Title: Muscular Dynamic Reprogramming in the Treatment of Muscular Skeletal Diseases
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Abstract
The rehabilitation by muscular dynamics (RDM), inserted in postures and microflexions (prostrate, sitting, and standing), inserted in articulars ponts, called "body codes" identified in the postural examination. This process facilitate the central nervous system to decode the new movements, reorganizing the nervous tensions and compressions by the moviments themselves, stabilizing the loss of motor capacity, sensitive, control engine (PINTO, 2012).
The RDM was created by the physiotherapist, Dr. Francisco Miguel Pinto in the 90's, researching a type of treatment that supported not only the spine, but also hypothesis of excess joints and muscles, easing pain, and postural changes that stimulate the neurological system, rising of motor control and self-recognition of body limits, as well as overcoming them through the proprioceptive system (PINTO, 2010, 2012).
The RDM work on diverse age group in a progressive way, continuous and evolutionary form for the corporal self-control (the patient is in the control). One of the characteristics that differentiate the RDM method, from others methods, is to teach with a progressive therapeutic pedagogy, the patient can be acquainted with yourself and make their changes with micro resistives, using EP - Proprioceptive elements, made in special polymers with anatomical formantes (currently, there are 21 Eps). All are manufactured with varying foam densities. Its action can stimulate neural center over the micro body movements (PINTO, 2018).

Biography
Pinto F.M. Physical Therapy and Physical Education. He completed his master's degree at human movement at UCB, Brazil, 10 years ago. He is coordinator of the School of Posture, Rio de Janeiro. Has 10 articles published in scientific journals. He is member the World Association of Posturology. Author of the RDM method - Dynamic Reprogramming Muscular. President of the International Congresses of Clinical Posturology. Director of the School of Posture Schools integrated in Brazil. www.escoladepostura.com.br l www.metodordm.com.br

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