



EMG Muscle Tone Measurement (Cervical Spine)

Provider: GiB GmbH

Negative stress is a widespread risk factor, especially in the modern working world, which can lead to health problems and illnesses over the long term. The muscles - as a projection field of the psyche - often react with tension, typically in the shoulder and neck area. In addition, there are often unphysiological sitting or working postures, which over time lead to overloading of the muscles and thus also to increased muscle tension.

Topic: Stress regulation

Prevention Principle: Prevention and reduction of specific health risks

Specific Goals

Reduction or elimination of muscular tension and stress-triggering factors with symptoms in the shoulder and neck area

Contents

- Measurement of muscle tone (muscle tension) in the shoulder and neck area
- Evaluation of the state of muscle tension in side comparison
- Learning simple techniques for immediate muscle relief or relaxation (biofeedback on the course of muscle tone)
- Results and exercise plan available digitally

Procedure

This basic muscle tension (muscle tone) is measured with the help of electromyography (EMG) precisely measured and assessed. For this purpose, surface electrodes are glued in the area of the cervical spine and the upper edge of the shoulder. The reference points are easily accessible when the collar button is open. The measurement is completely harmless.

Results

After a short measurement period, the muscle tone in the shoulder and neck area is determined and evaluated in a side comparison. Depending on the measurement result, individual measures are derived to specifically counteract or reduce muscle tension. With the help of the biofeedback training, the participants can follow on the screen how the measures have a direct effect on regulating tension. In this way, they receive tips that are easy to implement and quickly learn effective exercises for stress regulation and muscle relaxation (including relaxation exercises, targeted muscle stretching), which can also be used in a targeted manner at work.

Special instructions for implementation

Shoulder-neck area must be cleared for measurement

1:1 Health Module (Presence)

- Duration: 15-20 minutes per person
- Individual appointment

Requirements

- Space requirement $\geq 6 \text{ m}^2$
(Provide table and 2 chairs)
- Power connection (230 V)