

# The EMMETT Technique

by Hilary Campbell-Martin  
& Barbara Ellis

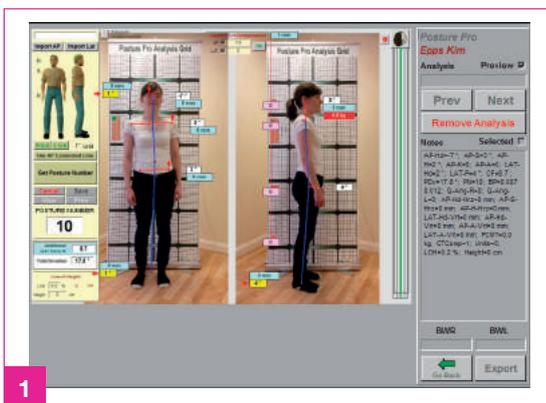


Fig. 1: Picture Pro Analysis on K before EMMETT Treatment



Fig. 2: Arm raise before (left) and after EMMETT Treatment.



Fig. 3: K performing pec minor test before after EMMETT Treatment

## Case Study

### Client details:

K, Female, aged 33. K is a young mother of two who has been undergoing intense, on-going stress for 10 years. She reports feeling that her posture is 'always bad' and that she experiences regular discomfort in her neck, shoulders and upper back. She often finds it difficult to take deep breaths and finds it difficult to sit straight without slouching.

She has sought to address her postural and stress-related issues with exercise and other complementary therapies - including massage. While she found other treatments to have some benefit, she felt that she needed something to address her posture. K had heard that the EMMETT Technique was a non-invasive, yet powerful therapy that may address both her symptoms of stress as well as her musculoskeletal-skeletal and postural issues.

### Symptoms:

- Right shoulder pain & discomfort and restricted range of movement on abduction of right arm.
- Poor range of movement in both arms in posterior and internal rotation. K finds it difficult to take her arms behind her, for example to fasten bra or to reach into the back of the car from the front seat.
- Umbilical hernia in pregnancy, abdominal corrective surgery creating extensive scar tissue. This creates a posture where the abdominal and psoas muscles are in flexion, making K feel that she is 'hunched over'. This exacerbates tension in the trapezius and upper back muscles and contributes to shallow breathing. This in turn makes it difficult for K to practice deep breathing to counteract stress and may contribute to feelings of breathlessness and anxiety as well as tiredness.

### Visual Assessment:

K presented with anterior rotation of both shoulders. The pelvis appeared to have a slight tilt upwards on the left side and her breathing was shallow. She presented with a slight lordosis and slight curve to the upper spine. See fig. 1.

### Ks Treatment: Session 1

As K presented with neck and shoulder discomfort and restrictions, the treatment was carried out standing and sitting for K's comfort. The EMMETT technique includes simple assessments to pin point areas of tension, appropriate moves to correct those imbalances and reassessment to confirm the change. K received EMMETT moves to address tension in the trapezius, abdominals, rhomboids, pec minor, and psoas muscles. See figs. 2-5.

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### Feedback:

K reported feeling 'less crooked' in her posture. She also rated her discomfort in her neck, shoulders and upper back as having reduced from a self-reported 7/10 to 4/10. She felt that her range of movement in her shoulders, arms and neck had improved 'hugely'. She also reported a feeling of wellbeing and relaxation.

### Session 2

K requested a follow-up treatment 3 weeks later to maintain the benefits of the previous treatment. She reported feeling an improvement "in the way that I hold myself. I feel I can sit upright now and wasn't able to before the last treatment". K requested help with pain and discomfort in her upper back, particularly tension in the rhomboid muscles. She described feeling "tender" in the thoracic region when lifting anything with significant weight. She self reported the tension and tenderness as 5/10 (0/10 = no problem, 10/10 = most problematic).

### Treatment:

This treatment sought to address both tension in the thoracic region and to promote relaxation to counteract an on-going stressful situation. It was agreed that the treatment would be most appropriate performed on a massage couch. The EMMETT moves selected addressed the tension in the centre of the body and allowed the abdominal tissue and pelvic floor muscles to return to a state of balance. The EMMETT treatment included simple corrections to release pain and tension in the rhomboids. The treatment finished with a simple yet powerful sequence known as "Rescue". This can induce deep feelings

of relaxation and is ideal at the start or end of any treatment using EMMETT or any other therapy.

### Feedback:

K said that she felt that she was "not being pulled to the right as much" with much more movement in her shoulders and an ability to take much deeper breaths. She reported feeling less tension emotionally as well as physically. She reported her tension & tenderness level as 2/10 after treatment. See fig. 8.

### Conclusion:

K felt the EMMETT treatments she received helped her address not only the multiple areas of pain and discomfort she was feeling, but has allowed her to manage her stress levels. She feels this is important and that one impacts on the other. She has requested further treatment in several weeks time to help maintain a feeling of wellbeing. She has also experienced a significant change in range of movement in her arms, neck and shoulders, and those changes have maintained between treatments. The data collected from the Posture Pro Analysis clearly demonstrates what EMMETT therapists have known, that this simple and non-invasive technique can create enormous changes in the body and help people wishing to address pain and restrictions and gain balance. See fig. 9-10.

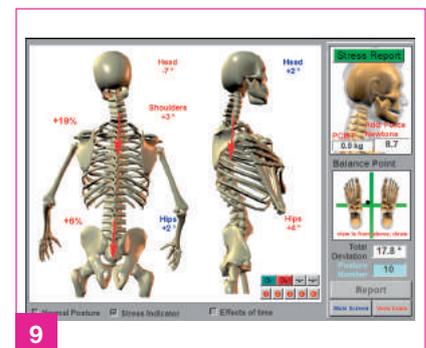
Fig. 4 – 5: Hilary Campbell Martin treating K with EMMETT Rhomboid move

Fig. 6: Hilary Campbell Martin treating K with EMMETT Pec Minor move

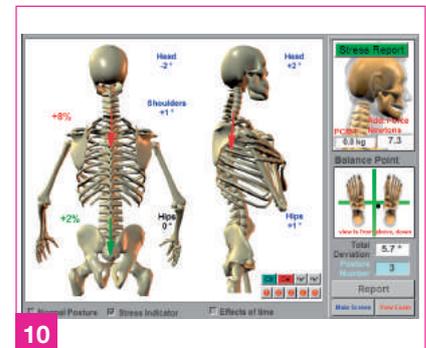
Fig. 7: K performing pec minor test after EMMETT Treatment



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Fig. 8. Picture Pro Analysis on K after EMMETT Treatment

Fig. 9: Pro Analysis Skeletal representation Before and Fig. 10: after EMMETT Treatment Barbara Ellis using Posture Pre Analysis

## Posture Pro® Analysis

Anatomical landmarks were selected bilaterally on the head, torso, hips and ankles in the anterior view and head, shoulder and hips in the lateral view. Lines are drawn through these landmarks to create landmarks. Normal posture landmarks would be zero degrees for all indicators. Before treatment total of 17.8 degrees of deviation is recorded.

### Results before and after Treatment using Posture Pro® Analysis

	Before Treatment	After Treatment
Amount of forward head travel	2°	2°
Amount of head tilt laterally	7°	2°
Pelvic tilt	2° right	0°
	4° anterior	1° anterior
Additional tension forces placed on the cervical muscles	8.7	7.3
Skeletal positions of the spine and pelvis –	19%	10%
Loss of height	2%	0.3%
Total deviation	17.8%	5.7%
<b>POSTURE NUMBER</b>	<b>10</b>	<b>3</b>

### What the posture number indicates

- 0–5 little to no structural stress is detected
- 6–10 beginning of structural stress and increased tension on the musculoskeletal system
- 11–15 structural stress is evident
- 16–20 stress and tension are causing symptoms that need to be addressed
- 20–30 structural damage is occurring and needs to be evaluated
- 30+ structural damage has occurred, life-long problems may already exist

## What is the EMMETT Technique?

A safe and simple muscle release therapy developed by remedial therapist Ross Emmett. It is designed to address pain and discomfort and improve movement restrictions. The technique uses light finger pressure at specific locations to initiate the gentle release of tension in many problem areas such as neck, shoulder and back. Results are usually immediate. It is non-invasive and involves no drugs, massage oils, manipulations or high velocity thrusts.

The EMMETT Technique is extremely adaptable as a treatment. It can be performed standing, sitting or lying down, over light clothing or directly on skin. It can be used as a stand alone treatment or in combination with other therapies such as massage, reflexology, chiropractic, physiotherapy or with movement therapies such as Pilates and Yoga.



Visit [www.emmett-uk.com](http://www.emmett-uk.com) for full information.



**Hilary Campbell-Martin** has worked in the complementary health field since 2000. Her initial training was in a number of massage-based therapies. She is a multidisciplinary therapist, qualified in more than 10 types of complementary therapy including the EMMETT Technique.

Hilary was one of the first two qualified EMMETT Technique therapists in Ireland and one of the first EMM-Tech Tutors in Ireland and Northern Ireland, enabling her to teach the one day course to members of the public, as well as complementary therapists, coaches, trainers and Pilates and other movement therapists.

Asked by Ross Emmett to join the EMMETT UK team to share his work, Hilary is now also delivering the EMMETT Practitioner course in Ireland and Northern Ireland.

Hilary has worked extensively with community and charity groups for over a decade, with a particular focus on mental health and addictions recovery.

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Speech Therapist turned Complementary Therapist, **Barbara Ellis** has helped many people move towards a life free from pain with a combination of EMMETT

Technique, Traditional Chinese Medicine (TCM) and Western Diagnostics. With the use of the Posture Pro and AcuGraph analysis tools, she has introduced an integrative service to empower people to lead a pain free life, reduce stress and gain wellbeing.

"I know what it's like to live with back pain following two damaged discs when I ended up in a wheelchair. Everything was such an effort. The EMMETT Technique was fundamental in helping me to feel well again and perform better. In the past eight years since training as a Complementary Therapist, I have never felt better. My goal is to help people value their health, become more mobile and work towards creating the perfect pain relief plan for individuals."

Barbara also delivers the one-day, self help EMM-Tech workshop in Northern Ireland and North England.

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For more information on the EMMETT Technique visit [www.emmett-uk.com](http://www.emmett-uk.com)