

# The Brookbush Institute Updated 2 Glossary Terms: Reciprocal Inhibition and Neuromuscular Inhibition

*The Brookbush Institute continues to enhance education with a glossary that is more than just definitions. Examples, common questions, and so much more!*

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-- - Excerpt from the term: [Reciprocal Inhibition](#)

- Additional term: [Neuromuscular Inhibition](#)

- Related to the Course: [Lesson 20: More on the Human Movement Systems](#)



Reciprocal Inhibition -  
<https://brookbushinstitute.com/glossary/reciprocal-inhibition>

## DEFINITION

**Reciprocal Inhibition:** A neuromuscular reflex that may result in a decrease in the activity of the functional antagonist when agonist activity increases. For example, an increase in biceps brachii activity may decrease triceps brachii activity, and an increase in psoas activity may decrease gluteus maximus activity.

Note: Reciprocal inhibition is likely dictated by innervations between nerve cells and may not always reflect "perfect opposites." For example, an increase in the tensor fascia lata's activity may decrease the gluteus medius's activity (both muscles perform hip abduction).

For more on reciprocal inhibition, check out the course:

## FREQUENTLY ASKED QUESTIONS

What is a technique incorporating reciprocal inhibition?

- PNF in Practice by Beckers and Buck includes a technique called "PNF agonist-antagonist stretching," which includes both an agonist contraction as well as a contraction of the antagonist to take advantage of reciprocal inhibition to achieve more extensibility from the target muscle.

What induces reciprocal inhibition?....



Nobel Laureate Sir Charles Scott Sherrington who demonstrated this phenomenon and proposed a theory of synaptic communication of the nervous system in his seminal work in 1906!"

*Dr. Brent Brookbush, CEO of Brookbush Institute*

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