



# NEUROMUSCULAR ACTIVATION

Neurac Therapy and Neurac Exercise

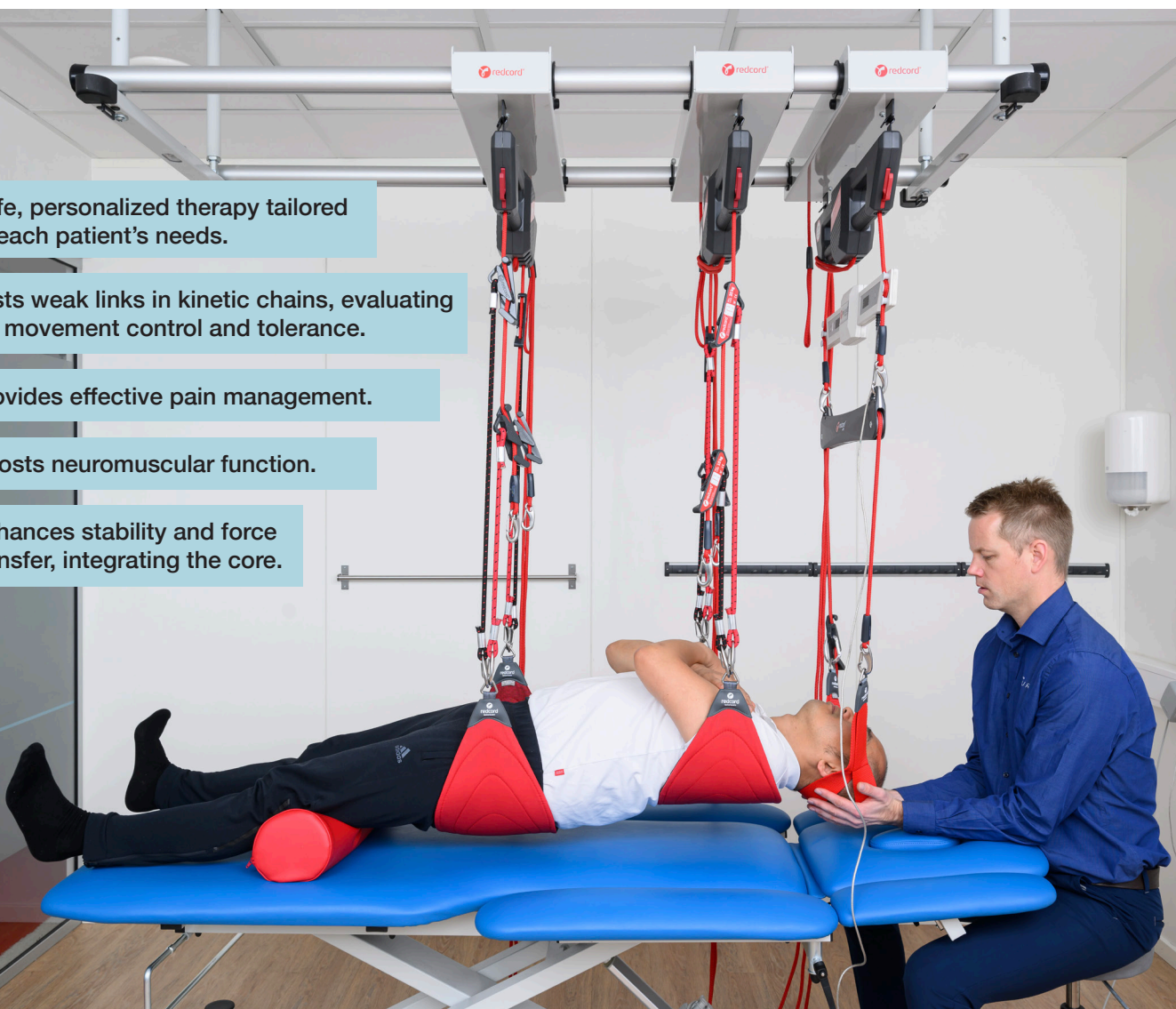
Safe, personalized therapy tailored to each patient's needs.

Tests weak links in kinetic chains, evaluating 3D movement control and tolerance.

Provides effective pain management.

Boosts neuromuscular function.

Enhances stability and force transfer, integrating the core.



[www.redcord.com](http://www.redcord.com)

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# For Professionals Who Aspire to Achieve More

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- Physio Therapist
- Athletic Trainer
- Personal Trainer
- Group Trainer
- Fitness Coach
- Medical Practitioner



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## Neurac: Backed by Research

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- Neurac Therapy is level 1 evidence based [1] for the effect on low back pain [2-6] and stroke rehabilitation [7]
- Neurac Therapy is ranked among the top therapies for pain relief for low back pain [2-4].
- Neurac Therapy is significantly more effective than all comparisons for muscle strength, activation, and onset [5].
- Neurac Therapy is superior to passive treatment and other exercises both short- and long-term [6].
- Neurac Therapy is more effective on walking ability post-stroke than conventional physical therapy, and trunk training [7].

1. Howick, J.C., I., et al. OCEBM Levels of Evidence: The 2011 Oxford Center of Evidence-based Medicine Levels of Evidence (Introductory Document). 2011 [cited 2024 Feb 12, 2024]; Available from: <https://www.cebm.ox.ac.uk/resources/levels-of-evidence/ocebml-levels-of-evidence>.
2. Li, Y., et al., Exercise intervention for patients with chronic low back pain: a systematic review and network meta-analysis. *Front Public Health*, 2023. 11: p. 1155225.
3. Yang, J., et al., Efficacy of exercise therapy in the treatment of chronic low back pain patients: a network meta-analysis. *Chin J Evid Based Med*, 2021. 21(1): p. 28-39.
4. Yajing, Z., et al., Efficacy Of Exercise Combined With Conventional Therapy On CLBP Patients: A Network Meta-analysis...2021 ACSM Annual Meeting & World Congresses [Virtual], June 1-5, 2021. *Medicine & Science in Sports & Exercise*, 2021. 53(8S): p. 231-232.
5. Drummond, C., et al., Sling Exercise in the Management of Chronic Low Back Pain: A Systematic Review and Meta-Analysis. *J Strength Cond Res*, 2021.
6. Park, C., H. Jeong, and B. Kim, Effects of Sling Exercise on Pain and Disability in Patients with Chronic Low Back Pain: Meta-Analysis of Studies in Korea. *J Int Acad Phys Ther Res*, 2020. 11(3): p. 2155-2163.
7. Long, J., et al., Effects of sling exercise therapy on post-stroke walking impairment: a systematic review and meta-analysis. *International Journal of Rehabilitation Research*, 2022. 45(1): p. 12-23.

# Neuromuscular Activation

**NEURAC**, short for Neuromuscular Activation, is a method developed by Redcord that uses sling-based exercises to treat musculoskeletal conditions and improve physical function. It combines two key paths: **Therapy and Exercise**.

The Therapy path focuses on **restoring motor control** and **function** for those with neuromusculoskeletal issues, while the Exercise path offers top-tier sling training to **boost fitness, enhance performance,** and **prevent injuries**. Both paths are rooted in scientific principles and use high-quality equipment, providing a comprehensive approach to rehabilitation, prevention, and overall well-being.



Neurac Therapy



Neurac Exercise

# From Rehab to Peak Performance



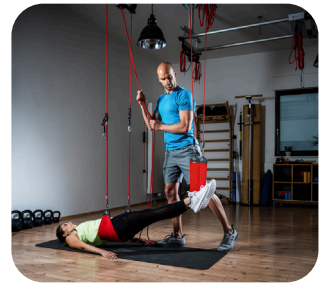
## Neurac Therapy

Rehabilitation  
become healthy

& form  
one unit

## Neurac Exercise

Prevention Fitness  
Performance  
stay healthy



# The Common Thread from Therapy to Training

## Achieve Every Performance Level



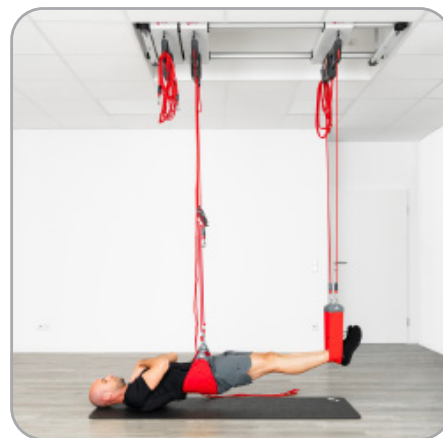
**Neurac Therapy**  
become healthy

**Neurac Exercise**  
stay healthy

# What Makes Redcord Unique

## Unloading Bodyweight

Redcord offers an innovative system that enables training with body weight unloading, allowing individuals to move **without pain or compensatory patterns**. By creating a safe, pain-free environment, Redcord breaks the cycle of pain and dysfunction, paving the way for **relearning optimal movement patterns**. This approach is versatile, allowing users to **achieve any performance level**, making Redcord a truly comprehensive solution for all stages of rehabilitation and training.



## Unsteady Conditions

Redcord uniquely enhances **neuromuscular coordination** by utilizing an unstable environment that engages interconnected muscle chains. The unsteadiness of the system challenges the body to **activate and coordinate muscles more effectively**, leading to improved overall stability and strength. This approach not only strengthens individual muscles but also improves the body's ability to function as a cohesive unit, making Redcord an exceptional tool for **developing neuromuscular efficiency**.



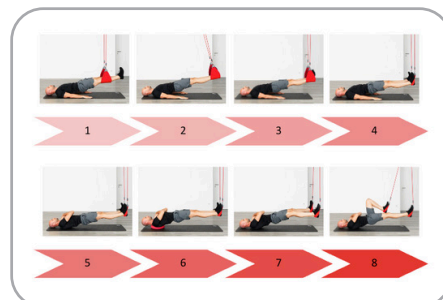
## High Versatility

Redcord offers unmatched versatility, providing **extensive training options** through its **easily adjustable system**. With the use of carabiners, equipment can be quickly switched out, allowing for a **seamless transition between exercises**. This flexibility opens up limitless possibilities for exercise setups, making Redcord an ideal solution for diverse training needs and goals.



## Tailored Intensity

Redcord allows for seamless adjustment of exercises to suit **all performance levels**, ensuring **personalized training**, with a **wide range of regressions and progressions** available to cater to individual needs.



# What Makes Redcord Unique

## Unilateral Training

Redcord's capability for lateralization allows for precise, **unilateral exercise and therapy**, enabling a **specific focus on the muscles you want to activate**. This targeted approach helps pinpoint and address weaknesses, ensuring that each exercise is highly effective in strengthening and **balancing the body**. With Redcord, you can achieve focused muscle activation, making it an essential tool for **correcting imbalances** and optimizing performance.



## Complete System

Redcord offers a comprehensive system that seamlessly integrates **testing and treatment**, delivering a holistic approach to rehabilitation and training. This method promotes a critical thinking framework, encouraging a thoughtful process to **identify the most effective exercises** rather than performing exercises without clear purpose. By combining testing, treatment, and a focused thought process, Redcord ensures that each exercise is purposeful and tailored to individual needs, enhancing the overall effectiveness of the program.



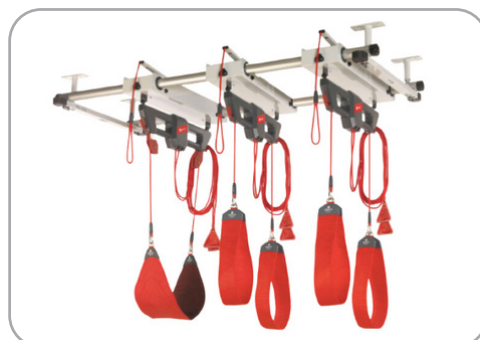
## Transfer to Functionality

Redcord helps improve performance in other exercise modalities by **optimizing movement patterns and functionality**. The effects of Neurac Therapy and Neurac Exercise can be transferred to both sports and everyday activities, ensuring that users can perform at their best in various contexts. By focusing on functional training, Redcord enhances the body's **ability to move efficiently and effectively**, leading to improved overall performance and **reduced risk of injury**.



## Durable Equipment

Redcord ensures **long-lasting** performance with **high-quality**, robust materials designed for intensive use. The equipment is built to withstand the demands of both professional training and therapeutic environments, providing reliable support over time. Additionally, Redcord's commitment to durability means less frequent replacements and lower long-term costs for users.



# What Makes Redcord Unique

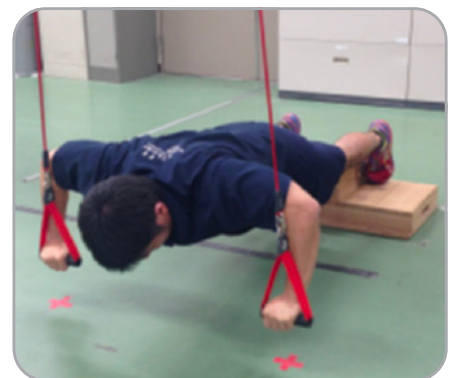
## Long History

Redcord's **deep-rooted history** and **accumulated knowledge** ensure top-tier therapy and training solutions for professionals. With over 30 years of practical applications, research, and development, Redcord has consistently evolved to **meet the needs of its users**. This extensive experience allows Redcord to offer **well-established and effective methods** that are trusted by professionals worldwide.



## Science & Education

Redcord's effectiveness is backed by **numerous scientific studies**, validating its benefits and methodologies. The commitment to evidence-based practice ensures that users receive the most reliable and effective training and therapy solutions. Additionally, Redcord offers a **comprehensive education system**, providing extensive training programs and certifications for professionals to ensure they are well-equipped to utilize Redcord's methodologies to their fullest potential.






## Redcord in Various Fields

	Neurac Therapy	Neurac Exercise
Facilities	<ul style="list-style-type: none"> <li>Hospitals</li> <li>Medical Centers</li> <li>Physical therapy clinic</li> </ul>	<ul style="list-style-type: none"> <li>Physical therapy clinic</li> <li>Personal Training Studio</li> <li>Boutique Studios</li> <li>Fitness Studios</li> <li>Performance Centers</li> <li>Different clubs</li> <li>Companies</li> </ul>
Individuals	<ul style="list-style-type: none"> <li>Physio Therapist</li> <li>Medical Practitioner</li> </ul>	<ul style="list-style-type: none"> <li>Physio Therapist</li> <li>Personal Trainer</li> <li>Group Trainer</li> <li>Athletic Trainer</li> <li>Club Trainer</li> <li>Fitness Coach</li> </ul>
Patients customers	<p><b>Rehabilitation</b> People who suffer from restricted movement and/or pain.</p>	<p><b>Prevention / Fitness / Performance</b> People who want to stabilize their treatment success, improve their fitness or enhance their performance.</p>

# Redcord® Workstation Professional














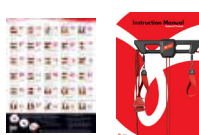




## All you need for Neurac Therapy

 <p>Ceiling Mounted Workstation Art. nr.: 100023 For ceiling heights up to 355 cm</p>	 <p>Wall Mounted Workstation Art. nr.: 100123</p>	 <p>Floor Standing Workstation Art. nr.: 100223</p>
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Please contact your local distributor for advice about ceiling suspension options.

## Workstation Professional content:

1 x Redcord Sliding Suspension System for ceiling, wall or floor mounting with 3 traverses.

 <p>1 pair Redcord PowerGrip</p>	 <p>1 pair Redcord Elastic Cord 30 cm 1 pair Redcord Elastic Cord 60 cm Black, low resistance</p>	 <p>3 x Redcord Trainer with straps</p>	 <p>1 x Redcord AXIS with straps</p>	 <p>Redcord Rope Lock for Redcord AXIS</p>
 <p>1 x Redcord Split Sling</p>	 <p>1 pair Redcord Elastic Cord 30 cm 1 pair Redcord Elastic Cord 60 cm Red, high resistance</p>	 <p>1 x Redcord Roll 15 x 50 cm 2 x Redcord Balance</p>	 <p>Redcord AXIS Ceiling suspension with screws 3 x Carabiners</p>	 <p>1 x Redcord Rope 5 m, with hook</p>
 <p>2 x Redcord Wide Sling</p>	 <p>1 pair Redcord Rope, 30 cm 1 pair Redcord Rope, 60 cm</p>	 <p>1 x Redcord Trainer Ceiling Suspension, with screws</p>	 <p>1 x Redcord Trainer User Manual 1 x Redcord Exercise Poster</p>	 <p>1 x Redcord Rope Release</p>
 <p>2 x Redcord Narrow Sling</p>	 <p>1 x Redcord AXIS Exercise poster and 1 x Redcord AXIS User Manual</p>	 <p>2 x Redcord Wall Caddy for slings, ropes</p>		

**CE** Redcord Workstation is designed in compliance with the essential requirements for medical devices (Class 1), and is labeled with the CE mark according to the manufacturer's declaration.