



Muscle Energy Techniques: A Practical Guide for Physical Therapists

By John Gibbons

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Muscle Energy Techniques is a must for any student in the field of sports therapy, osteopathy, physiotherapy, chiropractic, yoga, Pilates and functional anatomy, and will also appeal to anybody qualified in physical therapy. This practical guide, packed full of colour photographs, illustrates the theory and practice of muscle energy techniques (MET). The principles described can be incorporated very quickly and effectively into a treatment plan, and can be used to assist in the rehabilitation of anyone who is recovering from an injury. In particular, this book will provide the therapist with the underpinning knowledge of the specific anatomy of the postural muscles that can become dysfunctionally shortened. Author John Gibbons brings years of expertise - he lectures in the field of sports medicine and physical therapy and works with elite-level and Olympic athletes in a wide range of sporting disciplines. In the book he looks at the theory of MET and, once that has been understood, he takes you on a muscle energy technique 'journey'. After demonstrating functional assessment testing for the muscles of 'posture' that can become chronically tight and dysfunctional, he shows how to apply a specific MET to correct these dysfunctional muscles to restore normality. The book contains easy to follow 'postural muscle' tables that you can use to monitor the progress of your patients.

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Editorial Review

Review

- "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 qualified and registered osteopath with the General Osteopathic Council, specialising in the assessment, treatment and rehabilitation of sport-related injuries, specifically for the University of Oxford sports teams. Having lectured in the field of sports medicine and physical therapy for over 12 years, John delivers advanced therapy training to qualified professionals within the Premiership football and rugby sectors. He has written many articles on various aspects of physical therapy, which have been published through the Federation of Holistic Therapists and the Sports Injury Bulletin.

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