Neurac 2 Vibration

Neuromuscular Re-Education and Pain Modulation

Day 1

09:00	**Welcome**
09:15	**Theory Presentation**
10:45	**Break**
11:00	**Redcord Stimula+** Technical specifications
11:15	**Practice Neck Region** - Supine Cervical Setting - Prone Cervical Setting
12:30	**Lunch**
13:30	**Practice Neck Region** - Supine Cervical Movements - Standing Cervical Movements
15:00	**Break**
15:15	**Practice Low Back and Pelvis** - Prone Lumbar Setting - Supine Lumbar Setting - Supine Pelvic Lift
16:45	**Questions and Answers**
17:00	**End of day**

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Day 2

09:00 **Practice Upper Extremities**
- Kneeling Scapular Protraction
- Supine Shoulder Abduction
- Kneeling Elbow Extension
- Supine Elbow Flexion
- Standing Shoulder Adduction

10:45 **Break**

11:00 **Practice Lower Extremities**
- Side-lying Hip Abduction
- Side-lying Hip Adduction
- Supine Knee Flexion
- Supine Ankle Plantar Flexion
- Prone and Supine Ankle Dorsal Flexion

12:30 **Lunch**

13:30 **Treatment Demonstration**

15:00 **Break**

15:15 **Treatment Demonstration**

16:30 **Questions and Answers**

16:45 **Summary and Evaluation**

17:00 **End of course**