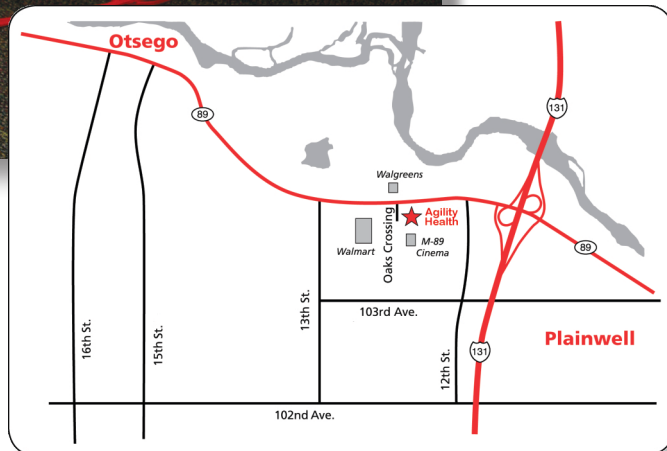




# NEUROMUSCULAR REHABILITATION

UTILIZING  
**redcord®**  
EQUIPMENT



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## THE SYSTEM

Redcord<sup>®</sup>, a suspension based exercise and functional training system proven to facilitate rehabilitation, fitness and sports performance.

## THE SCIENCE

Pain, injury and inactivity inhibit normal muscle activity and function by altering muscle recruitment patterns and motor control. Essentially, pain deactivates muscle, other muscles work overtime to compensate, leaving the neuromuscular system out of balance. Studies have shown muscle imbalances to persist even after pain is gone.

Neurac (Neuromuscular Activation) is a treatment method utilizing the Redcord system that aims to restore functional movement patterns, reverse undesired or inefficient action and to “reset” the Neuromuscular system. To put it simply, the objective of Neurac treatment is to retrain the body to fire the right muscle, at the right time and in the right amount.

## THE GOAL

Whether the goal is to walk without pain, or run the fastest mile, Redcord's unique system enables the body to strengthen and restore. Regardless of age and condition, it's the ultimate continuum of care to last a lifetime.

For more information:  
[www.redcord.us](http://www.redcord.us)