

ESSETRICS[®] TECHNIQUES

POSITIONAL TECHNIQUES Defined as: a position used to target the correct muscle groups and ensure that load path is equally distributed throughout the body	JOINT MOVEMENT TECHNIQUES Defined as: a technique that moves the muscles within or surrounding a joint	NEUROMUSCULAR TECHNIQUES Defined as: a technique used to trigger a response in the nerves and muscles
Neutral C	Movement Within a Stretch	End of the Stretch <i>(myotatic reflex)</i>
Neutral Elongation	Rotation Within the Joint	PNF <i>(Golgi tendon reflex)</i>
Alignment	Rotation of the Joint	Isotonic Contractions: concentric & eccentric
Turnout	Movement of the Joint	Isometric Contraction
Isolation	Overextension	Resistance
Short Lever / Long Lever	Pulling-Up	Relaxation
	Pulling-Out	Imagery
	One-Directional Stretch	Deep Breathing
	Multi-Directional Stretch (two-directional or more)	Agonist / Antagonist
	Lever Stretch	Ballistic Movement
		Music