



# Muscle Energy Techniques: A Practical Handbook for Physical Therapists

By John Gibbons, Amanda Williams

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...



**READ ONLINE**  
[ 5.87 MB ]

## Reviews

*Very helpful to all category of individuals. It is definitely simplified but surprises inside the 50 percent of your pdf. I am very happy to inform you that this is actually the very best pdf i have read in my very own lifestyle and may be the finest pdf for actually.*

-- **Christelle Treutel**

*Most of these ebook is the perfect publication readily available. I really could comprehended almost everything out of this created e pdf. I discovered this pdf from my dad and i recommended this book to find out.*

-- **Vinnie Grant**

## Related eBooks



### **Dom's Dragon - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Dom's Dragon - Read it Yourself with Ladybird: Level 2, Mandy Ross, One day, Dom finds a little red egg and soon he is the owner of a friendly dragon called Glow! But...



### **Rumpelstiltskin - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Rumpelstiltskin - Read it Yourself with Ladybird: Level 2, In this classic fairy tale, a miller's daughter has to spin straw into gold for the king. A funny little man comes to help...



### **Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peppa Pig: Sports Day - Read it Yourself with Ladybird: Level 2, Peppa Pig is having fun with her friends at Sports Day, but she is not very good at paying attention during...



### **Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Topsy and Tim: The Big Race - Read it Yourself with Ladybird: Level 2, Jean Adamson, This is an enhanced read-along audio ebook from Ladybird. An adaptation of the classic Topsy and Tim...



### **Superhero Max- Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Superhero Max- Read it Yourself with Ladybird: Level 2, Superhero Max - Max is an ordinary boy, but he is also Swooperman, a superhero! When the baddies take his swoop boots, can he...



### **Peter Rabbit: the Angry Owl - Read it Yourself with Ladybird: Level 2**

Penguin Books Ltd. Paperback. Book Condition: new. BRAND NEW, Peter Rabbit: the Angry Owl - Read it Yourself with Ladybird: Level 2, Peter Rabbit: The Angry Owl Squirrel Nutkin has lost Old Brown's glasses and the owl is not happy! Will Peter...