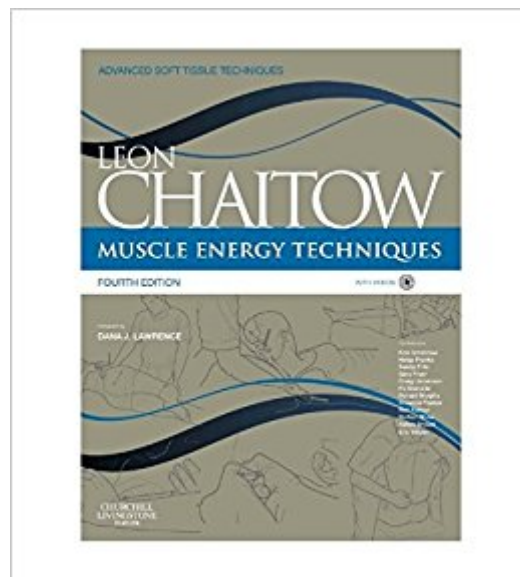




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# **Muscle Energy Techniques: With Access To Www.chaitowmuscleenergytechniqu es.com, 4e (Advanced Soft Tissue Techniques)**



## Synopsis

Muscle Energy Techniques 4e sets out clear, practical and clinical guidelines for all students and practitioners wishing to use MET techniques as part of their patient management. Fully updated and now published in full colour throughout, this book has an accompanying website with video clips presenting the full array of modern METs in a variety of acute, chronic and rehabilitation settings. "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

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

## Book Information

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## Customer Reviews

Comments about previous editions I'm rather taken with the new edition of this book. Dr. Chaitow has gathered well known experts from several disciplines and has crafted a book that will be used by all of them. A great deal of care has gone into this book. There is a wealth of clinical information and a very good overview of research regarding the use of MET in managing a range of conditions and clinical situations. The focus on other disciplines is a great plus in this new edition. I recommend it. Weighted Numerical Score 95 - 4 Stars! Dana J. Lawrence, DC of Doody's Book Reviews This book does not disappoint. Everything you ever wanted to know about [MET] is contained within these pages. The format is very user friendly and the book is littered with clinically relevant ideas and techniques. The volume is sure to help enhance your practice. Steve Canning, In Touch, Spring 2008, No. 122.

Leon Chaitow ND DO is an internationally known and respected osteopathic and naturopathic practitioner and teacher of soft tissue manipulation methods of treatment. He is author of over 60 books, including a series on Advanced Soft Tissue Manipulation (Muscle Energy Techniques, Positional Release Techniques, Modern Neuromuscular Techniques) and also Palpation Skills; Cranial Manipulation: Theory and Practice; Fibromyalgia Syndrome: A Practitioner's Guide to Treatment, and many more. He is editor of the peer reviewed Journal of Bodywork and Movement Therapies, that offers a multidisciplinary perspective on physical methods of patient care. Leon Chaitow was for many years senior lecturer on the Therapeutic Bodywork degree courses which he helped to design at the School of Integrated Health, University of Westminster, London, where is he now an Honorary Fellow. He continues to teach and practice part-time in London, when

not in Corfu, Greece where he focuses on his writing.

I graduate from massage school next week. I've studied at a 'chain school' that 'teaches to the license' and prepares MTs to work in spas. That means there is very little focus on therapeutic techniques - yet most clients seek massage because they are in pain. A classmate told me about Positional Release, which led me to the works of Dr Leon Chaitow, including Muscle Energy Techniques, Fascial Dysfunction, and Breathing Pattern Disorders. My classmate had been so successful alleviating student clinic clients' pain using Positional Release that I bought all of Chaitow's books, and then, one week before the end of school, I was able to attend a weekend workshop in NYC where he taught all of these techniques. That was yesterday; today I used what I learned in my final Massage exam on a student who had spent the weekend moving, and came to class in extreme pain. When I was done using Dr Chaitow's techniques, she was pain free - and based on what I've seen of PR during the year, I believe that (as long as she doesn't repeat the patterns that created the pain in the first place) she will remain pain free. Every LMT who wants to do therapeutic massage could be more effective using these techniques.

While this book can be a bit dry at times, it is such a phenomenal resource for explaining a tremendous amount about MET, as well as demonstrating and explaining numerous applications. I have used MET to treat a number of my clients with great results. Thank you Dr. Chaitow

Dr. Chaitow is a brilliant physician, and a fine educator. I have had many instructors in manual therapeutics. This gentleman has spent years learning from many other people, people who have molded manual therapy principles over the last 50 years. and he includes their ideas in his books. Highly recommended.

Take your understanding and practice to a higher level with this text and the instructional videos!

Wow! Great book, jam packed with really useful clinical info. As clinician for 15 years and striving to constantly evolve, I'm loving this book. Haven't accessed the videos yet, plan to do so...

Great book!!

A very detailed and well researched guide to the holistic treatment of the muscles, joints and tissues

of the human body via the chiropractic and massage therapy arts. A must have reference tool for diagnosis and therapy and a much appreciated addition to my reference library. It was delivered on time and sold at a reasonable price.

BRILLIANT

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