



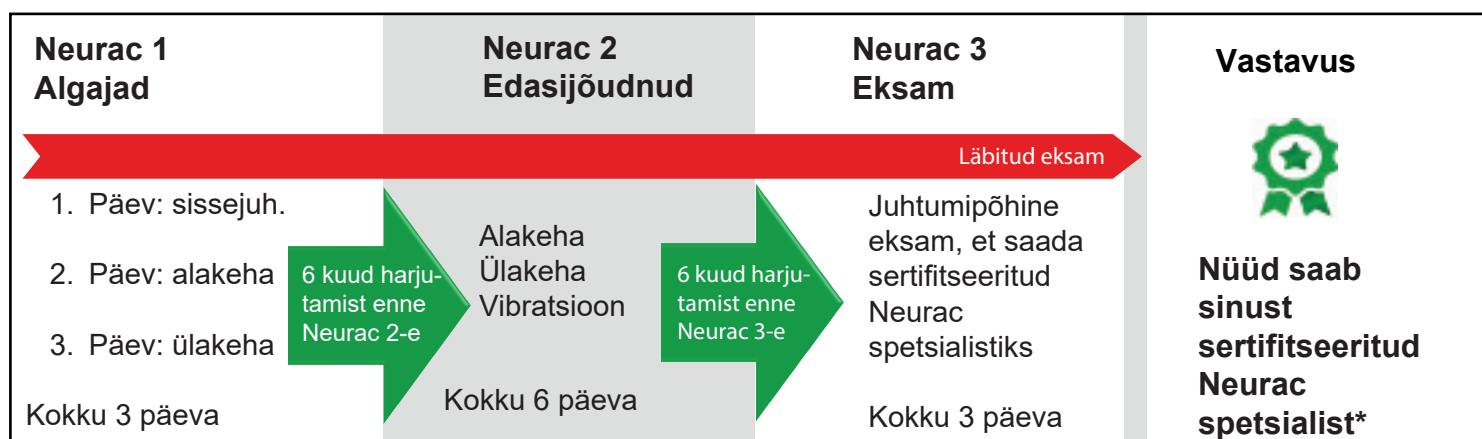
NEURAC KOOLITUSE PROGRAMM



Neurac meetodi eesmärk on läbi kõrge neuromuskulaarse stimulatsiooni taastada funktsionaalne ja valuvaba liikumismuster. Meetod tegeleb lihaste vastastikmõjuga ning ei keskenud ainult sümptomitele, vaid sellele, mis reaalselt probleemi tekitab. Koolituse käigus on palju praktikat, kliiniliselt olulisi näiteid ja põhjendust ning kasulikku arutelu osalejatega.

Rõhutame, et meetodi kliinilise praktika saamiseks on oluline harjutada vähemalt 6 kuud enne järgmisele tasemele asumist. Neurac 2 koolitused tuleb võtta loetletud järjekorras. Neurac 2 kolme kursuse läbimiseks peaks kuluma 3-6 kuud.

See tähendab, et ideaalis jääks Neurac 1 ja Neurac 3 vahele 15-18 kuud.



*Selleks et saada sertifitseeritud Neurac spetsialistiks, pead eksamineerimisprotsessi edukalt läbima, allkirjastama Redcordiga kokkuleppe ning saama ligipääsu Redcord Workstation Professional'i ja Redcord Stimula +'i.

Järgnevatelt lehekülgedelt leiad info iga koolituse teemade ning vajaminevate vahendite kohta.



NEURAC KOOLITUSE PROGRAMM

Neurac 1 . (Foundation)

Total teaching hours: 21 hours (Theory: 4 hours)

Neurac 1 is for therapists who want to learn the basic principles in Neurac treatment, Suspension Exercise and rehabilitation.

This is a practical course with emphasis on active participation. You learn clinical testing and decision making, treatment techniques for specific body parts as well as activation of local and global muscles.

The course is founded on up-to-date research and long standing scientific principles within exercise and active rehabilitation.

Topics covered in this course:

Basic theory on sensorimotor system, pain, local and global muscle systems, functional stability, and principles for restoration of neuromuscular control and functional movement patterns

- Basic theory on neuromusculoskeletal dysfunction and exercise based interventions for the lumbopelvic region, hip, cervical spine, and shoulder complex
- Theory on biomechanical principles related to suspension exercise and treatment
- Theory on ground reaction forces and how it influences function
- Basic theory on principles for Neurac testing and Neurac treatment, including local motor control for the lumbopelvic region and cervical spine, and function of myofascial chains
- Theory on mechanisms behind treatment outcomes related to neuromuscular re-education
- Clinical practice:
 - Basic suspension exercises
 - The helping hand principle as a therapeutic assist
 - Basic Neurac test procedures for the lumbopelvic region, hip, cervical spine, and shoulder complex

Neurac 2 Lower Body (Advanced)

Total teaching hours: 14 hours (Theory: 1.5 hours)

Topics covered in this course:

- Theory on functional anatomy, differential diagnosis, and clinical practice guidelines for lower body that influence our clinical reasoning process, related to both the clinical examination and the treatment approach
- Theory on evidence directly related to Neurac and evidence supporting principles used in the Neurac method
- Clinical Practice:
 - Clinical examination focusing on functional tests, active range of motion tests, pain provocation tests and relevant orthopedic tests for differential diagnosis
 - Discussions on how test findings may influence the Neurac approach in order to restore functional movement patterns
 - Advancing the Neurac testing into standardized test protocols for the lumbopelvic region, hip and knee – and how findings are analyzed
 - Clinical reasoning related to findings and patterns from clinical examination and Neurac testing, and how this should guide our treatment plan
 - Modification of basic Neurac treatment for lumbopelvic and lower extremity dysfunction
 - Advanced Neurac treatment techniques for local motor control in the lumbopelvic region
 - Additional Neurac treatment exercises targeting myofascial chains crossing the lumbopelvic region for improved neuromuscular control
 - Additional Neurac treatment exercises for neuromuscular control of the hip
 - Neurac treatment exercises targeting myofascial chains from foot to pelvis, focusing on neuromuscular control of knee, ankle, and foot



NEURAC KOOLITUSE PROGRAMM

Neurac 2 Upper Body (Advanced)

Total teaching hours: 14 hours (Theory: 1.5 hours)

Topics covered in this course:

- Theory on functional anatomy, differential diagnosis, and clinical practice guidelines for upper body that influence our clinical reasoning process, related to both the clinical examination and the treatment approach
- Theory on evidence directly related to Neurac and evidence supporting principles used in the Neurac method
- Clinical Practice:
 - Clinical examination focusing on functional tests, active range of motion tests, pain provocation tests and relevant orthopedic tests for differential diagnosis
 - Discussions on how test findings may influence the Neurac approach in order to restore functional movement patterns
 - Advancing the Neurac testing into standardized test protocols for the cervical region, shoulder complex, and elbow – and how findings are analyzed
 - Clinical reasoning related to findings and patterns from clinical examination and Neurac testing, and how this should guide our treatment plan
 - Modification of basic Neurac treatment for cervical and upper extremity dysfunction
 - Advanced Neurac treatment techniques for local motor control in the cervical region
 - Additional Neurac treatment exercises targeting neuromuscular control for improved cervical function and movements
 - Additional Neurac treatment exercises for neuromuscular control of the shoulder complex
 - Neurac treatment exercises targeting myofascial chains from hand to truncus, focusing on neuromuscular control of elbow, forearm, and wrist

Neurac 2 Vibration (Advanced)– Neuromuscular Re-Education and Pain Modulation

Total teaching hours: 14 hours (Theory: 1.5 hours)

Topics covered in this course:

- Theoretical background, definitions and principles regarding the neurophysiology of vibration
- Theory on vibration as a therapeutic modality
- Theory on pain neurobiology and how pain influences neuromuscular control
- Theory on the effect of vibration to modulate pain
- Theory on principles related to how vibration is used to enhance Neurac treatment
- Contraindications and precautions when using vibration as a therapeutic modality
- Clinical practice:
 - How to introduce vibration to patients with long-term pain
 - How to apply vibration to Neurac treatment techniques to modulate pain and improve local motor control in the cervical and lumbopelvic regions
 - How to apply vibration to Neurac treatment exercises targeting myofascial chains to modulate pain and improve neuromuscular control for the restoration of functional movement patterns in the:
 - Cervical region
 - Lumbopelvic region
 - Upper extremity
 - Lower extremity
 - Clinical reasoning demonstrated and discussed in a case based setting through clinical examination, Neurac Tests and Neurac Treatment



NEURAC KOOLITUSE PROGRAMM

Neurac 3 (Certification)

Total teaching hours: 21 hours (Theory: 5 hours)

Topics covered in this course:

- Theory on physical activity for health
 - Theory on evidence based health care, evidence based clinical practice and evidence based medicine
 - Research involving Redcord
 - Redcord ideologies
 - Theory on clinical communication and motivation
 - Theory on the clinical reasoning process
 - Continuum of care
- Practice:
 - Redcord Movement Screen and Neurac Testing
 - Clinical reasoning related to findings in the patient examination
 - Repetition of treatment techniques and exercise set-ups by request
 - Group work on a real case
- Exam to qualify as a Certified Neurac Provider
 - Practical demonstration of group work
 - Multiple choice test

When passing the exam, you are qualified to become a Certified Neurac Provider. Accordingly you need to have access to the following equipment:

- Redcord workstation Professional and
- Redcord Stimula +

and sign an agreement between Redcord AS and you as a Certified Neurac Provider.

Täiendava info saamiseks Neuraci ja koolituste kohta vaata palun: www.redcord.com