

Myotatic Activation Procedures

MAP Courses

PRESENTED BY LEONI VILJOEN





Designed by Fred Mitchell Sr. as an alternative to high velocity low amplitude thrust manipulation. He developed a soft tissue technique to address and treat biomechanical dysfunctions.

Muscle Energy Techniques are Osteopathy techniques where the **myotatic** reflexes in muscles are influenced to alter biomechanics.

MAP vs MET

The term Muscle Energy Technique (MET) is used because of the patients' active contraction or "energy" from their own muscles providing the mobilisation of the restricted joints.

Myotatic Activation Procedures (MAP) is scientifically based on the **myotatic** reflex in muscles as described under the principle of muscle physiology and therefore a more scientific definition for MET.

What is MAP?



MAP is an interactive neuromusculo-skeletal (NMS) technique that delves into the dynamic relationship between muscles, joints, and nerves.

Aim of MAP

- The primary goal of MAP is to restore function.
- This technique targets the root cause of pain rather than merely addressing the pain itself.
- It is designed to be an easy, gentle, and pain-free approach.

MAP simultaneously addresses the joint, muscle and neural structures in a comprehensive **3-in-1 NMS treatment** that takes just 25 seconds!

It empowers the body to self-correct by actively restoring joint-specific stability and function without relying on passive manipulation.

What is MAP?

MAP

New principles



- Applied Functional Anatomy
- Improve diagnostic skills
- Holistic, 3D View of Movements
- Identify and understand root causes
 - not just symptoms
- Acquire different mindset and viewpoint
- Restore Muscle Balance
- Correct Joint Position (Neutral)
- Improve Proprioception and Reflexes
- Alignment & Fascia Integration

MAP

Application



MAP is a process of assessing, diagnosing and treating biomechanical dysfunctions. The diagnostic assessment helps therapists to identify NMS disorders with the focus on function.

Each treatment includes a screening test to assess the outcome of the MAP techniques resulting in immediate changes in mobility with reduction in pain.

MAP will change how you view the human body and appreciate the beauty of functional movement.

MAP

Course Info

By identifying and addressing the root cause of an issue, MAP not only enhances immediate outcomes but also helps prevent future recurrences, making your treatment truly impactful and lasting.

You will confidently uncover and effectively address root causes of dysfunction, ensuring sustainable improvements.

This practical course is supported with a course manual that is packed with photographs which illustrate both the theory and practice of **Myotatic Activation Procedures**.

The MAP course presentation is extensively referenced with clinical examples and tips for helping you learn and integrate MAP into your daily work.

MAP



Comments

- Wow! Excellent! Very practical.
- This is a must for every physio! I will look a lot differently at my patients.
- Brilliantly presented—very insightful.
- New techniques – so simple, yet so effective!
- Very relevant & practical. I learned a lot!
- Very excited to try out new techniques. The manual makes it easy to learn.