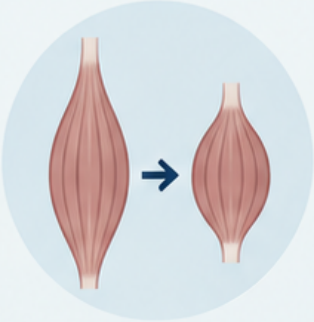


Davis' Law



If muscle ends are brought closer together, then the pull of tonus is increased, thereby shortening the muscle, which may even cause hypertrophy.

If muscle ends are separated beyond normal, then tonus is lessened or lost, thereby “weakening” the muscle.



Muscles which are held in a shortened position will increase in tonus. Take for example the person who sits at a desk all day. The pectoral muscles will be held in a shortened position for extended periods of time. The antagonistic rhomboids will be held in a stretched position. If there is no balancing activity, the pectorals will continue to increase tonus until they become hypertonic. The rhomboids will continue to lose tonus until they become weak and over-stretched. Both muscles will contain taut fibers.



While treating the person, Davis' Law is equally valid. As proper muscle tone is restored, postural distortions are resolved and biomechanical functionality is corrected, both muscles move toward normal tonus. As the muscle ends of the pectorals are separated, the muscle will lose tonus, taking it out of its hypertonic state. As the muscle ends of the rhomboids move closer, they will increase in tonus, taking it out of its hypotonic state.



Using Davis' Law to return muscles to normal tone is a key part in structural integration and biomechanical functionality.



Notes: