



**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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From reader reviews:

David Unruh:

Typically the book Muscle Energy Techniques: with access to www.chaitowmuscleenergytechniques.com, 4e (Advanced Soft Tissue Techniques) has a lot associated with on it. So when you check out this book you can get a lot of benefit. The book was compiled by the very famous author. The author makes some research just before write this book. This specific book very easy to read you can obtain the point easily after reading this article book.

Bertha Buentello:

People live in this new time of lifestyle always try and and must have the time or they will get large amount of stress from both everyday life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will probably unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative throughout spending your spare time, the book you have read is Muscle Energy Techniques: with access to www.chaitowmuscleenergytechniques.com, 4e (Advanced Soft Tissue Techniques).

Dwight Roberts:

Reading can called mind hangout, why? Because if you find yourself reading a book specially book entitled Muscle Energy Techniques: with access to www.chaitowmuscleenergytechniques.com, 4e (Advanced Soft Tissue Techniques) your brain will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely can be your mind friends. Imaging each and every word written in a e-book then become one application form conclusion and explanation which maybe you never get just before. The Muscle Energy Techniques: with access to www.chaitowmuscleenergytechniques.com, 4e (Advanced Soft Tissue Techniques) giving you an additional experience more than blown away your thoughts but also giving you useful data for your better life on this era. So now let us demonstrate the relaxing pattern here is your body and mind will be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary wasting spare time activity?

Shirley Bishop:

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