



Redcord Education Program

Neurac - Active - Sport

Redcord®

The common thread between healthcare and an active life

Redcord® is the leading provider of solutions for enhanced physical function, well-being and sports performance. Redcord offers knowledge and solutions for exercise and treatment of musculo-skeletal pain and neuromuscular dysfunction, and has developed the treatment method Neurac.

What is Neurac treatment?

Neurac is an acronym for Neuromuscular Activation, and is a treatment method for acute and chronic pain, musculoskeletal disorders and neuromuscular dysfunction. Neurac consists of specially tailored exercises and techniques in Redcord ropes and slings, aiming to restore functional and pain free movement patterns through a high level of neuromuscular stimulation.

Neurac is an active treatment method based on four main principles:

1. Body-weight-bearing exercise (closed kinetic chain) in Redcord slings
2. Application of focused perturbation to the ropes (manual and/or Redcord Stimula®)
3. Precise progressions
4. Pain free movements

The Neurac method includes test procedures to evaluate neuromuscular function and myofascial chains, with emphasis on integration of “local” and “global” muscles. The exercises focus on neuromuscular re-education to activate, normalize, and strengthen the muscle interaction.

The Neurac method is founded on up-to-date research and long standing scientific principles that recommend the use of closed chain exercise for managing neuromusculoskeletal problems and enhancing function. Recent neuroscience and clinical trials suggest the use of vibration to increase neural drive and to modulate pain.



What is Redcord suspension exercise?



Redcord suspension exercise is:

- Enhancing performance
- Effective
- Enhancing function
- Preventing injuries

Redcord suspension exercise improves:

- Strength
- Muscle endurance
- Balance
- Coordination
- Stability
- Neuromuscular control

Redcord suspension exercise is effective conditioning for both stabilizing and global muscles. Workouts with body weight in slings is at the core of the concept. The exercises are used for rehabilitation, functional activity, injury prevention and performance training,

The instability of the ropes challenges body control and balance while doing strength training. This improves the muscle interaction. Every exercise activates multiple muscles simultaneously, and improves strength, muscular endurance, balance, coordination and core control. This is what we refer to as functional strength.

Simple test procedures give you the opportunity to identify weak links in the muscle interaction. Even top athletes can have these weaknesses that can lead to stressful overload and pain. Specially designed exercises in Redcord ropes and slings can activate muscles, normalize, and improve the muscle interaction.

The Redcord equipment enables three dimensional exercises. This allows you to mimic movements similar to the ones you do in sports, e.g. a throw, kick or step. Thus suspension exercise has a higher carry over effect to sports and competition than traditional strength training.

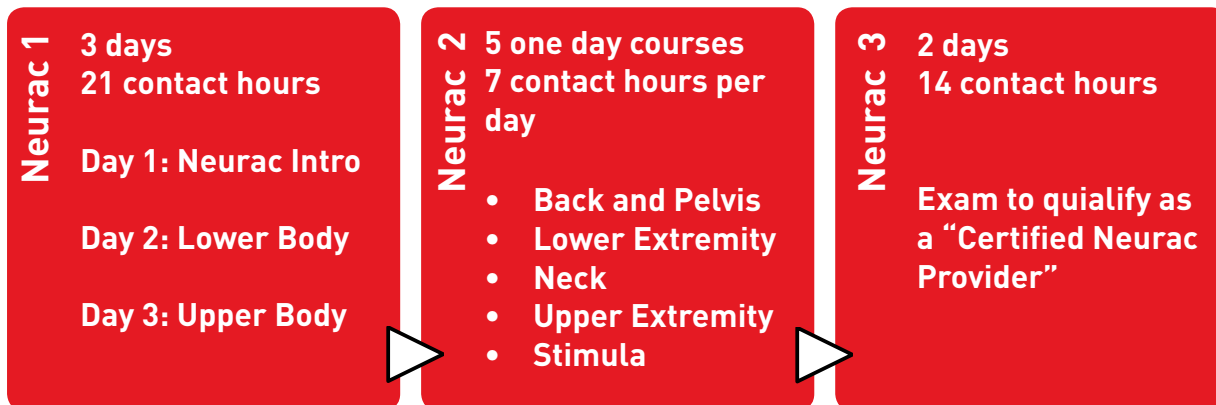
For more information on Neurac, Suspension exercise and to find contact information for your local distributor, please see www.redcord.com



Our courses

Neurac courses for therapists

Neurac courses are for Physiotherapists and other licensed health professionals with an academic background in anatomy, physiology, pathology, and examination of the musculoskeletal system.



Redcord Active courses for therapists, trainers and instructors

Redcord Active courses are for personal trainers, pilates instructors and other professionals within wellness and medical fitness - for individual or group training.



Redcord Sport courses for coaches, instructors and athletes

Redcord Sport are courses for athletes, coaches, trainers, instructors and others who work with sport, athletic performance enhancement and injury prevention. Redcord Sport level 2 is based on Redcord Active Introduction.



For information on courses offered in your country please contact your local distributor - see www.redcord.com for more info



Neurac

The knowledge you need to give more patients a better life

Neurac 1

Neurac 1 is for therapists who want to learn the basic principles for how to use Redcord Suspension Exercise and Neurac in treatment 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:

- Theory on neuromuscular control and musculoskeletal dysfunction
- Introduction to the helping hand principle as a therapeutic assist
- Neurac testing to identify weak links related to local motor control and myofascial chains
- Neurac treatment for local motor control and myofascial chains



Neurac 2

Back & Pelvis, Lower Extremity, Neck, Upper Extremity

Neurac 2 courses are for experienced therapists who have completed Neurac 1. There are currently 5 individual courses at Neurac 2 level.
(see below for Neurac 2 Stimula description)

Topics covered in this course:

- Theory on neuromuscular control and musculoskeletal dysfunction for the specific body region, including a standardised Neurac Testing regime
- Modified exercises targeting myofascial chains and neuromuscular re-education
- Clinical reasoning related to Neurac Testing and Neurac Treatment
- Advanced Neurac testing and treatment for local motor control and myofascial chains

Neurac 2 Stimula

Neurac 2 Stimula teaches how to use vibration and Redcord Stimula in Neurac treatment. Neurac 2 Stimula builds upon the Neurac 1 course.

Topics covered in this course:

- Theory and practice of clinical vibration using Redcord Stimula in Neurac Treatment
- Background, definitions and principles regarding the neurophysiology of vibration
- Theory on vibration as a therapeutic modality
- Theory on the effect of vibration in pain physiology

Neurac 3

Neurac 3 is an advanced course for therapists who have completed all Neurac 2 courses and wish to enhance their skills and understanding of the Neurac method. The focus is on technique refinement, clinical reasoning and patient communication. Participants who successfully complete the examination process and meet the equipment requirement, will be awarded the title "Certified Neurac Provider". This title gives you the opportunity to enter an international network of highly competent, licensed health professionals.

Course objectives:

- In depth clinical reasoning
- Patient communication
- Motivation techniques
- Case based

The certification gives you:

- An official title to be used in marketing
- Listing among recommended Neurac Providers
- Access to an exclusive forum with information, discussions, and updates



Why attend a Neurac course?



Solveig Hauge, Physiotherapist:

Neurac® gives therapists as well as clients, insight and understanding of muscle interaction and how your body works. The treatment is easy to implement to all kinds of patients, takes little space and gives fast results.

I was often unable to help patients with severe physical pain. Redcord Stimula® can reduce the pain and enable the client to exercise and activate muscles and restore muscle interaction.

Neurac treatment and Redcord Stimula has given me a chance to help people with problems that were previous out of my reach; migraine, frozen shoulder, shoulder dysfunctions and last, but not least patients with secudary symptoms related to disc herniation. My clients are highly motivated to continue with exercises at home once they see the effect and have experienced that the exercises really work!



Why attend a Redcord Active course?



Anne Marte Sneve, Personal Trainer:

I recommend the Redcord Active courses to any trainer who wants to be an updated and forward looking professional, and who wishes to master a unique and efficient training tool.

The courses give you a thoroughly insight into suspension exercise, how your muscles interact and the movements of your body. You are taught how to improve your performance, both athletic and in everyday life.

The courses improved my understanding of the body, its movements and its functions. It has made it easier for my to analyse the individual needs of my clients, and I now have the tool to help them to a stronger, more functional and injury free life.



Redcord Active

Wellness & Medical Fitness

Redcord Active Introduction

Redcord Active Introduction gives you the background, definitions and basic principles for suspension exercise. The course is designed for personal trainers, pilates instructors, and other fitness professionals working both with individuals as well as group training.

Topics covered in this course:

- Basic theory on neuromuscular control, core stability and functional strength
- Progressing suspension exercises with Redcord equipment
- A wide range of exercises in standing, side-lying, prone and supine starting positions

Redcord Active Corrective Exercise

Redcord Active Corrective Exercise builds on the theory and practice from Redcord Active Introduction. The course is designed for personal trainers and pilates instructors working with all performance levels within wellness and fitness. The exercises can be implemented in performance enhancement, injury prevention and post-rehabilitation.

Topics covered in this course:

- Theory on biomechanics: planes of movement and ground reaction forces
- Theory on myofascial chains and Neurac muscular Weak Links
- Standardized tests for Redcord Kinetic Chain Testing
- “Corrective exercises”- to restore optimal neuromuscular control and muscle interaction





Redcord Active Multi-Suspension Exercise

Redcord Active Multi-Suspension Exercise builds upon the theory and practice from Redcord Active Introduction. The course is meant for anyone involved in functional enhancement exercise on a high performance level; athletes, instructors or trainers.

Topics covered in this course:

- Theory on the sensorimotor system and neuromuscular control.
- Functional enhancement exercise - the ultimate core exercise
- The variability principle and rotational power
- Redcord Multi-Suspension Exercises with full body suspension (up to 4 suspension points)

Redcord Active Pro

To participate at our new certification course Redcord Active Pro, you are required to previously have finished Redcord Active Introduction, Redcord Active Corrective Exercise and Redcord Active Multi-Suspension Exercise. Participants who successfully complete the 2 day course and the examination process will be awarded the title "Redcord Active Specialist". This title gives you the opportunity to enter an international register of highly competent professionals.

Topics covered in this course:

- Coaching, motivation and communication
- Creating personal exercises plans
- Exam to qualify as a Redcord Active Specialist





Redcord Sport

Functional exercise and athletic performance

Redcord Sport courses are aimed at athletes, trainers, coaches, instructors and other professionals who work with sports, performance enhancement and injury prevention. Redcord Sport courses are related to Redcord Active and build upon Redcord Active Introduction.

The courses are founded on up-to-date research and long standing scientific principles within training and sport performance.

Redcord Sport Performance (under development)

Redcord Sport Performance is build upon Redcord Active Introduction. Redcord Sport Performance will be lauched in 2013.

Topics covered in this course:

- Exercises to enhance performance and prevent injuries
- Three dimensional exercises with high carry-over effect to sports
- Theory on functional anatomy: kinetic chains, muscle slings and muscular synergies

Redcord Sport Specific

Redcord Sport Specific builds upon Redcord Active Introduction. Redcord Sport Specific courses go deeper into exercises aimed at one specific sport, e.g. soccer, cross-country skiing, cycling, golf etc.

Redcord Sport Specific courses can be delivered on demand tailored to your sport/sports club

Please contact your local distributor for more information on Redcord Sport Specific courses.

**For contact information to your local distributor,
please see www.redcord.com**

Works for Every Body!



www.redcord.com