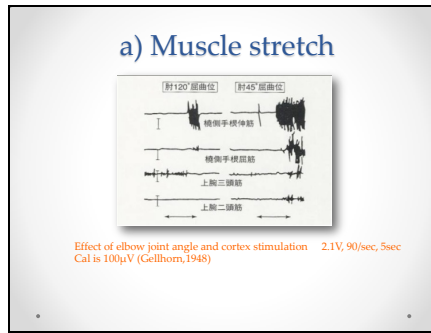


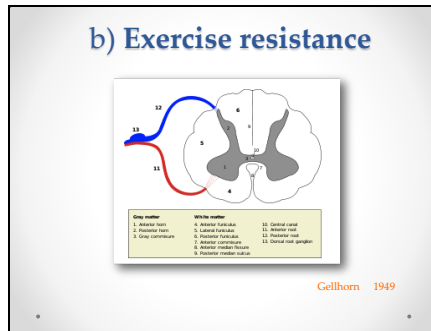
10



Factors of facilitation

a) Muscle stretch

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Factors of facilitation

b) Exercise resistance

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c,d) Joints

c) Joint traction

- ❖ Joint traction has an effect to stimulate receptors inside the joint, when it is performed in the starting time of, or during exercise of extremities.
- ❖ It increases voluntary contraction of muscle.
- ❖ Svendsen(1983) showed that when traction of knee joint is transitively performed, the EMG level of femoral quadriceps (extensor of the knee extensor) is significantly increased in comparison with non-traction time.

d) Joint compression

- ❖ Joint compression is opposite to traction. Joints of extremities are transitively compressed.
- ❖ Dr. Yanagisawa(1987) proved that compression of the lower extremities effectively increases excitation of spinal motor neurons of the lower extremities.

Factors of facilitation

c) Joint traction

d) Joint compression