

Four Principles of Efficient Muscle Function

by Aaron Shearer

Muscular Alignment: Muscles function most efficiently only when naturally aligned with their base and joint attachments. Natural alignment provides the most direct pull of the muscles which control your back, wrist, and finger joints.

Midrange Function of Joints: Muscles function most efficiently only when the joints they control are operated within their midrange of movement. Midrange positioning and movement provide optimum leverage to the muscles involved.

Uniform Direction of Joint Movement: Muscles function most efficiently only when all three joints of a finger or thumb are either flexed or extended together. In contrast to flexing one joint while extending another, simultaneous extension or flexion simplifies coordination for the muscles.

Follow-Through: Muscles function most efficiently only when there is sufficient follow-through to avoid a build-up counterproductive tension. Sufficient follow-through means that once a movement has been initiated, no intentional restraint has been applied to the movement.