



Muscle Energy Techniques: With Access to WWW.Chaitowmuscleenergytechniques.com (Mixed media product)

By -

Elsevier Health Sciences, United Kingdom, 2013. Mixed media product. Book. New. 4th Revised edition. 244 x 188 mm. Language: English . Brand New Book edition of this popular paperback continues to present the scientific basis and application of Muscle Energy Techniques (METs), a widely recognized and effective approach to the treatment of certain categories of musculoskeletal dysfunction. The internationally renowned author team - under the guidance of Leon Chaitow - present the latest research in the treatment of whole muscle problems, local dysfunction and joint restriction in a variety of patient settings. Examples include the use of MET methodology in the treatment of a wide range of acute and chronic pain conditions, the prevention and management of trauma and repetitive strain injuries in athletes, and its successful incorporation into physiotherapy, chiropractic, osteopathic and massage environments. The book clearly presents the latest research findings underpinned by methodology and guides the reader in the effective application of METs in clinical treatment and rehabilitative settings via the use of clearly written text, abundant diagrams, photographs and educational film clips on an associated website. Published for the first time in full colour, this volume will be ideal for...



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