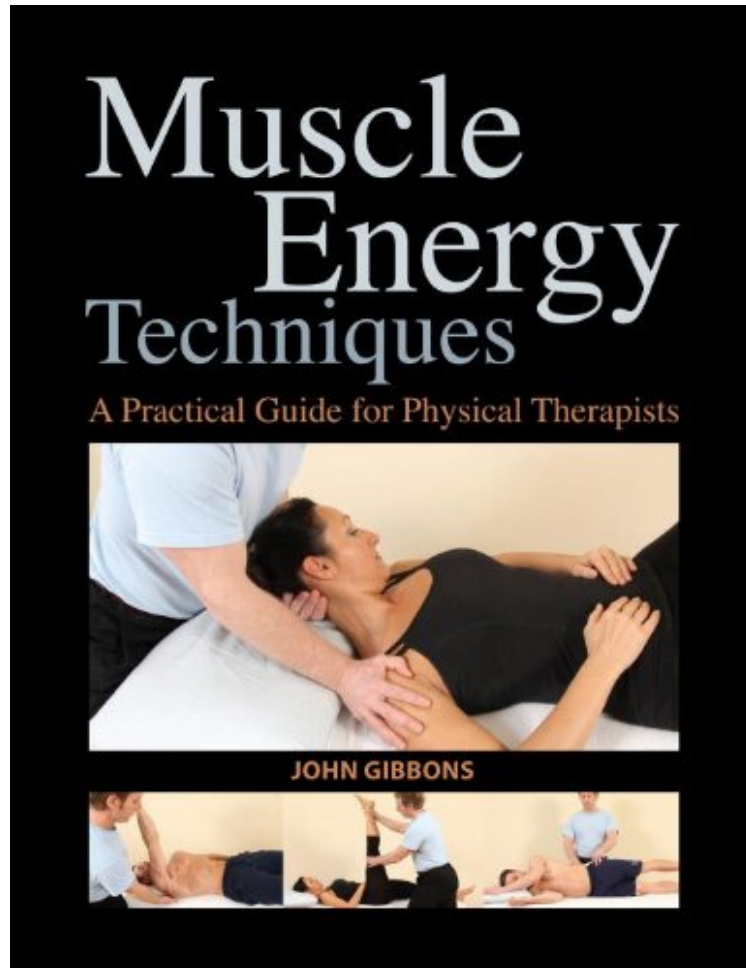


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Muscle Energy Techniques: A Practical Guide for Physical Therapists

John Gibbons

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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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"John has created a readable text to describe one of the most useful tools in the manual therapist's repertoire. With these clear illustrations and descriptions of each assessment and technique, any therapist will be able to quickly, safely, and correctly execute the very effective principles outlined." --James Earls, Kinesis UK

About the Author John Gibbons is a registered osteopath with the General Osteopathic Council in the UK. He works with elite-level athletes in a range of sporting disciplines and serves as osteopath to the Oxford University Boat Club rowing team. An international lecturer in the fields of sports medicine and physical therapy, he offers advanced training in his Bodymaster Method, a unique fusion of therapy techniques that approaches the body as a complex integrated unit. The author lives in Oxford, England.