs

Previous NMT base course certification is required. Participants should have an appropriate foundation in anatomy, pediatric assessment, and rehabilitation. All applications must remain within the practitioner's professional scope 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 pediatric rehabilitation. Participants learn to understand the relationships between neurological development, muscular activity, postural control, joint stability, sensory feedback, and functional movement. Particular emphasis is placed on the integration of decompressive stimulation with developmental rehabilitation, movement facilitation, muscular coordination, and progressive functional recovery. Through supervised practical training, participants learn to assess pediatric presentations, identify appropriate anatomical regions, select NMT applications, and develop individualized treatment protocols. The program introduces treatment planning across acute, post-acute, and functional rehabilitation phases, while adapting applications to the child's developmental stage, tolerance, and therapeutic objectives. The course also promotes multidisciplinary clinical reasoning, encouraging collaboration between medical specialists, physiotherapists, occupational therapists, and other pediatric rehabilitation professionals.

Key Skills and Topics Covered
The course combines pediatric functional anatomy, neurological assessment, clinical reasoning, and intensive practical NMT training.

- **32 hours over 4 days**, combining theoretical instruction, demonstrations, supervised practice, and clinical case discussions.
- **NMT elastic decompression methodology**, including zero-tension applications and differences between decompressive and compressive techniques.
- **Pediatric neurological and motor development**, including movement milestones, postural control, muscle tone, and functional coordination.
- **Upper-extremity rehabilitation**, including shoulder, elbow, wrist, hand, and fine motor function.
- **Lower-extremity rehabilitation**, including hip, knee, ankle, foot, and functional movement patterns.
- **Neurological rehabilitation**, including cerebral palsy, hemiplegic presentations, hypotonia, hypertonia, and selected developmental motor disorders.
- **Musculoskeletal and postural rehabilitation**, including joint instability, muscular retractions, ligamentous laxity, and altered alignment.
- **Sensory and neuromuscular applications**, exploring the relationship between cutaneous stimulation, movement awareness, and functional rehabilitation.
- **Lymphatic and circulatory applications**, including selected presentations involving immobility-related swelling and postoperative oedema.
- **Scar and postoperative rehabilitation**, addressing tissue mobility, scar sensitivity, and selected surgical recovery conditions.
- **Clinical reasoning and treatment sequencing**, adapted to pediatric developmental needs and rehabilitation phases.
- **Integration with established pediatric therapies**, including physiotherapy, occupational therapy, neurodevelopmental rehabilitation, and functional exercises.
- **Patient safety and contraindications**, including skin integrity, medical complexity, neurological conditions, and appropriate clinical referral.
- **Supervised practical training**, with instructor feedback, case studies, and evidence-informed applications.
- **Post-course mentoring**, including a two-hour online feedback session approximately two months after training.
- **Ongoing instructor support** through a dedicated WhatsApp group for up to two years.

Integrating NMT with Pediatric Rehabilitation
A Complementary Approach to Pediatric Neurorehabilitation
NeuroMuscular Taping provides pediatric rehabilitation professionals with an additional non-invasive technique that may be incorporated into established treatment programs. While conventional pediatric rehabilitation employs movement training, postural facilitation, therapeutic exercise, sensory integration, and functional task practice, NMT introduces a prolonged, movement-responsive stimulus through elastic tape applied to selected anatomical regions. The course explores how these approaches may be

combined within individualized rehabilitation protocols, recognizing that evidence supporting NMT for specific pediatric neurological and developmental conditions remains developing.

Neurological and Motor Development Rehabilitation
Children with neurological conditions may experience altered muscle tone, reduced motor coordination, postural instability, and limitations in functional movement. Participants learn to identify relevant anatomical and functional relationships and consider appropriate NMT applications as adjuncts to established neurological rehabilitation. Clinical examples include cerebral palsy, hemiplegic motor patterns, hypotonia, hypertonia, and developmental movement difficulties.

Upper-Limb and Fine Motor Rehabilitation
Upper-extremity function is essential for reaching, grasping, manipulation, and participation in daily activities. The course introduces NMT applications for the shoulder girdle, elbow, wrist, hand, and thumb, with particular attention to proximal stability and distal motor control. Participants explore integration with occupational therapy, hand rehabilitation, and task-oriented motor training.

Lower-Limb and Functional Mobility Rehabilitation
Lower-extremity rehabilitation addresses the anatomical and functional relationships involved in standing, walking, balance, and postural control. Participants learn NMT applications for the hip, thigh, knee, ankle, and foot, including selected approaches to muscular retractions, altered joint alignment, and functional movement limitations. Applications are integrated with appropriate physiotherapy, orthotic management, and progressive movement training.

Postural Control and Trunk Rehabilitation
Trunk stability and postural control are important components of pediatric motor development. The course introduces decompressive applications for the cervical, thoracic, lumbar, abdominal, and pelvic regions. Clinical reasoning focuses on the relationship between proximal stability, postural alignment, and functional movement.

Lymphatic and Post-Surgical Rehabilitation
Children undergoing surgery or experiencing prolonged immobility may develop swelling, tissue sensitivity, and restrictions in movement. The course introduces selected NMT applications for lymphatic drainage, postoperative tissue mobility, and scar rehabilitation. Applications are selected according to wound healing, medical precautions, skin condition, and rehabilitation objectives.

Scar and Sensory Rehabilitation
Surgical scars and tissue restrictions may influence movement, comfort, and sensory responses. Participants learn to assess scar location, tissue mobility, hypersensitivity, and hyposensitivity. Following appropriate healing and medical clearance, NMT applications may complement established scar mobilization and sensory rehabilitation techniques.

Course Structure and Practical Training
The program is organized into **four full days of interactive training**, combining theoretical presentations, practical demonstrations, supervised application exercises, and pediatric clinical case discussions.

Day 1 – Foundations of NMT and Upper-Extremity Pediatric Rehabilitation
NMT Principles, Functional Anatomy, Upper-Limb Applications and Clinical Reasoning. The first day introduces the NeuroMuscular Taping methodology and its application to pediatric rehabilitation, with emphasis on functional anatomy, clinical assessment, and foundational upper-extremity techniques.

NMT Methodology and Pediatric Clinical Reasoning: Participants review the development of NeuroMuscular Taping, decompressive and compressive principles, skin elasticity, and the anatomical relationships relevant to pediatric rehabilitation. Clinical discussions address neurological development, muscular function, movement limitations, treatment objectives, contraindications, and application selection.

Upper-Extremity and Cervical Applications: Practical training introduces NMT applications for the deltoid, upper and middle trapezius, cervical musculature, biceps brachii, wrist and hand flexors, hand extensors, and long extensor of the thumb. Additional applications address the lumbar paravertebral musculature.

Clinical Integration and Practical Development: Participants explore selected applications for hemiplegic hand presentations, upper-limb dysfunction, and movement limitations. Instructor demonstrations are followed by supervised practice, individual corrections, and clinical case discussions.

Day 2 – Pediatric Neurological Rehabilitation and Upper-Limb Motor Control
Cerebral Palsy, Hemiplegia, Shoulder Function and Fine Motor Rehabilitation. The second day develops specialized NMT applications for pediatric neurological conditions affecting the upper extremities.

Neurological Assessment and Treatment Planning: Participants review cerebral palsy, hemiplegic presentations, and neurological movement disorders. Clinical reasoning addresses muscular tone, motor control, joint stability, movement patterns, and rehabilitation objectives. Treatment planning considers acute, post-acute, and functional rehabilitation phases.

Shoulder and Brachial Plexus Rehabilitation: Practical applications address shoulder dysfunction, proximal hypotonia, scapulo-humeral control, and selected presentations involving obstetric brachial plexus injury. Participants explore the relationship between proximal stability and upper-limb functional development.

Elbow, Wrist and Hand Rehabilitation: Clinical applications focus on neurological presentations involving the elbow, wrist, and hand. Participants learn to select NMT techniques for altered muscular activity, reduced motor control, and functional movement limitations.

Muscular Retractions and Lymphatic Applications: The course introduces selected applications for muscle-tendon retractions and immobility-related lymphatic congestion. The day concludes with practical analysis, treatment planning, clinical case discussions, and instructor feedback.

Day 3 – Lower-Extremity, Lumbar and Postural Rehabilitation
Hip, Knee, Ankle, Foot and Functional Movement Applications. The third day expands the NMT methodology to lower-extremity and trunk rehabilitation.

Lower-Extremity Functional Anatomy and Clinical Reasoning: Participants review the anatomical and biomechanical relationships involved in pediatric lower-limb movement. Clinical discussions address muscular coordination, joint alignment, postural control, and developmental movement patterns.

Muscular and Tendon Applications: Practical training includes NMT applications for the gastrocnemius and soleus complex, hamstrings, Achilles tendon, quadriceps, hip adductors, iliopsoas, tensor fasciae latae, piriformis, and selected foot muscles. Additional applications address the rectus abdominis and lumbar region.

Knee and Lower-Limb Alignment: Participants explore selected applications for genu varum, genu valgum, patellar positioning, and altered femoral-tibial alignment. Clinical reasoning emphasizes functional assessment and integration with established rehabilitation strategies.

Muscular Retractions and Functional Recovery: The course introduces applications for muscle-tendon restrictions, movement limitations, and immobility-related lymphatic congestion. Practical sessions focus on combining applications according to anatomical relationships and rehabilitation objectives. The day concludes with clinical case discussions and instructor feedback.

Day 4 – Advanced Pediatric Neurological, Functional and Post-Surgical Rehabilitation
Lower-Limb Neurological Conditions, Joint Stability, Scar Rehabilitation and Clinical Integration. The fourth day develops advanced clinical reasoning for pediatric neurological and musculoskeletal conditions, with particular emphasis on functional rehabilitation and individualized treatment protocols.

Neurological Lower-Limb Rehabilitation: Participants review cerebral palsy and hemiplegic presentations affecting the lower extremities. Clinical assessment addresses hypertonia, hypotonia, altered movement patterns, pelvic instability, and hip dysfunction.

Joint Stability and Musculoskeletal Conditions: Practical applications address knee hyperextension, ligamentous laxity, varus and valgus alignment, and selected foot deformities, including clubfoot. Participants learn to integrate NMT with established physiotherapy, orthotic management, and functional movement rehabilitation.

Lymphatic and Post-Surgical Applications: The course introduces lymphatic drainage principles and selected applications for immobility-related swelling and postoperative rehabilitation. Participants explore treatment sequencing and anatomical considerations relevant to pediatric care.

Scar and Sensory Rehabilitation: Practical training includes scar assessment and selected applications for abdominal, thoracic, lumbar, cervical, and upper-limb surgical scars. Clinical reasoning addresses tissue adhesions, scar mobility, hypersensitivity, and hyposensitivity.

Complex Pediatric Clinical Presentations: The final day includes an overview of selected neurological and developmental conditions, including spinal muscular atrophy, cerebral palsy, motor developmental delay, plagiocephaly, and associated functional limitations. Clinical discussions also consider children with complex medical needs, including those with gastrostomy feeding devices, and the importance of multidisciplinary assessment and appropriate treatment precautions.

Clinical Protocol Development and Final Assessment: Participants review treatment sequencing, anatomical priorities, application combinations, and individualized rehabilitation objectives. The day concludes with clinical case discussions, theoretical assessment, and preparation for the practical examination.

Developing Individualized Pediatric Rehabilitation Protocols
A central component of the course is the development of NMT-specific clinical reasoning and treatment sequencing according to the child's diagnosis, developmental stage, neurological presentation, tissue condition, and functional objectives. Participants learn to determine which anatomical regions should be prioritized, how applications may be combined, and when decompressive taping can complement established pediatric rehabilitation interventions.

Treatment planning considers three principal rehabilitation phases.
- **Acute Phase:** Rehabilitation priorities include patient safety, tissue protection, appropriate sensory stimulation, and management of selected presentations involving swelling or movement sensitivity. NMT is introduced only when clinically appropriate and when skin integrity and medical precautions permit.
- **Post-Acute Phase:** Treatment focuses on progressive tissue mobility, neuromuscular coordination, joint movement, and integration with appropriate physiotherapy, occupational therapy, and functional exercises.
- **Functional Phase:** Applications are selected to complement motor development, postural control, balance, upper- and lower-limb function, and participation in daily activities.

In pediatric rehabilitation, these phases are adapted to the child's developmental needs rather than interpreted solely as stages following an acute injury. This structured approach encourages consistent clinical reasoning while allowing individualized applications based on the child's abilities, treatment tolerance, and rehabilitation objectives.

Teaching Methodology
The course is delivered through **live, instructor-led training**, designed to maximize practical participation and interaction despite the distance-learning format. The program combines anatomical presentations, step-by-step application videos, live demonstrations, supervised practical exercises, and pediatric clinical case discussions. Participants practice NMT applications using course participant, an appropriate consenting model, such as a colleague or family member, under live instructor supervision. The teaching team provides individual corrections and feedback on anatomical positioning, tape preparation, application direction, skin elongation, and technical execution. Clinical cases may be presented by instructors or participants, with discussion of diagnosis, treatment objectives, application selection, treatment sequencing, and anticipated functional outcomes. 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 models, pediatric clinical cases, and practical demonstrations. For pediatric patients, parent or legal guardian consent and appropriate clinical supervision are essential.

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

- **Theoretical assessment:** 125 multiple-choice questions and written responses covering NMT methodology, pediatric anatomy, neurological rehabilitation, and clinical applications.
- **Practical assessment:** Demonstration of 10 selected NMT applications using an appropriate consenting model, evaluated through live video by an NMT instructor.
- **Small-group assessment:** Practical examinations are organized in groups of approximately 10 participants to maximize individual instructor feedback.
- **Individual feedback:** Written and practical results are reviewed, with comments provided by the teaching team.
- **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 Professional Pediatric 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, practical experience, and professional feedback. Following the training program, participants receive a **two-hour online mentoring and feedback session**, scheduled approximately two months after course completion. This session provides an opportunity to review NMT applications, discuss pediatric clinical experiences, refine treatment protocols, and explore relevant scientific research. A dedicated WhatsApp group provides direct communication with the NMT teaching team for up to two years. Participants may continue their professional development through additional specialized NMT programs in pediatric rehabilitation, neurology, lymphatic rehabilitation, orthopaedics, postural rehabilitation, and speech therapy.

Course Information

- **Course Title:** NMT Professional Pediatric Rehabilitation – Stage 1
- **Course Code:** NMT TNP/4°
- **Course Duration:** 4 days – 32 hours, including theoretical and practical assessment, plus a two-hour online follow-up session
- **Training Format:** Live, interactive, instructor-led practical training
- Maximum Participants: 24–30
- **Course Director and Instructor:** David Blow, Founder and Research Director, NeuroMuscular Taping Institute

- **Target Professionals:** Medical doctors, pediatric rehabilitation specialists, physiotherapists, occupational therapists, and eligible healthcare students
- **Prerequisites:** Appropriate professional training in anatomy and rehabilitation; no previous NMT certification required
- **Assessment:** Written examination and live practical assessment of 10 applications
- **Certification:** NMT International Certification – Professional Pediatric Rehabilitation, Stage 1
- **Course Materials:** NMT workbook, study resources, step-by-step application videos, and practical training kit where delivery is available
- **Practical Requirements:** An appropriate consenting model, suitable camera-equipped device, reliable internet connection, and NMT application materials
- **Continuing Education Credits:** Subject to accreditation and recognition by the relevant national or professional bodies
- **Professional Support:** Two-hour online mentoring session and instructor communication for up to two years

Advance Your Skills in Pediatric Neurological and Motor Rehabilitation
Develop specialized NeuroMuscular Taping skills for pediatric neurological rehabilitation, motor development, postural control, and functional movement recovery. Through intensive practical training, developmental anatomical understanding, and structured clinical reasoning, this course provides healthcare professionals with additional skills to integrate decompressive taping into individualized pediatric rehabilitation programs. The NeuroMuscular Taping Institute promotes international professional education, clinical research, and evidence-informed practice, supporting the continued development of non-invasive rehabilitation methodologies for children with neurological, developmental, and musculoskeletal conditions.

Advance your professional expertise with NMT International Certification in Pediatric Rehabilitation – Stage 1.

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