



**NEUROTANGO® CONCEPT
PATIENTS WITH CHRONIC PAIN**

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TARGET GROUP



Patients with chronic pain

BACKGROUND



Physical and mental limitations

GOALS OF NEUROTANGO®
THERAPY



Improvement on a physical and psychological level

CONCEPT



Organisational matters, course schedule/lesson plan

STRUCTURE

CHRONIC PAIN SYNDROME (WITH/WITHOUT PSYCHOLOGICAL FACTORS)

Physical changes

Change in the normal course of movement in the sense of "protective" behaviour

Gentle posture

Gait insecurity, slow and "protective" walking

Inactivity due to myoskeletal causes

Deterioration of physical condition

Rapid exhaustion-circulatory reactions

Weight gain

Psychological changes

Feeling of "alienation" from one's own body

Loss of "confidence" in own body

Avoiding physical contact/physical stress

Withdrawal from everyday and social life




Depression and/or anxiety

Sleep disorders

Concentration disorder

Impairment of the quality of life

**Dimensions of Neurotango
The mechanism**

Step I	Step II	Step III
<p>You come out of your “thought identity!</p>	<p>You come into the sense perception mode</p>	<p>Correcting old, and learning new body/behaviour pattern</p>
		<p>Step into a dialogue</p>
<p>Brings space into your mind</p>	<p>No fear, less pain, experiencing the body + behaviour</p>	
	<p>The beginning to understand why....</p>	
	<p>The body talks through the body improvisation movements</p>	

GOALS
NEUROTANGO®
THERAPY



**AIMS OF THE
NEUROTANGO® -
THERAPY FOR CHRONIC
PAIN**

On a physical level

Exercise, balance training, fluidity when walking, posture improvement

On a psychological and cognitive level

Learning new, "more favourable" movement patterns, enjoyment, improvement of social behaviour

The advantage of music

Acoustic stimuli, stimulation of synaptic connections, improvement of rhythm perception, concentration and mindfulness, synchronisation of the cardiovascular system.

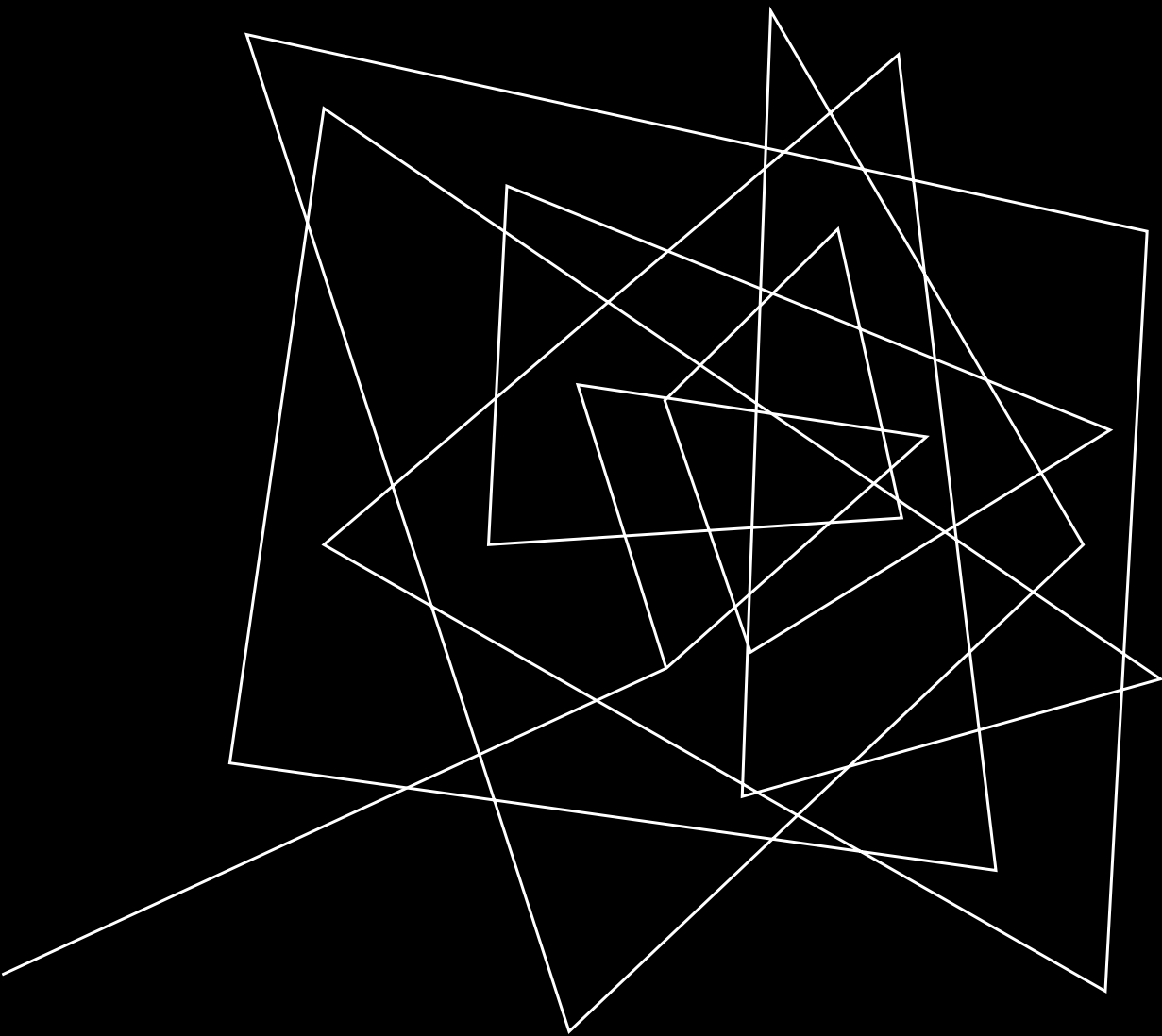
COURSE CONCEPT FOR NEUROPATHIC PAIN - ORGANISATIONAL

Size of target group: 5 - 10 patients and 1 partner each

Facility: Facility for multimodal pain therapy

Room: approx. 100 sqm (depending on the number of participants),
smooth floor, chairs (without armrests), "retreat corner".

Tools: mirror, soft socks, cloths/tapes for contact



COURSE SCHEDULE

OVERVIEW OF THE COURSE PLAN (I*)

DURATION

10 lessons, frequency 2 x week, 50 minutes each

"MEASURING" THE INFLUENCE ON THE PHYSICAL CONDITION

At the beginning of the course: individual goal setting

At the end of the course: Feedback/Evaluation

For each individual hour, indication of pain intensity on numerical rating scale

OVERVIEW OF THE COURSE PLAN

(II*) DURATION

10 lessons, frequency 2 x week (+ 1 retreat week after 4 weeks), each 50 minutes

"MEASURING" THE INFLUENCE ON THE PHYSICAL CONDITION

At the beginning of the course: individual goal setting

At the end of the course: Feedback/Evaluation

At the beginning and end of the course ICF Pain Scale

For each individual hour, indication of pain intensity on numerical rating scale

OBJECTIVES NEUROTANGO® COURSE

Axis exercise, balance training, physical flexibility, coordination, harmonious togetherness, concentration.

Variations in step size and intensity leading to a secure stance and flowing gait, stimulation of the cardiovascular system, feeling of security associated with the Vals rhythm.

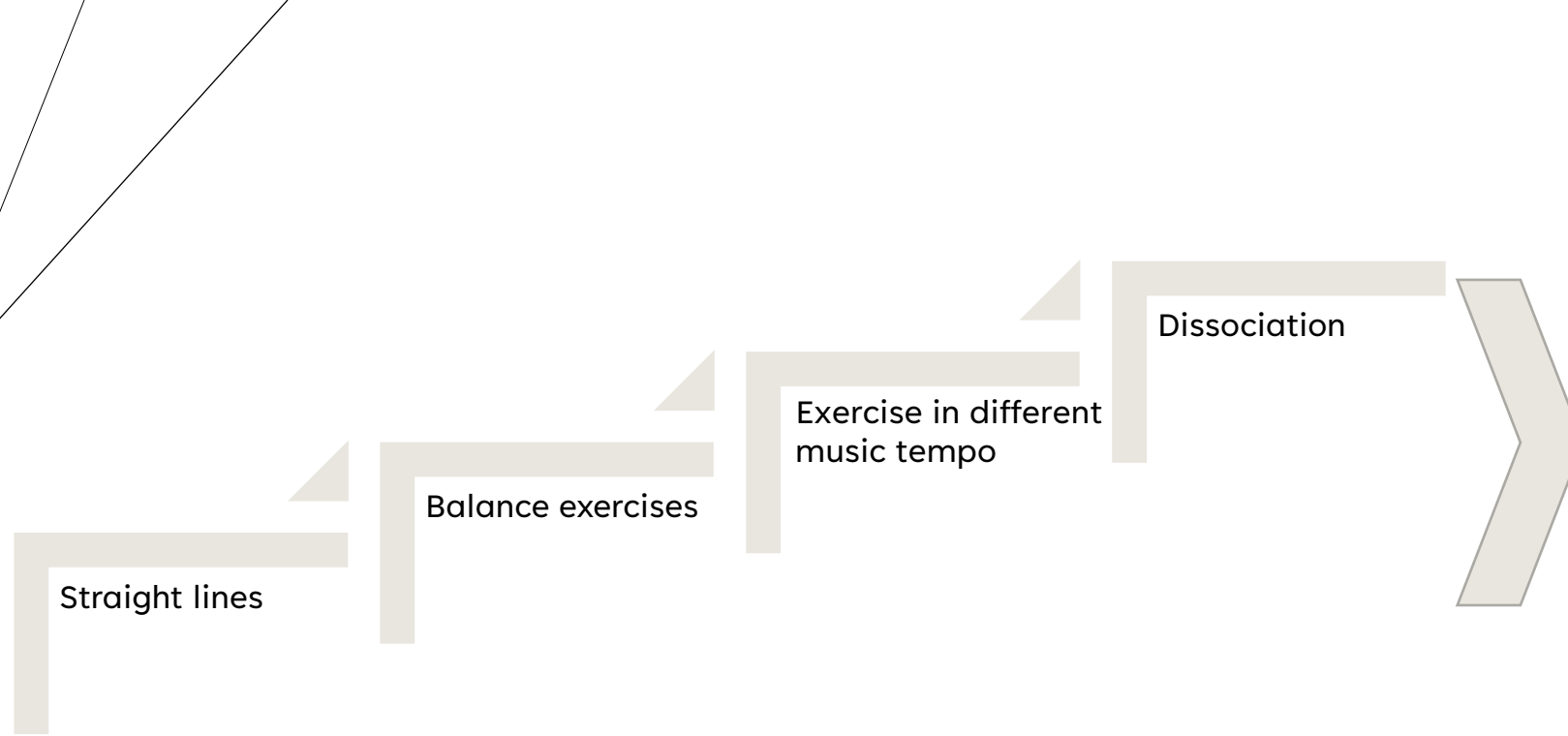
Increased coordination, spatial perception, improvement of stance and gait security, development of more complex movement patterns, increase of concentration, mirror neurons are trained, it is important to keep the connection, the focus on the other person and not on oneself.

Confidence in walking and standing and building up more complex movement patterns, increasing concentration and thereby and relief from negative thoughts, self-confidence and mental agility are achieved through the tool.

Fine motor skills exercise, further building confidence in leading/following, confidence in walking and standing and building more complex movement patterns, increasing concentration and thereby relieving negative thoughts.

Expansion of the "possibilities" (physical and psychological)

"Creating space" for relaxation and new ideas and interests



- perform complex movement patterns with confidence
- increased coordination performance
- Improving fine motor skills
- Improvement of body awareness and physical self-potential

On a psychological and behavioural level, distance from "pain state" and more self-confidence, improvement of contact with others, reflection of one's own change, mindfulness and improvement of mood, development of a skill "dancing", new "movement" patterns in everyday life.



MANY THANKS

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