

## **Motor point**

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Motor point is that point where the nerve enters the muscle or impulses have maximum contraction at that point. It is usually located at a point of upper one-third and lower two-thirds of the length of muscle.

When electrical stimulation is applied to produce a muscle contraction, one electrode should be placed over the motor point for the muscle.

Most motor points are over the middle of the muscle belly, it is generally easy and effective to place electrodes over the middle of the muscle belly.