

## **NEUT 1080 : Techniques and Theory III**

This course enhances didactic instruction of students in the techniques of neuromuscular therapy (NMT) as related to physiologic factors of pain such as Ischemia, Trigger Points, Postural Distortion, Neural Compression/Entrapment, Biomechanical Dysfunction, Nutrition and Stress in an attempt to restore and maintain a balance among the muscular, skeletal and nervous systems. Topics include: NMT foundational platform; NMT application fundamentals; indications and contraindications for treatment; muscles; NMT treatment per body region; and self-care.

**Clock Hours** 90

**Credits** 3

**Prerequisites**

NEUT 1001

NEUT 1020

NEUT 1030

NEUT 1050