THEORY & CONCEPT BEHIND NEURAL INPUT FUNCTION BASED ON THE AMPLITUDE AND MAGNITUDE PHILOSOPHY

Analyze muscle function: muscle function is based solely on neural input, NI. NI can be analyzed by using the amplitude and magnitude gauge to determine how muscles are functioning, able to contribute to: protection & performance

LEVEL 1

AMPLITUDE RATING

85 - MAX

NEURAL INPUT GAUGE

* SCALABLE BASED ON DEVELOPMENT & TRAINING

ACCESS TO:

- Complex to simple skill sets
- Highly adaptive to all sport, lift & athletic activity
- High recoverability
- High stabilization + high force + high velocity
- Intermediate stabilization + intermediate force + intermediate velocity
- Low stabilization + low force + low velocity

- All 3 movement planes
- High - low motor control
- High - low muscle recruitment
- High - low muscle coordination
- High - low muscle power output
- No symptoms will be present

MAGNITUDE RATING

LEVEL 2

** 10% flex space, neural input will allow & show flashes of high stabilization, high force, high velocity but unable to maintain or sustain

AMPLITUDE RATING

75 - 35%

NEURAL INPUT GAUGE

ACCESS TO:

- Intermediate to simple skill sets
- Intermediate adaptiveness to all sport, lift & athletic activity
- Intermediate recoverability
- Intermediate stabilization + intermediate force + intermediate velocity
- Low stabilization + low force + low velocity
- 2.5 movement planes

- Intermediate - low motor control
- Intermediate - low muscle recruitment
- Intermediate - low coordination
- Intermediate - low muscle power output
- Symptoms will be intermittent

MAGNITUDE RATING

LEVEL 3

** 5% flex space, neural input will allow & show flashes of intermediate stabilization, intermediate force, intermediate velocity but unable to maintain or sustain

AMPLITUDE RATING

30 - 10%

NEURAL INPUT GAUGE

++ NON-SCALABLE

ACCESS TO:

- Simple skill sets
- Unable to participate in sport & athletic activity
- Able to lift
- Poor recoverability
- Low stabilization + low force + low velocity
- 1 movement plane

- Low motor control
- Low muscle recruitment
- Low muscle coordination
- Low muscle power output
- Symptoms will be at their peak

MAGNITUDE RATING