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Creating muscle and fascial function via ligament stimulation was inspired from the Logan Basic Technique, developed by Hugh B. Logan in the early 1900's. e Logan Basic utilizes directional pressure to the sacrotuberous ligament, reducing hypertonicity in the para-spinal musculature. is technique is still widely used within the chiropractic community. Until recently, medical science had regarded the primary role of the ligament system as tissue that attached bone to bone. W now know that the ligaments and fascia do so much more. Scientists, specializing in fascial research, show that the ligame system contributes proprioceptive information to the nervous and fascial systems and those ligaments have ten times the mechanoreceptor feedback to the brain than the muscles. New information shows ligaments contain Ru ni Corpuscles and free nerve endings, all of which supply the brain with information. e fascia and CNS use the ligaments to monitor and in uence muscular tonicity and function. Once the fascial tensions are reset with ligament stimulation, neuromuscular function testing lets the practitioner know what and where the system is not functioning correctly. e tests are ingenious in that they help systematically break down the o en complex myofascial lines / meridians. With fascial length and muscle function testing, therapists can see what part of a fascial line is restrictive by taking away all compensation patterns. If a muscle is just "release but is not functioning neurologically, the aberrant tension patterns will return. With extensive research, e L.I.F.T. Method: