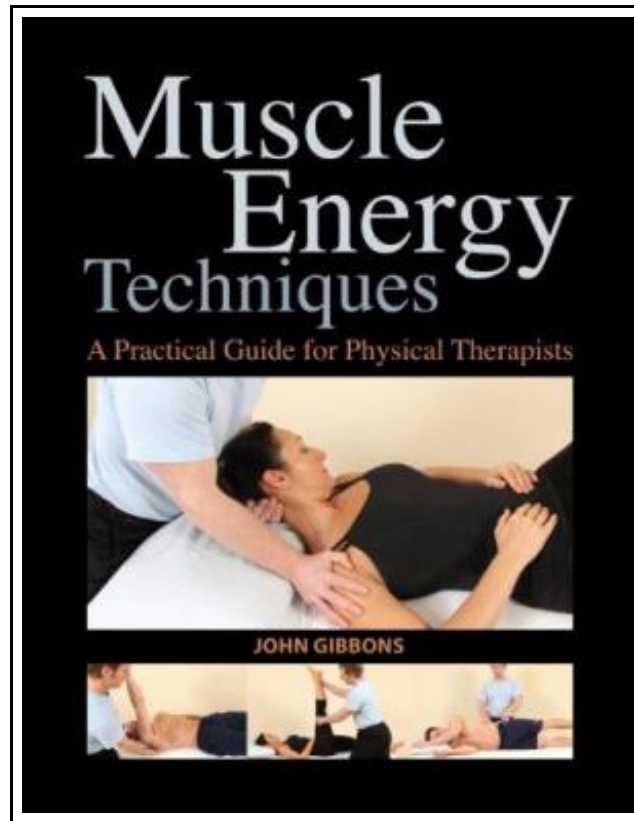


Muscle Energy Techniques: A Practical Guide for Physical Therapists



Filesize: 5 MB

Reviews

Excellent electronic book and helpful one. It usually does not cost a lot of. I am quickly will get a pleasure of reading through a written publication.

(Bernardo Feeney Jr.)

MUSCLE ENERGY TECHNIQUES: A PRACTICAL GUIDE FOR PHYSICAL THERAPISTS



To save **Muscle Energy Techniques: A Practical Guide for Physical Therapists** PDF, please click the link under and save the ebook or get access to additional information which are related to **MUSCLE ENERGY TECHNIQUES: A PRACTICAL GUIDE FOR PHYSICAL THERAPISTS** ebook.

NORTH ATLANTIC BOOKS, United Kingdom, 2013. Paperback. Book Condition: New. 272 x 211 mm. Language: English . Brand New Book. 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. Table of Contents: Acknowledgments Preface Chapter 1: Anatomical Terminology Chapter 2: Planes of Body Motion Chapter 3: Muscles and Function Chapter 4: Theory of Muscle Energy Techniques Chapter 5: Muscle Imbalances Chapter 6: Core Muscle Relationships Chapter 7: Upper Body Chapter 8: Lower Body Chapter 9: Trunk Chapter 10: Specific Testing for Muscle Weakness References Index.



Read Muscle Energy Techniques: A Practical Guide for Physical Therapists Online



Download PDF Muscle Energy Techniques: A Practical Guide for Physical Therapists

Relevant PDFs



[PDF] The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback

Click the link under to download "The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback" PDF file.

[Save PDF »](#)



[PDF] How to Make a Free Website for Kids

Click the link under to download "How to Make a Free Website for Kids" PDF file.

[Save PDF »](#)



[PDF] Study and Master English Grade 6 Core Reader: First Additional Language

Click the link under to download "Study and Master English Grade 6 Core Reader: First Additional Language" PDF file.

[Save PDF »](#)



[PDF] A Little Wisdom for Growing Up: From Father to Son

Click the link under to download "A Little Wisdom for Growing Up: From Father to Son" PDF file.

[Save PDF »](#)



[PDF] Weebies Family Halloween Night English Language: English Language British Full Colour

Click the link under to download "Weebies Family Halloween Night English Language: English Language British Full Colour" PDF file.

[Save PDF »](#)



[PDF] Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Click the link under to download "Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home" PDF file.

[Save PDF »](#)