

# MUSCLE ENERGY TECHNIQUE & NEURAL TENSION Mobs

## Importance of Stretching

1. Lengthen short tissues (muscle, tendon, neural)
2. Increase ROM
3. Facilitate deformation of muscle fibers
4. Relax collagen and elastin fiber
5. Increase muscle temperature

## MUSCLE ENERGY TECHNIQUE

- ✓ Manual Technique
- ✓ Controlled contraction of muscle
- ✓ Vary intensity of contraction
- ✓ Therapist applies counterforce to contraction

## MUSLE ENERGY TECHNIQUE

### **POST – ISOMETRIC RELAXATION**

- ✓ Move to barrier and position
- ✓ Contract the agonist muscle 10 seconds
- ✓ Patient relaxes
- ✓ Move to new barrier
- ✓ Repeat 3 – 4 repetitions

## **POST – ISOMETRIC RELAXATION**

- ✓ Right Scalene
- ✓ Position in Left SB with mild ext to barrier
- ✓ Contract RIGHT Scalene 10 seconds
- ✓ Relax
- ✓ Move to a new position of SB with mild ext

## **RECIPROCAL INHIBITION**

- ✓ Move to barrier and position
- ✓ Contract the ANTAGONIST muscle 10 seconds
- ✓ Patient relaxes causing relaxation of agonist
- ✓ Move to new barrier
- ✓ Repeat 3 – 4 repetitions

## **RECIPROCAL INHIBITION**

- ✓ Right Scalene
- ✓ Position in Left SB with mild ext to barrier
- ✓ Contract LEFT Scalene 10 seconds
- ✓ Relax
- ✓ Move to a new position of SB with mild ext

## **Neural Tension**

- Nerve tissue has extensibility and elasticity
- Many nerves are associated and located within muscle tissue
- Fascial restrictions will impede nerve tissue movement
- Impeded neural movement will impede neural flow

## **HAPPY NERVES**

1. Space – do not do well with pressure
2. Move – aides with flow of fluid
3. 3% body tissue is nerve – utilizes 20% blood

## **UN - HAPPY NERVES**

1. Chronic overloaded tissue = unhappy nerve
2. Poor tissue health = unhappy nerve
3. Over – stretched tissue = unhappy nerve

## **Symptoms of neural pain**

1. Often described as deep, burning, aching, or heavy
2. Can occur along the nerve's pathway or jump from one area to another
3. Can be constant or intermittent, but are usually Intermittent
4. Sometimes worse during the night, sometimes worse at end of day
5. Local neural ischemia: sharp pain; feels better with easy motion, worse with overuse

## **Neural Tension Mobs**

- ✓ Avoid sustained positions
- ✓ Do not increase pain
- ✓ Do not produce or increase numbness

## **MEDIAN NERVE**

## **ULNAR NERVE**

## **RADIAL NERVE**