



Muscle Energy Techniques with DVD-ROM, 3e (Advanced Soft Tissue Techniques)

Leon Chaitow ND DO (UK)



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This comprehensive text describes the basis and practice of Muscle Energy Techniques (MET), a widely recognized approach to treating musculoskeletal dysfunction. It describes those manipulative techniques in which a patient, on request, actively uses his or her muscles from a controlled position in a specific direction against a distinct counterforce applied by the practitioner. These techniques are combined from methods used in physical therapy, osteopathy, chiropractic and manual medicine. A companion DVD-ROM includes video clips demonstrating the application of techniques.

- Details the background to soft tissue dysfunction and explains the chain reactions which occur as part of such dysfunctions.
- Provides precise assessment and diagnosis guidelines.
- Gives many variations on the safe use of MET in acute, chronic, and rehabilitation settings.
- Explains the use of MET for whole muscle problems, local dysfunction, and joint restrictions.
- Suggests patient self-application methods.
- Includes a companion DVD-ROM with video clips of the author demonstrating the techniques.
- Additional techniques are added to both text and DVD-ROM videos.
- Information is expanded on some of the techniques included in previous edition.
- Content is updated throughout, with reference to the latest published research.
- Four new chapters cover efficacy and research, MET in a massage therapy setting, MET in treatment of athletic injuries, and MET in physical medicine settings.



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