



**Muscle Energy Techniques: with access to
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(Advanced Soft Tissue Techniques)**

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"The practical application of MET starts from Chapter 5. The videos are accessible via a website whose address is within the book. A simple log in and you have access to a collection of MET greatest hits. The videos are clear, simple and short but not inclusive of all the techniques in the book" By InTouch, May 2015

- Introduces new methodology and instructs in the scientific basis and correct application of existing METs
- Explains the value of METs in the treatment of a variety of problems ranging from hypertonicity and muscle tightness to joint dysfunction and joint capsule adhesions
- Provides precise assessment and diagnosis guidelines from a variety of perspectives including osteopathy, chiropractic, physical therapy, athletic training and massage therapy
- Details the background to soft tissue dysfunction and explains the adaptive chain reactions that both produce and result from dysfunction
- Gives many variations on the safe use of MET in acute, chronic and rehabilitation settings
- Highly illustrated with full-colour line drawings and diagrams
- Supplemented by a website which includes video clips of experienced practitioners demonstrating the techniques
- Ideal for experienced practitioners as well as those taking undergraduate and postgraduate courses in manual therapy
- Now published in full colour throughout
- Presents the latest research findings underpinning the practice of MET methodology from differing areas of practice
- Presents the increasingly refined ways of using the variety of MET methods to allow the reader to safely apply them in a variety of settings
- Video clips on an associated website presents practical examples of the METs explored in the book
- Contains a new chapter on the history of MET to provide useful insights from pioneers of the method
- New chapters by orthopaedic surgeons discuss the relevance of MET in the rehabilitative setting
- Contains a completely new chapter on the relevance of MET to massage therapy as well as expanded sections on its value in chiropractic, sports injury and physiotherapy
- Contains an increased emphasis on pulsed MET and isotonic eccentric stretching

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John Harris:

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