

# Myotatic Activation Procedures

MAP Courses

PRESENTED BY LEONI VILJOEN



# What is MAP?

## Myotatic Activation Procedures



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?

## Myotatic Activation Procedures



It is an interactive neuromusculo-skeletal (NMS) technique that explores the **dynamic interaction** between muscles, joints and nerves.

The aim of MAP is to **restore function**. These techniques treat the cause of pain, rather than pain itself.

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

MAP allows the body to correct itself by actively restoring joint specific stability and function, without the need for passive manipulation.

# 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.