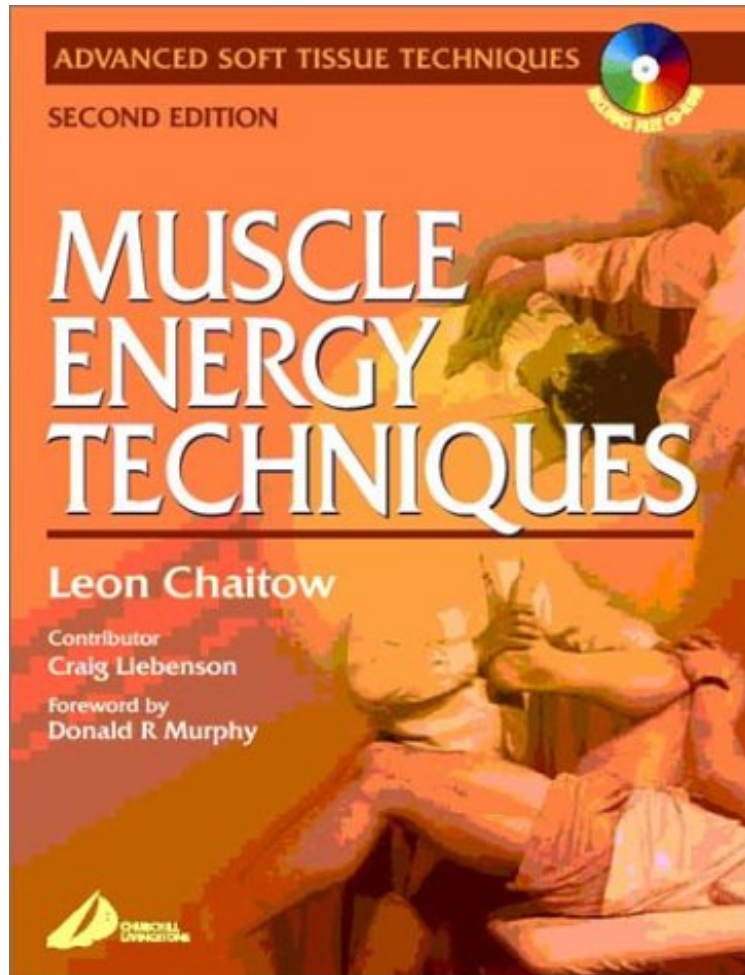


[Ebook pdf] Muscle Energy Techniques with CD-ROM, 2e (Advanced Soft Tissue Techniques)

Muscle Energy Techniques with CD-ROM, 2e (Advanced Soft Tissue Techniques)

Craig Liebenson DC, Donald R. Murphy DC DACAN, Leon Chaitow ND DO (UK)
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Craig Liebenson DC, Donald R. Murphy DC DACAN, Leon Chaitow ND DO (UK) : Muscle Energy Techniques with CD-ROM, 2e (Advanced Soft Tissue Techniques) before purchasing it in order to gage whether or not it would be worth my time, and all praised Muscle Energy Techniques with CD-ROM, 2e (Advanced Soft Tissue Techniques):

1 of 1 people found the following review helpful. The bible on METBy Halli Magg OsteopathFor many this book is thought to be the bible for Muscle Energy Technique (MET). And quite honestly I can well understand why. The book is simple to read, with very nice pictures which make it easier to understand the content and it shows uses for MET for every possible (and you would think impossible) situation. This book is very informative and yet practical at the same time.I would also like to recommend this book for athletic trainers and strength coaches who are interested in prehab

protocols which is always getting more and more popular within the athletic and strength training profession. With understanding of MET principles shown in this book the stretching sessions with clients will be brought up many levels in professionalism and effectiveness and will have a profound prophylactic purpose on athletes. The accompanied DVD will make it easy to learn all the techniques, all is needed is a clinic table (or just about anything you can lie on), a willing model and the enthusiasm to learn. 3 of 4 people found the following review helpful. Detailed bodywork technique
By Anne Dwyer
Leon Chaitow offers a great deal of information into the neuromuscular components of our bodies and bodywork. This is a time of investigation into what drives our bodies, rather than imposing our external ideas of how a body should look or behave. Research in this area is clipping along, but Chaitow's work offers foundational concepts as the basis for an overwhelming amount of new theories produced today. Detailed, informative. 0 of 0 people found the following review helpful. Very happy +++
By Victoria Brown
The book arrived better than described - it was as new.

Describes the basis and practice of MET, a widely recognized approach to the treatment of musculoskeletal dysfunction. It fuses methods used in physical therapy, osteopathy and manual medicine. The text provides a comprehensive and up-to-date presentation of the techniques. The CD-ROM includes video clips to demonstrate the application of the techniques, and so supports and supplements the text.

"The addition of a CD-Rom to supplement the practical descriptions is probably worth the expense of buying a new copy alone. Video clips on (the) CD-Rom provide that additional perspective when explaining a practical topic that is sometimes difficult to do in 2D format. Well done to the author and publishers for this welcome innovation." Nicola Phillips, *Physical Therapy in Sport* (2002)
About the Author
Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioners Guide to Treatment, and many more. He is editor of the peer reviewed *Journal of Bodywork and Movement Therapies*, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where he is now an Honorary Fellow. He continues to teach and practice part-time in London, when not in Corfu, Greece where he focuses on his writing.