

### **Volume 3.9 Tweakology - Influence Tweaks**

1. Tweakology is the exploitation of drivers in order to create the appropriate Chain Reaction™ within the body, within the desired effect and function
2. Influence tweaks include: control, loads, tools, feedback
3. Tweakology allows us to empower our patients and clients
4. With tweakology we are empowered to effectively use our tools and not allow the tools to use us
5. The feedback of encouragement is our most powerful and empowering tool
6. We use tweakology to get us closer to function . . . we need to know our tweakology to get there
7. Tweakology allows us to find functional thresholds efficiently and effectively
8. Our goal is to first of all determine if we are on the right track with our analysis, rehabilitation, and training and conditioning
9. Functionally biomechanically consistent analysis techniques are a logical series of checks and balances with subtle tweaks
10. The most significant piece of equipment to create the influence tweaks of control are our hands
11. Encouragement is the greatest need of the day
12. We want to document all and only what is significant
13. Influence tweaks with the golf swing are a very tricky and sensitive thing
14. We use tweaks to enhance other tweaks
15. The key with loading tweaks is how they will enhance the load at the point of transformation
16. Strangely enough, functional research is proving function