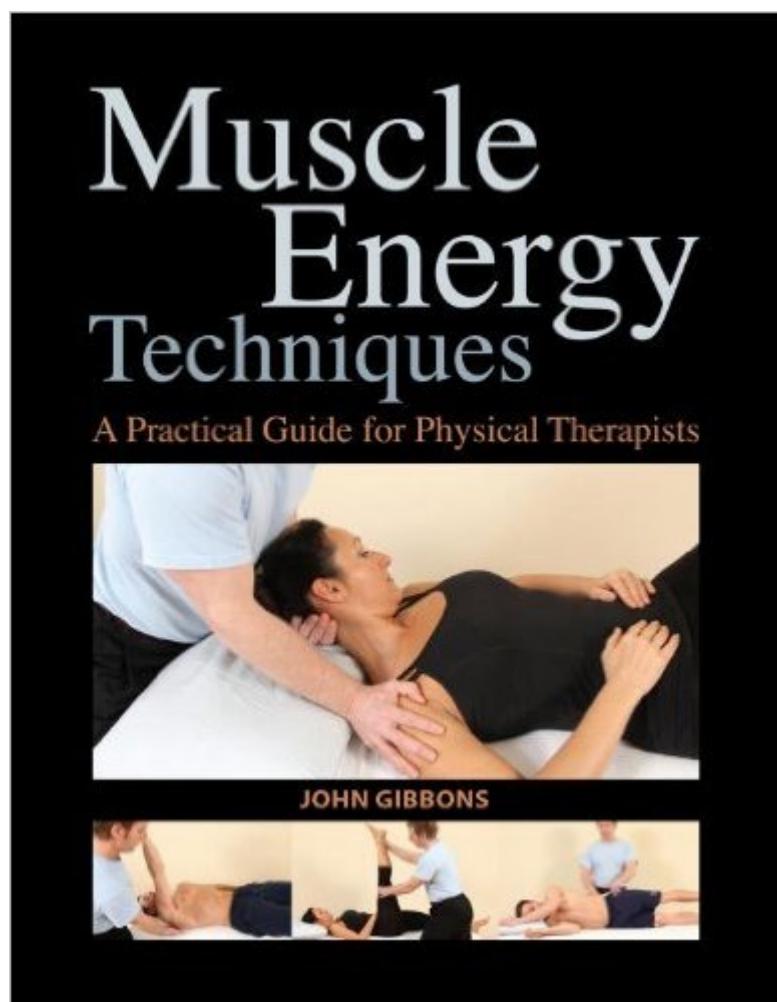


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# Muscle Energy Techniques: A Practical Guide For Physical Therapists



## Synopsis

Muscle energy techniques (METs) are a tool for physical therapists to strengthen patients' weak muscles, restore normal muscle tone, increase joint mobility, and improve circulation, musculoskeletal function, and overall well-being. First developed in 1948 by American osteopath Fred Mitchell, METs offer a valuable approach for practitioners of physiotherapy, sports therapy, osteopathy, chiropractic, yoga, and Pilates. METs are unique in their application: rather than the therapist initiating the effort, the patient contracts specific muscles against a resistance applied by the therapist, who is simply guiding the exertion in a controlled position and direction. While METs have been in practice for decades, the theory behind them is often misunderstood and the possibilities for their application overlooked. *Muscle Energy Techniques* is the first affordable, accessible guide to METs for students and practitioners of all levels. Author John Gibbons walks readers through the assessment testing of chronically tight muscles and shows how to apply a specific MET to correct dysfunctional muscles and restore normality. Easy-to-follow postural muscle tables and 160 full-color photographs and illustrations aid practitioners in monitoring the progress of patients and provide students with the underpinning knowledge of the specific anatomy. The principles described can be incorporated quickly and effectively into a treatment plan and used to assist in the rehabilitation of anyone who is recovering from an injury.

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## Customer Reviews

High quality book with beautiful clear, pictures. This is essential information for anyone who wants to help people with manual medicine. Even seasoned therapists will get some gems from this book. Lower/ upper crossed syndrome (Karel Lewit/ Janda) but more clear and direct. Gibbons is one of those guys I did not like at first (could not figure out the haircut) but after watching his videos and reading his articles I realized he was a sincere guy with a lot of knowledge. He has the ability to break complicated ideas down into usable bits. I am a fan. Buy the book. -Dr S

Nice pictures and descriptions of techniques. The text is not over wordy which makes it a great quick reference book, easy to understand and practical to use.

This book is very comprehensive and details concepts that are easy to put to action in the clinic. The illustrations/ pictures are great too. I teach this subject and I would consider using it in the classroom.

This book helped me so much, not just with the theory but with my practical skills with the detailed pictures and easy to follow instructions. I would highly recommend this book and not just to therapists learning their trade but also experienced clinicians wanting to sharpen their skills or further their own clinical reasoning. The author is clearly very knowledgeable and yet somehow makes the content easy to read. THIS IS THE BOOK FOR MET's IN MY OPINION

This book is the best I have come across regarding muscle energy technique for the therapist. It is well organised, clear and informative with great illustrations.

Alot left to interpretation. Taking a class might be a better.

wasn't exactly what I was looking for, but good information nonetheless; very basic & easy to understand; deals with each muscle--does not go into flairs, slips, rotations, etc.

Another one that will become a favorite. I ordered 2 different books & this one I feel delivered what I

needed best. Great pic's clear & concise descriptions of technique.

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