



The EMMETT Technique

INTERNATIONALLY RECOGNISED MUSCLE RELEASE TECHNIQUE

The EMMETT Technique is a gentle, safe and simple to apply muscle release therapy. It involves the application of light finger pressure at specific points, referred to as “Emmett points”. These points are not the same as traditional trigger points or acupuncture points or any other points described in any other therapy.

BENEFITS

The EMMETT Technique may assist with:

- Addressing pain and discomfort
- Improving body movement
- Aiding relaxation
- Improving quality of life

Key features of EMMETT Technique treatments:

- Accurate and fast assessments of body imbalances
- Can be done sitting, lying or standing
- Client can be either fully clothed or with some outer layers of clothing removed
- Suitable for all ages

The EMMETT Technique is a highly effective, standalone therapy or can be successfully integrated with other treatment disciplines such as Massage, Chiropractic, Physiotherapy, Occupational Therapy, etc.