

Muscle Synergies

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Muscle synergies refers to the hypothesis that the central nervous system (CNS) simplifies the planning and production of movement by using a combination of a limited number of spatial and/or temporal modules [brambillaPhasicTonicMuscle2023?](#)

1 Tonic & Phasic

i From MSK 2 lecture

- Tonic vs phasic muscles
 - Tonic muscles: those that hold u in the fetal position, usually flexion synergy-ish , more spastic
 - * “Phylogenetically older”.
 - * you should STRETCH these muscles
 - Phasic muscles: ones that open you (ie ER, supination): the opposite as above, ie) traps: long and weak, constantly need to strengthen for better posture and function.
 - * You should STRENGTHEN
 - Treatment: An idea is if you have poor mm length on a tonic muscle, strengthen the opposite phasic muscles to reduce tone in the tonic muscle

Read this article for more information about tonic/phasic muscles: [brambillaPhasicTonicMuscle2023?](#)