

MUSCLE MECHANICS PROTOCOL

- 1. Locate target muscle origin/insertion (or spindle cells).**
- 2. Show the client the action of the target muscle.**
- 3. Passively move client's muscle to demonstrate target muscle action.**
- 4. Put pressure on origin/insertion while resisting the action 3-5 times.**
- 5. Stretch the muscle when done.**
- 6. 3 to 5 times sedates the muscle, 5 to 8 times tones muscle.**