

# Sertifikat

diberikan kepada

dr. Prijo Sudibjo, M.Kes., Sp.S.

sebagai

## Peserta

Online Course

Neuromuscular Taping: Basic Course on Upper and Lower Extremities

Jakarta Neurology Exhibition, Workshop, and Symposium  
Neurological Innovations through the New Era (NINE)

## 05-13 Februari 2022

SK IDI No. 1374/IDIWILJKT/SKP/XII/2021

Peserta 12 SKP Pembicara 8 SKP Moderator 2 SKP Panitia 1 SKP

dr. M. Kurniawan, Sp.S(K), FICA, M.Sc

Kepala Departemen Neurologi FKUI-RSCM  
Ketua Perdossi Jaya

dr. Ramdinal Aviesena Zairinal, Sp.S(K)

Ketua Panitia Jaknews 2022

# Program Description

<b>Speakers</b>	<ol style="list-style-type: none"><li>1. dr. Amanda Tiksnadi, Sp.S(K)</li><li>2. Dr. dr. Herlyani Khosama, Sp.S(K)</li><li>3. dr. Wahida Ratnawati, Sp.S</li><li>4. dr. Sofiati Dian, SpS(K), M.Kes, PhD</li><li>5. dr. Aih Cahyani, SpN(K)</li><li>6. David Blow</li></ol>
<b>Duration</b>	4 weeks (5-27 February 2022)
<b>Program Description</b>	<p>This course is provided by NMT Institute. It covers the basic course of various applications of Neuromuscular Taping on Upper and Lower Extremities. The course will be delivered <b>LIVE</b>, both on theory and practice application during all of the session.</p> <p><b>All participants is obligated to attend the class and individually practice the application directly under teacher supervision, during the live session (4 x 8 hours) and complete the online practical and written exam to get the certification.</b></p> <p>Learning point: Participant is expected to be able to determine indication and able to skilfully apply NMT in various clinical cases in Neurology.</p>
<b>Learning Scheme</b>	<ol style="list-style-type: none"><li>1. Learning Presentation</li><li>2. Supervised Online practicals</li><li>3. Practical and written examination</li></ol>
<b>Learning Objectives</b>	Participant will be able to determine indication and able to skilfully apply NMT in various clinical cases.
<b>Certificate Requirements</b>	<b>100% live participation on live session and complete the online practical and written examination</b>
<b>Target Participant</b>	Neurologist

## Timetable

<u>Senin</u>	<u>Selasa</u>	<u>Rabu</u>	<u>Kamis</u>	<u>Jumat</u>	<u>Sabtu</u>	<u>Minggu</u>
	1	2	3	4	5	6
					Live Practical Hands on (08:00-17:00)	Live Practical Hands on (08:00-17:00)
7	8	9	10	11	12	13
					Live Practical Hands on (08:00-17:00)	Live Practical Hands on (08:00-17:00)
14	15	16	17	18	19	20
21	22	23	24	25	26	27
						Online Practical exam + certification (08:00-12:00)

# Interactive Session- Day 1, 5<sup>th</sup> February 2022

Time	Topic	Practice Session
08.00 - 09.00	Pretest	
09.00 - 09:30	Opening and general rules	
09:30 - 09:45	Introduction	
09:45 - 10:15	Mechanism of action	
10:15 - 10:30	<i>BREAK</i>	
10:30 - 11.00	How to cut tape forms	Yes
11:00 - 11.15	Stretched or not stretch	Yes
11:15 - 12:00	Posterior Neck	Yes
12:00 - 13:00	<i>LUNCHBREAK</i>	
13:00 – 14:30	Deltoid Upper Trapezius	Yes
14:30 - 15:00	Application method	
15:00 - 15:30	<i>BREAK</i>	
15:30 - 16:00	Sternocleidomastoideus	Yes
16:00 - 16:45	Supraspinatus	Yes
16:45 - 17:30	Anterior neck drainage	Yes
	Deltoid Compression	

# Interactive Session- Day 2, 6<sup>th</sup> February 2022

<b>Time</b>	<b>Topic</b>	<b>Practice Session</b>
08:00-08:30	Hand flexors/extensor	Yes
08:30 - 09:00	Biceps	Yes
09:30 - 10:00	Shoulder stability	Yes
10:00 - 10:30	Shoulder dynamic	Yes
10:30 - 10:45	<i>BREAK</i>	
10:45 - 11:30	Double fan shoulder	Yes
11:30 - 12:00	Rhomboid	Yes
12:00 - 12:30	Pectoralis	Yes
12:30 - 13:30	<i>LUNCHBREAK</i>	
13:30 - 14:00	Elbow - anterior/posterior drainage acute phase	Yes
14:00 - 14:30	Elbow epicondilitis - functional phase	Yes
14:30 - 15:00	Considerations	
15:00 - 15:30	<i>BREAK</i>	
15:30 - 16:30	Thumb arthritis - acute phase 3 strips x 0.8 cm	Yes
16:30 - 17:00	Carpal Tunnel - acute phase 5 strip fan	Yes
17:00 - 17:30	Carpal tunnel - functional phase	Yes

# Interactive Session- Day 3, 12<sup>th</sup> February 2022

<b>Time</b>	<b>Topic</b>	<b>Practice Session</b>
08:30 – 09:00	Achilles +Full Gastrocnemius	Yes
09:00 – 09:30	Quadriceps Femoris – decompression	Yes
09:30 - 10:15	Hamstring Muscles Application 1 - decompression Hamstring Muscles Application 2 - decompression	Yes
10:15 – 10:30	<i>Break</i>	
10:30 – 12:00	Double fan anterior to the knee Posterior knee drainage	Yes
12:00 – 13:00	Lunch break	Yes
13:00-15:00	Anterior knee functional Knee hyperextension	Yes
	Lumbar -2 tapes Lumbar- 3 tapes	Yes
	Rectus abdominis	Yes
15:00-15:30	Break	
15:30-17:00	Double fan lateral ankle Single fan medial ankle Functional ankle	Yes

## Interactive Session- Day 4, 13<sup>th</sup> February 2022

<b>Time</b>	<b>Topic</b>	<b>Practice Session</b>
08:30 – 09:30	Drainage lower limb Tensor fascia lata	Yes
09:30-10:30	Piriformis Adductor Longus	Yes
10:30-10:45	Break	
10:45- 11:00	Iliopsoas	
11:00 -12:00	Single fan lateral ankle Double fan lateral ankle Functional ankle	No Yes Yes
12:00-13:30	<i>Lunch break</i>	
13:30-14:30	Practical Test	Yes
14:30-15:30	Written Test	No