

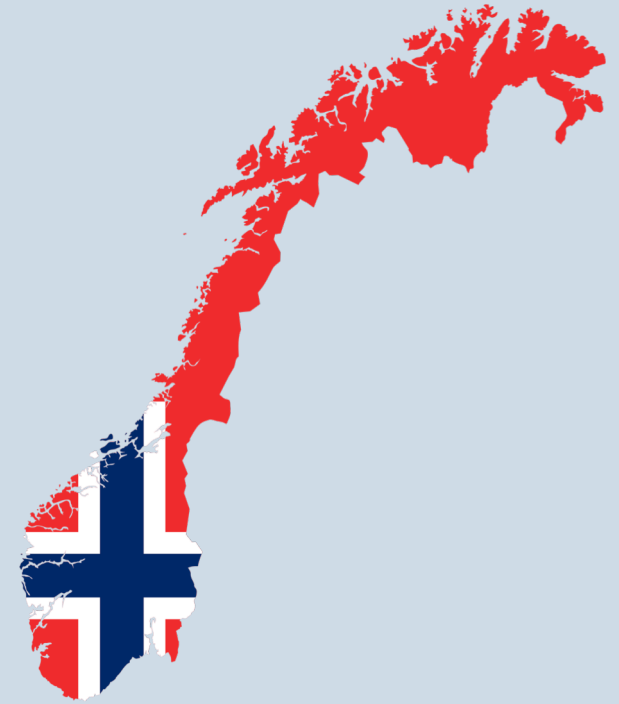


WHAT IS REDCORD?



History of Redcord

- Invented in 1991 in Norway
- Used in more than 30 countries worldwide
- Over 75 published scientific studies involving Redcord



How does it work?

- Neuromuscular activation (Neurac)
 - Identify dysfunctions and muscular imbalances
 - Aims:
 - Restore pain-free movement pattern
 - Improve function
 - Reduce aches and pains
 - Focuses on what is causing the problem...not just the symptoms



But what is Neurac treatment?

Main elements:

1. Suspension exercises
 - Closed kinetic chain (CKC), weight bearing exercises
 - Unsteadiness, controlled instability provided by the ropes and slings
2. Perturbation
 - Manual perturbation increases unsteadiness
3. Workload
 - Precise grading of exercises
 - Neuromuscular challenge is gradually increased
4. Pain free approach
 - No provocation of pain
 - No increase of existing pain

Indications for Redcord

- Low back pain
- Pelvic girdle pain
- Neck pain
- Upper extremity dysfunction
- Lower extremity dysfunction
- Neurological disorders
- Balance and gait dysfunction



Goals of Redcord

- Reduce/eliminate pain
- Enhance/optimize neuromuscular control
- Restore range of motion
- Increase strength



Exercises

■ On the table:

- Supine bridging
- Side-lying bridging
 - Hip abduction
 - Hip adduction
- Prone bridging
- Cervical retraction
- Kneeling scapular protraction
- Supine scapular retraction

■ Standing:

- Planks
- Squats
- Rows
- Bridges
- I's, Y's , T's
- Triceps press

And many more!!!!



Evidence



- Chang et al. (2015)
 - Sling-based CKC knee extension exercise produces the highest VMO activation
 - Sling-based exercise had beneficial effects on PFPS
- You et al. (2015)
 - 6 weeks of sling exercise training as effective at reducing pain intensity and improving trunk muscular strengths for individuals with low back pain (LBP)
- Lee et al. (2015)
 - Hip exercises for chronic LBP individuals are more effective than conventional therapy at decreasing pain and levels of disability
- Linek et al. (2016)
 - Sling exercise improves the outcome on the Functional Movement Screen
 - Sling exercise is considered effective for injury prevention in teenage athletes
- Kim et al. (2015)
 - Pain and function scores were significantly lower after using the Neurac intervention for individuals with acute-phase subacromial impingement syndrome
 - Also, shoulder range of motion (ROM) was significantly greater