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Emmett Technique

By Debbie Kinley

Debbie Kinley, Emm-Tech co-ordinator and tutor, provides an introduction to the fast-acting, muscle-release therapy.

Emmett Technique is the name given to the work of Ross Emmett, an Australian therapist living in Queensland.

In common with other soft-tissue therapies, the treatment is gentle and non-invasive. However, the trademark easy assessments and almost instantaneous responses make it the tool of choice for those therapists who want to see fast results for their clients. Emmett can be used alongside any



bodywork therapy to enhance results and so builds on - rather than nullifies - the therapist's existing knowledge.

One of the most startling applications of the technique is the ability to help release deep, less accessible muscles, such as the psoas and piriformis. The release of these muscles can make a

huge impact on the client's core stability and may help to relieve long-standing back, leg and shoulder problems within one or two treatments. Certainly the majority of clients having an Emmett treatment appear to feel differences before they leave the treatment room.

A typical Emmett technique can be either a one-way flicking motion across a muscle or tendon, or applying light pressure directly to a series of activation points, which are often held in pairs. Each technique can be used as a stand-alone or as part of a sequence to release the affected area. The stimulation helps to lead to a release of tension, followed by a reduction in pain and an increase in movement. Students are also taught simple ways of assessing the

body and the application of special language skills to enhance results. The label 'The Chameleon Approach' refers to the way in which therapists are encouraged to adapt their treatment to fit the needs of the individual client.

Emmett is taught in six two-day modules; with each one incorporating a review of previously taught material. Practitioner status is awarded to those therapists who successfully review module four, and full practitioner status is awarded after a successful review of module six. Ross Emmett still maintains a busy clinic, developing new therapy techniques in response to his clients' needs, which he then shares with other therapists.

For non-practitioners, or those who would simply like a 'taster' of the Emmett Technique, Ross has designed the Emm-Tech Easy Muscle Management course- an eight-hour course incorporating 12 of the movements from the professional course. This offers learners the ability to help friends, family and clients to ease pain and discomfort in a range of situations. There are seven tutors in the UK and courses have been held in England, Scotland, Ireland and Wales.

For more information, visit www.emmett-technique.co.uk or contact Debbie E. info@emmett-technique.co.uk T. 01354 6611270.