

Neuromuscular Therapy (NMT) defined by John D. Barrera RMT, CNMT, MTI

Neuromuscular Style Manual Therapy has been in existence for thousands of years. Used by many of the ancient civilizations, NMT can provide a viable healthcare solution to the problem of pain.

NMT gained a great deal of recognition in America in the 1980's as pain was determined to be the "weak-link" in modern medicine. The original founders (including myself) of this form of manual therapy still had a great deal of catching up to do as most bodywork done in the world was simply massage style, relaxation techniques.

NMT is the science by which whole body homeostasis is restored through specific assessment and hands-on techniques that dissipate ischemia and trigger points to correct certain postural imbalances.

NMT today is precise, effective and consistent as much research through experience, study and application has been accomplished. Neurological and physiological laws that govern all medical practice are integrated into NMT principles.

Proper body movement is taken into consideration as this is a direct reflection of static balances and imbalances. Examples of corrective technique protocols may include; the restoration of the cervical curve, release of the temporomandibular internal and external musculature to restore proper TMJ tracking and multiple decompressions of the cranial plates.

Currently, Atlas/Axis/Cranial base balancing is the area of great interest. Billions of neurons traverse the region of C1 and C2 therefore even slight distortion in this area especially C1 Atlas, can cause a myriad of symptoms including but not limited to migraine headaches, balance disorders, and learning disabilities. Moderate to severe neck and jaw pain may also be caused by atlas/axis mal-position.

This two-day course will teach the participant to measure and recognize the significance and commonality of Atlas/Axis/Cranial asymmetries. The participant will also learn effective corrective protocols that will restore attainable balance over time to this important region. Whole

body measurements will also be reviewed as the postural equation is always from the ground upwards.

John D. Barrera RMT CNMT has been in clinical practice for over 21 years. John has taught over 600 advanced level courses to many healthcare disciplines. His unique, sensible style combined with many years of clinical practice allows him to solve many difficult chronic pain equations. Please join us for an information filled two-day course that is sure to benefit your patients.