

Contractile Mapping

Rescue Drill

Training Drill

Systems Impacted:



Structures/Nerves Stimulated:

Muscle Fibers, Peripheral Motor Nerves, Spinal Cord, Cerebellum, Brainstem, Thalamus, Insular Cortex, Sensory Cortex, Motor Cortex, Prefrontal Cortex

Setup:

- Sit comfortably in chair and tighten non-dominant arm

Cues:

- Generate as much force as possible in full range of motion
- Hold 15-20 sec

Action:

Tension

- Supinate forearm (palm up)
- Flex elbow, closing the gap between forearm and upper arm
- Adduct arm toward mid-line
- Raise up in shoulder flexion

Stretch

- Shoulder abduction and extension
- Elbow Extension
- Forearm Pronation

Modifications & Progressions:

- Do for different muscles