



mTrigger Biofeedback System: Suggested Applications Chart

Lower Extremity

Potential Injury / Diagnosis	Target Muscle Group	Placement / Activation Notes	Suggested Exercises
ACL revision ACL reconstruction	Quad	VMO Rectus femoris Medial quad Vastus lateralis	Double leg squat
			Single leg squat
			Straight leg raise
			Short arc quads/terminal knee extension
			Load-response drill
			Isometric quad sets
			Hip adduction
			Resisted isometric knee extension
			Resisted eccentric knee extension
			Single leg balance (30-40° or other extension)
	Hamstring	CH2 (co-contraction) Activation at full extension	Box drop Supine gait mimic / stride strengthener
Lateral meniscus repair Meniscectomy	Quad	Vastus medialis Rectus femoris	Long arc quads (LAQ)
TKA/TKR	Hip abductor		Clamshell
	Gluteus medius		Single leg bridge Box drop
Hip flexor weakness	Hip flexors		Marching drills
Stroke rehab	Various	Dependent on impacted function(s)	
Low back pain	Gluteus maximus		Sled push
			Incline ramp walk
Pain during hinge movement	Low back	Inhibit	Kneeling hip hinge
	Gluts	Activate	

Upper Extremity

Potential Injury / Diagnosis	Target Muscle Group	Placement Notes	Exercise
Shoulder pain Rotator Cuff tear/repair	Supraspinatus		D2 flexion using Theraband
	Infraspinatus		Resisted external rotation Standing diagonal patterns
	Anterior deltoid		Isometrics - open palm weighted hold
			Weighted raise/press
	Trap (middle)		Scapular retraction & extension w anchored Thera
RC tendonitis	Teres minor	Cut electrodes down to appropriate size	Eccentric shoulder internal rotation
Stroke rehab	Various		
Scapular dyskinesis	Lower trap		Active shoulder abduction
	Infraspinatus		