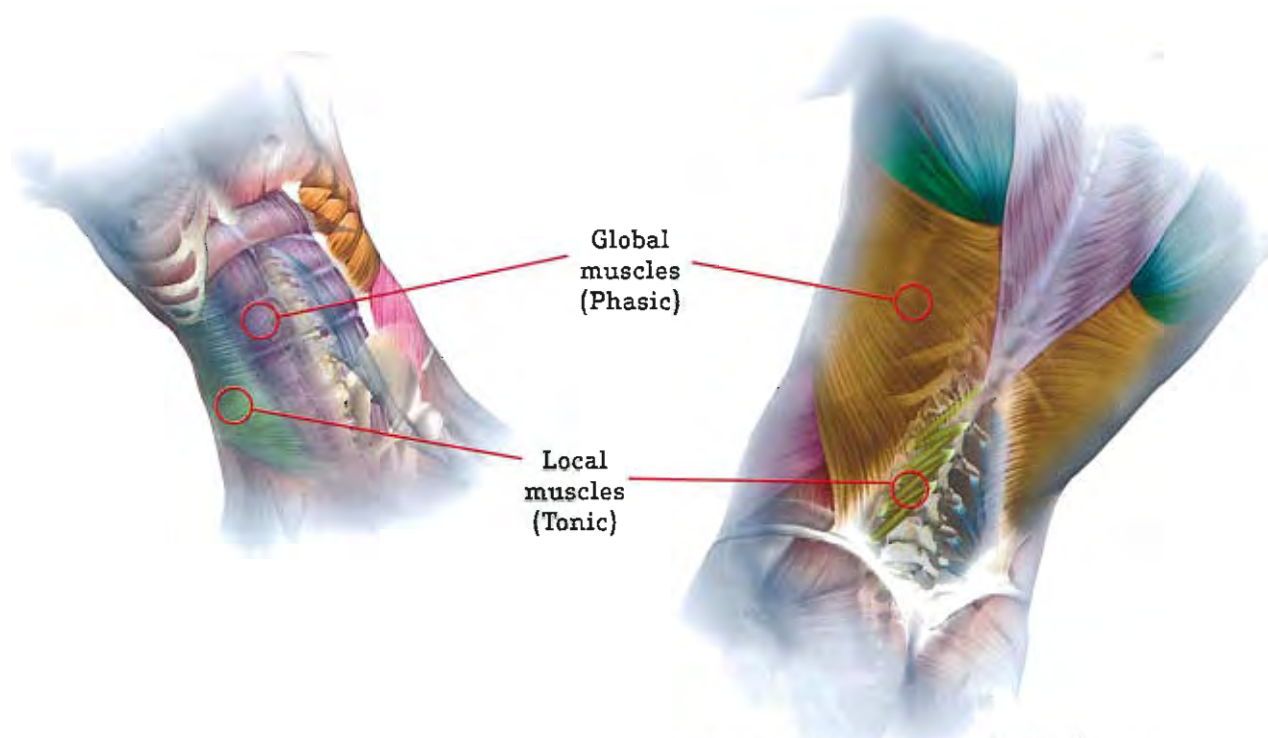


A black and white photograph of a woman lying on a treatment table. Her head is held in place by a dark, fabric-like device with straps. She is looking upwards and to the right with a neutral expression. Her arms are resting on her chest. The background is a plain, light-colored wall.

Redcord
Treatment concept

Redcord – Works for everybody



Health professionals, in particular physiotherapist and doctors, from more than 20 countries, recommend Redcord for active treatment and functional training for effective rehabilitation and prevention of injury of the muscle and skeleton system. Optimal function depends on synergy between the muscles

that control movement (called synergists and stabilizers) and those that create the movement (called prime movers). Pain and dysfunction can occur when there is a lack of coordinated muscle activity, balance and/or proprioception. Scandinavia is well known for excellent conditioning and rehabilitation. 15 years of



Lars Kolsrud, Chief Doctor,
Norwegian Olympic Centre

"We have a long history in using this system on our athletes. As an old gymnast I recognize the Redcord

principles are the same if you want to practise a handstand, if you want to be a better golfer, or if you want to retrain lost skills or balance after an injury. The ingenious aspect of the concept is that it gives you an excellent training/workout

**Gitle Kirkesola,
Manual Therapist and
Redcord course instructor**

"Having used the Redcord system since 1992 and Redcord Neurac since it was developed in 2003, I can truly say that in my 35 years as a physiotherapist and manual therapist I have never been able to obtain results like the ones I now see from using the Redcord system and Redcord Neurac".



research and clinical experience in Norway has made Redcord a leading concept for active treatment of musculoskeletal injuries and dysfunction.

The Redcord concept is recognized by top trainers as well as occupational health professionals as a key ingredient to injury

prevention and maximal performance. It is also increasingly used at work places and by occupational health professionals to increase work performance and reduce symptoms and sickness absence. Today Redcord is used by approximately 90% of Norwegian physiotherapists.



**Suzann Pettersen,
Professional golfer**

"I started using Redcord after having a severe back problem in 2003. The pain

recovered and I am now doing my Redcord exercises on a regular basis to prevent new injuries. Actually, I never start a tournament without a Redcord workout and I am convinced that these

Redcord



Enhanced performance

Workout

Injury prevention

Rehabilitation

Treatment

"A red cord" is a directly translated Norwegian phrase, meaning "the common thread". Regular training with the Redcord concept should be the common thread and part of most peoples day to ensure optimal function and freedom from pain. Redcord has been developed by medical professionals to be effective, convenient, inexpensive, safe and useful for almost everybody. It is a unique training system for use in clinics, studios, home training and even when travelling.

A carefully planned and individually tailored progression of Redcord exercises can accelerate recovery and prevent injury from re-occurring. The exercises can be performed in a clinic, at the work place and in the home. A growing network of internationally certified Redcord therapists and Redcord Clinics are committed to high

standards of treatment that remove pain and improve function – sometimes after a single therapy or training session!

Clinical experience shows that this system works for a wide range of movement related problems such as musculoskeletal conditions and chronic pain. Regular training at home, at the workplace or as part of an organized group is cost effective. Benefits can be seen with as little as 20 minutes training two or three times a week.



This is an exercise targeted at the deep stabilizers of the lower back



By testing both sides of the body, weak-links can be detected

Why it works

Movement depends on a complex interaction between the motor programs in the brain, receptors that provide feedback / feedforward, joint stability, and activation of specific muscle groups. The sensorimotor system is responsible for this interaction. Studies have shown that the stabiliser muscles tend to switch off due to pain and/or lack of use. This leads to impaired quality movement, decreased strength and

control, tiredness, fear and mood changes. Even when the original pain subsides, the program can remain 'switched off', leading to chronic dysfunction and additional pain. These conditions become chronic or recurrent without active treatment.

The EU clinical guideline for non-specific lower back pain recommend active exercise for both treatment and prevention of injury.

Redcord Neurac

Redcord uses a unique method called Neurac (**Neuromuscular Activation**). Neurac aims at restoring normal function by stimulating these 'sleeping muscles'. We hypothesise that Neurac improves the interaction between the brain, receptors and muscles. Therefore, the sleeping muscles may simply 'wake up', sometimes with dramatic results.

Neurac uses a progression of carefully designed 'closed kinetic chain' exercises. The treatment is pain free and easy to implement. 'Weak Link' testing identifies the 'sleeping muscles' and determines the optimal level and intensity for training.

The patented Stimula tool can be applied for focussed vibration that targets 'sleeping muscles' and dramatically reduces pain.



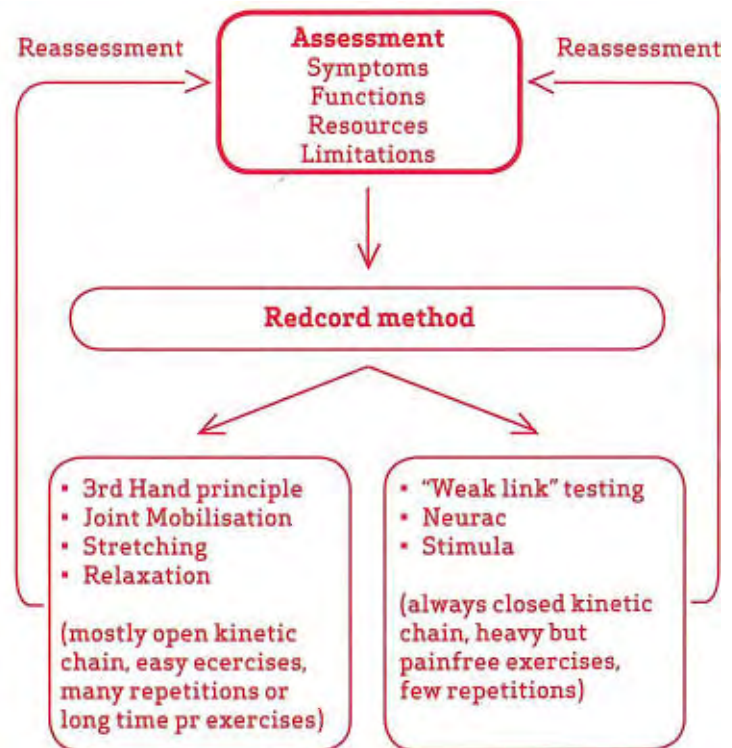
Redcord exercise performed at two different levels. The equipment is used to support the weight of the patient providing the therapist with a "3rd hand". The exercise is performed in Closed Kinetic Chain.

The role of Redcord is

Finding the right solution

Redcord is based on the principal that effective rehabilitation and training depends on the appropriate advice from competent practitioners and quality equipment designed for safety and ease of use. Redcord offers

professional training to therapists and also to trainers. Redcord is continually developing its range of courses and equipment with the help of medical professionals and sports scientists.



We offer a wide range of Redcord courses

covering rehabilitation, injury prevention and

therapy



Redcord Trainer

The Redcord Trainer is designed for training in the comfort of the patients home or the convenience of the workplace. Patented design makes adjustment easy and offers enough flexibility to perform hundreds of exercises.



The Redcord Workstation

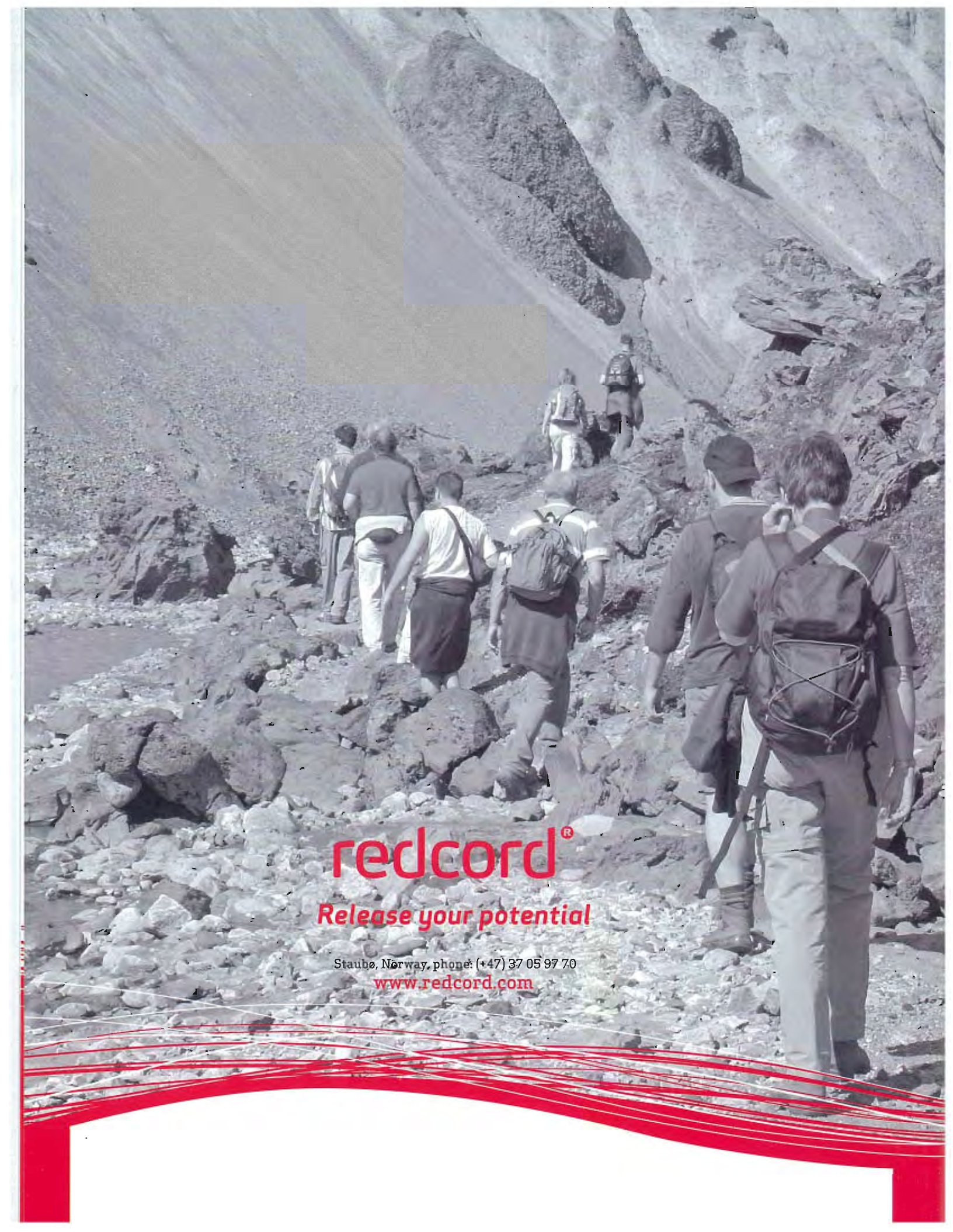
The Redcord Workstation is designed for the therapist who wants the opportunity to perform a full range of tests, treatment and exercises. The system is supported by Praxis software that enables the therapists to prescribe exercises and create handouts for patients. Stimula adds vibration as a treatment modality.



Redcord Mini

The Redcord Mini is the latest in intelligent design. Created for portability and affordability, the Mini makes Redcord training and rehabilitation accessible for everybody. The Mini is recommended to patients by many therapists.





redcord®

Release your potential

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