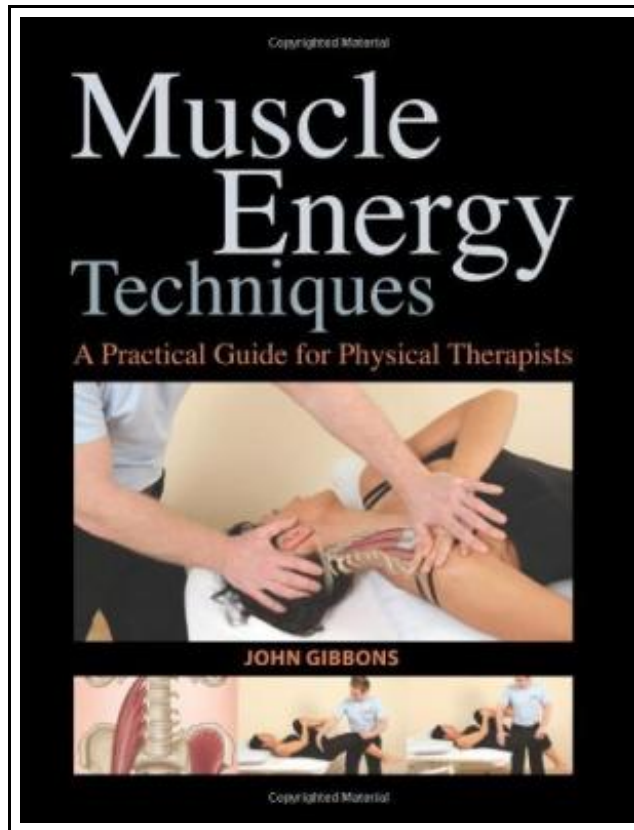


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This pdf is worth buying. It is actually written in basic words and not confusing. It has been printed in a remarkably basic way in fact it is merely following. I finished reading this publication through which really altered me, affect the way I really believe.

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Lotus Publishing. Paperback. Book Condition: new. BRAND NEW, Muscle Energy Techniques: A Practical Handbook for Physical Therapists, John Gibbons, Amanda Williams, 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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