



- [1] Understand how to quickly locate the muscle, find key tender areas, and assess accurately its degree of health or dysfunction. For some muscles, working short or long is more useful.
- [2] Understand the best way to isolate the muscle from surrounding tissues.
- [3] Know the 2 or 3 best positions and techniques to use that allow the muscle to be treated, shortened and stretched without the therapist having to change positions much or at all. Know which muscles are most amenable to the use of EPS and specific EPS techniques to use.
- [4] Know the best positions and cues to encourage the client to engage the muscle in the most useful treatment attitudes.
- [5] Know the best positions for stretching the muscle - this can be for various purposes: PIR, working the muscle under stretch, pin and stretch, and larger resolving stretches.
- [6] Understand the best techniques for working the muscle short/into shortening.
- [7] Understand how to use the most relevant tests if any, and what indications mean in relationship to the muscle. Tests may be range of motion, strength, or postural.
- [8] Understand the muscle's actions and functions in the body.
- [9] Typical causes of activation as well as perpetuating factors.
- [10] Easy things the client can do to work on the muscle at home.
- [11] Important key/satellite relationships.
- [12] Common diagnoses that might actually be due to trigger points in the muscle.
- [13] Areas of the body where the muscle commonly causes pain.
- [14] Talk about the important issues relevant to the treatment area.
- [15] Be able to demonstrate the protocol, visiting each of the muscles and talking about/demonstrating the points in each column as the muscle appears in treatment order.