



Redcord is the common thread between healthcare and an active life

Medical – Active



At The Urban Athlete the therapists use the Neurac method to assess and treat patients with musculoskeletal pain and neuromuscular disorders.

The results are particularly good for conditions such as:

- **Low back and pelvic pain**
- **Neck disorders**
(e.g. whiplash, neck pain with headache)
- **Shoulder and arm dysfunctions** (e.g. impingement, shoulder instability, tennis elbow)
- **Lower extremity disorders** (e.g. arthritis and patellofemoral pain)

Systematic evaluation of treatment responses

An individualized treatment plan is developed for the patients based on the treatment response from the first three consultations.

Long term follow up, including exercise programs, is emphasized. The treatment outcome is systematically monitored with validated patient forms. Our clinical experience is transferred into our education programs.

The Redcord clinic offer services to companies for company prevention, as well as treatment and group training at the workplace.

Works for Every Body!



Redcord is the leading provider of solutions for functional enhancing exercise. The solutions will enhance physical functioning and general wellbeing as well as sports performance. **Redcord offers high-level competence related to treatment of musculoskeletal pain and neuromuscular dysfunction.**

▶▶ Based on experience from professional applications since 1991 and knowledge from scientific research, Redcord has developed knowledge based solutions for two purposes; Medical and Active.

Medical includes solutions to reduce the Suffering of individuals and costs for society due to musculoskeletal pain and neuromuscular dysfunction.

Active offers solutions accessible to everyone for the maintenance of a high quality of life.

Based on acknowledged principles and a scientific Attitude. Redcord develops and delivers solutions consisting of course methods, exercise equipment and business proposals.



Redcord suspension exercise is effective and useful for anyone who would like to improve their functional level. Redcord is an integrated tool for athletes as well as therapists and patients for medical rehabilitation, functional enhancement exercise, injury prevention and performance training.

▶▶ Medical

Neurac (NEURomuscular ACTivation) is our unique method for treatment of musculoskeletal and neuromuscular disorders. Neurac consists of tailored exercises and techniques utilizing the Redcord Workstation.

Neurac aims to:

- ▶ Reduce aches and pains
- ▶ Optimize neuromuscular control and muscle coordination
- ▶ Restore full range of motion and functional movement patterns

▶▶ Active

Redcord Active is our solution developed for the active segment. This method applies high effort without the need for high mechanical load, using key biomechanical principles to optimally enhance muscle activation and function.

Redcord Active focuses on:

- ▶ Integrate local and global muscles
- ▶ Improve core control
- ▶ Enhance balance, flexibility and functional strength



What is the NEURAC system?



▶▶ Neurac, an abbreviation of Neuromuscular Activation, consists of therapeutic exercises in Redcord slings.

The objective of the Neurac method is to painlessly restore functional movement patterns. Neurac treatment restores muscular coordination and focuses on treating the real causes of a patient's problems, not just the symptoms.

How to eliminate pain?

Studies have shown that pain and/or inactivity cause the nervous system to alter normal neuromuscular patterns. The altered patterns impair musculoskeletal function, which provokes further pain. Neurac restores impaired muscular coordination patterns, often provides immediate relief from acute and chronic pain, and thus improves physical function.

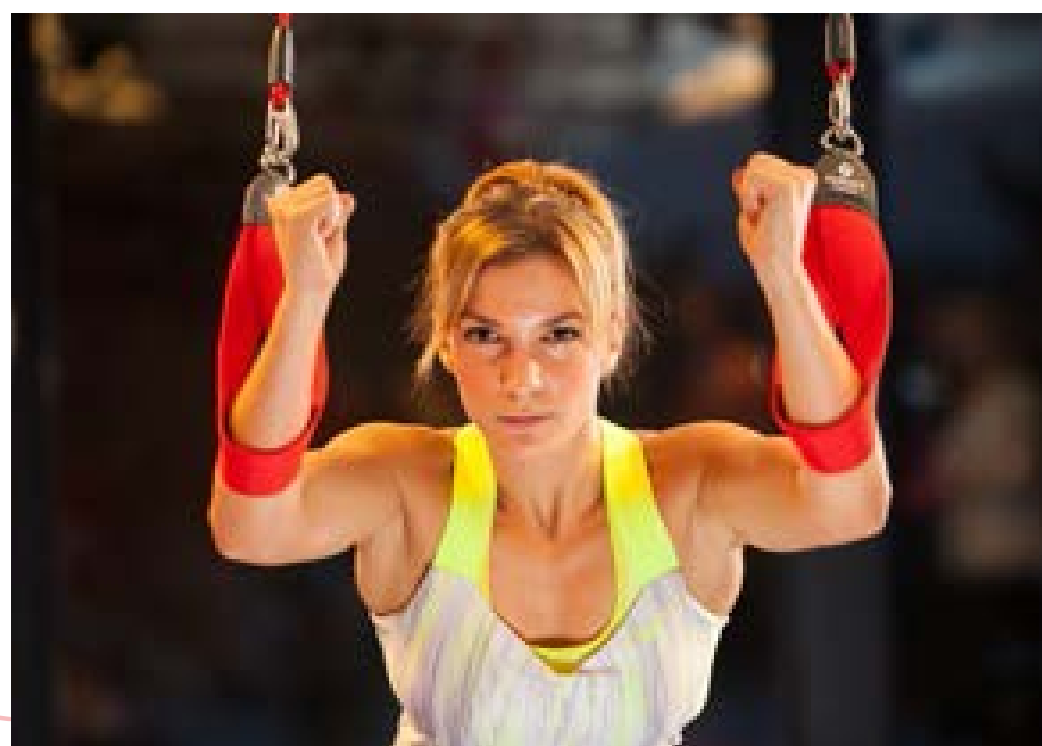
The method includes evaluation procedures, known

as “Neurac Testing”, that enables us to identify painful movements, dysfunctions, and muscle imbalances. Neurac testing systematically examines the body to identify the weaknesses in different myofascial chains.

Neurac treatment concentrates on correcting these weak links, reducing and eliminating overloading of the muscles that cause pain and dysfunction. In many cases, the treatment provides immediate relief from acute and chronic pain and improves physical function.



REDCORD ACTIVE



▶▶ Redcord Active is an exercise program that focuses on how suspension work can be one of the most effective ways to help your clients, athletes, or patients obtain better results.

These exercises provide a constant demand on the stabilizing system that helps adjust restrictions while helping correct myofascial restrictions in both open and closed kinetic chains.

After completing this course, you will have sufficient knowledge to apply functional anatomy and biomechanical principles in a suspension training program, choosing exercises and adapting them to specific neuromuscular adaptations.

The exercises covered will be able to be employed in the performance optimization, dynamical body stability, injury prevention, and rehabilitation.



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