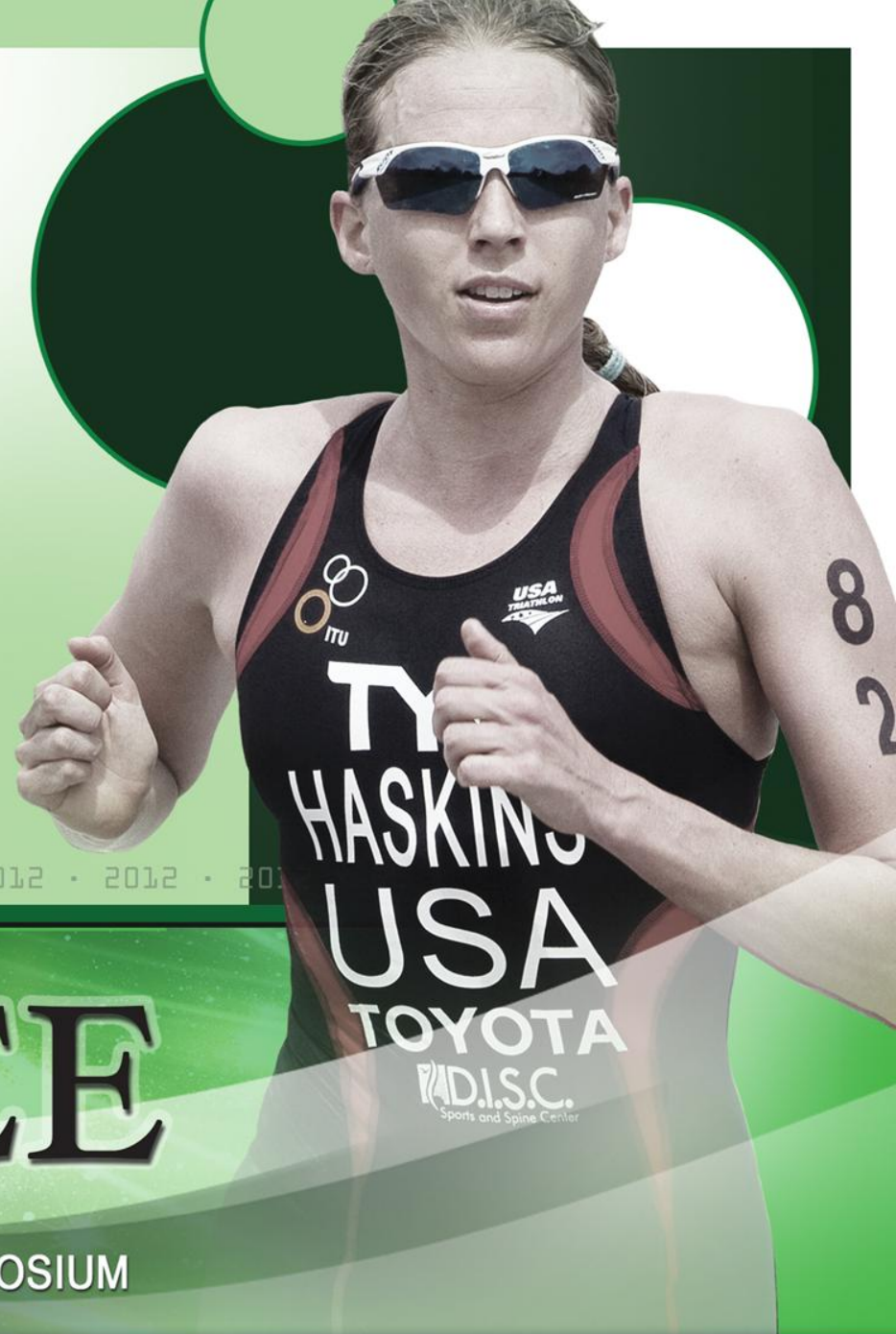


**Brad Carlson CPT,
RTSm, Certified
MAT Specialist**



2012 • 2012 • 2012 • 2012 • 2012 • 2012 • 2012

Art & **SCIENCE**

OF TRIATHLON

2012 INTERNATIONAL COACHING SYMPOSIUM

Identifying Muscle Imbalances to Reduce Injuries and Enhance Performance Through Muscle Activation Techniques

Possible Symptoms of a Muscle Imbalance

1. Non symmetrical range of motion
2. Muscle tightness
3. Discomfort with movement
4. Instability and uncontrolled movement

How do muscle imbalances affect our joints?



What happens to your body when you walk on ice or a slippery surface?



Human Body's Reaction to Force

Instability

**Muscle
tightness**

Compensation

Will static stretching the muscle, correct the muscle imbalance? And what happens to the stability and force output of the muscle.



**Founder,
Greg Roskopf MA,
Biomechanics
Specialist Denver
Broncos**

www.muscleactivation.com

Find a Specialist in your area



Muscle Activation Techniques
is a specific, non medical
process to the assessment,
improvement and maintenance
of human motor control.

Muscle Activation Techniques

identifies a muscle's contractile efficiency in a strict time interval, at various positions along the muscle length, the tension relationship, at a precise limb/body position, in response to a specific point of application and direction of external force.

There are 4 absolute components of Muscle Activation Techniques

1. Comparative Mobility Assessment
2. Active Muscle Contract and Sustain Assessment
3. Digital Force Application to Muscle Attachment Tissues
4. Positional Isoangular Contraction

Comparative Mobility Assessment



Active Muscle Contract and Sustain Assessment



Digital Force Application to Muscle Attachment Tissues



Positional Isoangular Contraction



Muscle Activation Techniques is not:
Longitudinal Stroking, Acupressure,
Myofascial Release, Trigger Point
Therapy, Chair Massage, Cross Friction,
ART, Rolfing, Sports Massage, Deep
Tissue Massage, or Reike

Can Muscle Activation Techniques work for you and your athletes? Just ask my clients.



For more information

www.activeedgemat.com

www.muscleactivation.com

