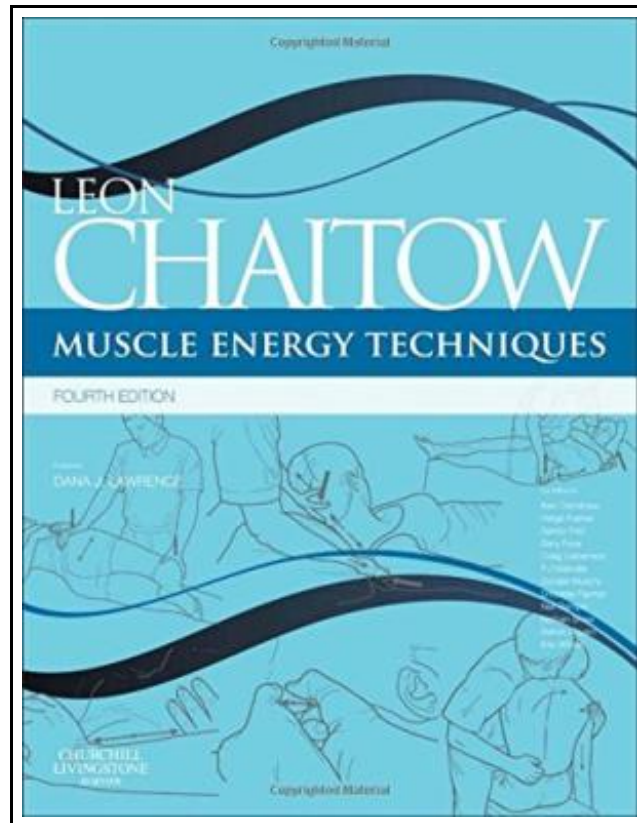


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Elsevier Health Sciences, United Kingdom, 2013. Mixed media product. Book Condition: New. 4th Revised edition. 244 x 188 mm. Language: English . Brand New Book. The new edition of this popular paperback continues to present the scientific basis and practice 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 role of METs in the treatment of whole muscle problems, local dysfunction and joint restrictions 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 therapy environments. The book clearly presents the latest research findings underpinning MET methodology and guides the reader in the effective application of METs in both treatment and rehabilitative settings via the use of clearly written text, abundant diagrams, photographs and educational film clips on an associated website. Now published for the first time in full colour, this volume will be ideal for all those professionals who have an interest in human movement: physiotherapists, osteopathic physicians and osteopaths, chiropractors, acupuncturists, exercise scientists, manual therapists, massage therapists and personal trainers. 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 Reviewed by InTouch, May 2015.

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