

1: Leon Chaitow: Muscle Energy Techniques E-Book (PDF) - ebook download - english

*Muscle Energy Techniques with DVD-ROM (Advanced Soft Tissue Techniques) [Leon Chaitow ND DO (UK)] on www.enganchecubano.com *FREE* shipping on qualifying offers. This comprehensive text describes the basis and practice of Muscle Energy Techniques (MET), a widely recognized approach to treating musculoskeletal dysfunction.*

As compared to static stretching which is a passive technique in which therapist does all the work, MET is an active technique in which patient is also an active participant. If a sub-maximal contraction of the muscle is followed by stretching of the same muscle it is known as Autogenic Inhibition MET, and if a submaximal contraction of a muscle is followed by stretching of the opposite muscle than this is known as Reciprocal Inhibition MET [1]. What is Autogenic and Reciprocal Inhibition? Autogenic and reciprocal inhibition both occur when certain muscles are inhibited from contracting due to the activation of the Golgi tendon organ GTO and the muscle spindles. These two musculotendinous proprioceptors located in and around the joints and muscles respond to changes in muscle tension and length, which helps manage muscular control and coordination. The GTO, located between the muscle belly and its tendon, senses increased tension when the muscle contracts or stretches. The GTO response plays an important role in flexibility. Autogenic inhibition is often seen during static stretching, such as during a low-force, long-duration stretch. After 7 to 10 seconds, muscle tension increases and activates the GTO response, causing the muscle spindle in the stretched muscle to be inhibited temporarily, which makes it possible to stretch the muscle further. The muscle spindle is located within the muscle belly and stretches along with the muscle itself. Autogenic Inhibition MET 1a. Post Isometric Relaxation PIR is the effect of the decrease in muscle tone in a single or group of muscles, after a brief period of submaximal isometric contraction of the same muscle [1]. PIR works on the concept of autogenic inhibition. The PIR technique is performed as follows [1]: The hypertonic muscle is taken to a length just short of pain, or to the point where resistance to movement is first noted. The patient should inhale during this effort. After the isometric contraction the patient is asked to relax and exhale while doing so. Following this a gentle stretch is applied to take up the slack till the new barrier. Starting from this new barrier, the procedure is repeated two or three times. This technique is more aggressive than PIR but is also based on the concept of autogenic inhibition. The PFS technique is performed as follows: The hypertonic and shortened muscle is placed between a fully stretched and a fully relaxed state. The patient is asked to contract the agonist using a maximum degree of effort for 5-10 seconds while the therapist resists the patient's force. The patient is then asked to relax and release the effort, whereas the therapist applies a rapid stretch to a new barrier and is held for 10 seconds. The patient relaxes for approximately 20 seconds and the procedure is repeated between three to five times and five times more. Instead of starting from a new barrier, the muscle is placed between a fully stretched and a fully relaxed state before every repetition. The affected muscle is placed in a mid-range position. This is followed by relaxation of the patient along with exhalation, and the therapist applies a passive stretch to the new barrier. The procedure is repeated between three to five times and five times more. Indication Muscle Energy Techniques can be used for any condition in which the goal is to cause relaxation and lengthening of the muscles and improve range of motion ROM in joints. Muscle energy techniques can be applied safely to almost any joint in the body. Many athletes use MET as a preventative measure to guard against future injury of muscles and joints. It is mainly used by individuals who have a limited ROM due to facet joint dysfunction in the neck and back, and for broader areas such as shoulder pain, scoliosis, sciatica, asymmetrical legs, hips or arms, or to treat chronic muscle pain, stiffness or injury [4]. This indicates that more better quality studies are needed to confirm the effectiveness of MET for non-specific LBP [5]. The study showed positive results of a combination of McKenzie and MET therapies in terms of significantly decreased outcomes in Oswestry Disability Index, significant alleviation of pain in Visual Analogue Scale VAS, and significantly reduced size of spinal disc herniation. The combined method can be effectively used in the treatment of chronic LBP [6]. Phadke et al in a RCT investigated the effect of MET and static stretching on pain and functional disability on patients with mechanical neck pain. There were improvements of glenohumeral joint range of motion in horizontal adduction and internal rotation [8].

2: Muscle Energy Techniques - Leon Chaitow, Ken Crenshaw - Google Books

Muscle Energy Techniques with DVD-ROM / Edition 3 This comprehensive text describes the basis and practice of Muscle Energy Techniques (MET), a widely recognized approach to treating musculoskeletal dysfunction.

It describes those manipulative techniques in which a patient, on request, actively uses his or her muscles from a controlled position in a specific direction against a distinct counterforce applied by the practitioner. These techniques are combined from methods used in physical therapy, osteopathy, chiropractic and manual medicine. 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. Provides precise assessment and diagnosis guidelines. Gives many variations on the safe use of MET in acute, chronic, and rehabilitation settings. Explains the use of MET for whole muscle problems, local dysfunction, and joint restrictions. Suggests patient self-application methods. Information is expanded on some of the techniques included in previous edition. Content is updated throughout, with reference to the latest published research. Table of Contents 1. An introduction to muscle energy techniques 2. Patterns of function and dysfunction 3. How to use MET 4. Sequential assessment and MET treatment of main postural muscles 6. MET and the treatment of joints 7. Integrated neuromuscular inhibition technique INIT 8. Manual resistance techniques in rehabilitation 9. Muscle Energy Technique in the physical medicine settings MET in a massage therapy setting MET in treatment of athletic injuries.

3: Muscle Energy Techniques with DVD-ROM

In terms of treatment, "Muscle Energy Technique is a system of manual therapy for the treatment of movement impairments that combines the precision of passive mobilization with the effectiveness, safety, and specificity of reeducation therapies and therapeutic exercise.

Correctly use muscle energy technique This is an excerpt from Therapeutic Stretching by Jane Johnson. Muscle Energy Technique Popularly known simply as MET, muscle energy technique is a form of stretching commonly used by sports massage therapists, sports therapists, osteopaths and some physiotherapists, chiropractors and fitness professionals. There is no standardized definition of this technique, which involves the active contraction of a muscle by the client against a resistive force provided by a second party i. Originating as an osteopathic technique in the late s and early s, there are today numerous variations and applications of this method of stretching. MET is believed to be particularly helpful in lengthening postural muscles, which are prone to shortening. Theoretically, the active contraction performed by the client against the resistance produced by the therapist is an isometric contraction and may therefore be helpful in strengthening muscles. Also, contraction of one muscle group decreases tone in the opposing muscle group, and MET may therefore be beneficial in helping to overcome cramping. This is especially important should the technique be used in early stages of rehabilitation after injury, when levels as low as 5 percent may be the most appropriate. MET is sometimes used with a pulsing motion known as pulsed MET , which advocates claim helps reduces localized oedema. MET is therefore used in the following circumstances: To stretch muscles, especially those considered to be postural rather than phasic To strengthen muscles To relax muscles, especially useful for treating cramping muscles To help regain correct muscle function To reduce localized oedema A disadvantage of this technique is that it may be applied in many ways, and training is required to learn how and when to use each. For further information, please see Muscle Energy Techniques L. Chaitow, Churchill Livingstone ,where eight variations on the basic MET technique are described, along with information on how and when they might be used, and on which the basic MET protocol described here is based. Charland, Human Kinetics is also a good source of starting positions for performing MET stretches. Position the client so that both you and he are comfortable. This barrier is the point at which you will start to stretch. Tell the client to let you know as soon as you reach this barrier, a point where he may feel an ever so slight stretch. This entire procedure should be pain free. Ask the client to contract his muscle i. Maintain the body part that is being stretched in a static position so the effect is an isometric contraction of the muscle you are about to stretch. It is important that it is the client who sets the level of contraction against which you resist, not the other way around. That is, clients should never be resisting your force; you should be resisting theirs. Remember, too, that when used as part of rehabilitation, clients should be instructed to use very low levels of contraction, perhaps as low as 5 percent of their maximal force. After about 10 seconds ask the client to relax, and within the next 3 to 5 seconds, gently ease the body part further into the stretch so you find a new barrier position. Maintain this position for a few seconds before repeating the procedure up to two more times. There are many variants on MET stretching, and I encourage you to experiment to discover what works for you. Getting Started With MET One of the reasons for including a brief description of MET is that the examples of passive stretches provided in chapters 5, 6 and 7 are all starting positions from which to apply the basic MET protocol described here. For example, if you wanted to apply this basic MET to the calf using this protocol, you would follow these steps: Start with your client in either of the passive stretch positions shown here. Ask your client to use 25 percent of her force to push her toes into your thigh a or hand b , plantar flexing her ankles and isometrically contracting her calf muscles. Resist this contraction for 10 seconds. Then, once the client relaxes, gently dorsiflex her foot and ankle within the next 3 to 5 seconds to reach a new resistance barrier. The above excerpt is from:

4: Muscle Energy Techniques with DVD-ROM by Leon Chaitow | LibraryThing

MUSCLE ENERGY TECHNIQUES WITH DVD-ROM pdf

A companion DVD-ROM includes Read More This comprehensive text describes the basis and practice of Muscle Energy Techniques (MET), a widely recognized approach to treating musculoskeletal dysfunction.

5: Download Muscle Energy Techniques with DVD-ROM PDF Free - Video Dailymotion

More books from Leon Chaitow HERE. Muscle Energy Techniques with DVD-ROM. Muscle Energy Techniques with DVD-ROM. by Leon Chaitow. Description This comprehensive text describes the basis and practice of Muscle Energy Techniques (MET), a widely recognized approach to treating musculoskeletal dysfunction.

6: www.enganchecubano.com:Customer reviews: Muscle Energy Techniques with DVD-ROM, 3e

*Muscle Energy Techniques with DVD-ROM, 3e by Leon Chaitow ND DO (UK) () on www.enganchecubano.com *FREE* shipping on qualifying offers.*

7: Therapeutic Stretching: Correctly use muscle energy technique

Muscle energy techniques (MET) are manipulative treatments in which a patient, on request, actively uses his or her muscles from a controlled position in a specific direction against a distinct www.enganchecubano.com is a universally applicable approach to musculoskeletal dysfunction, restriction and contraction, which fuses methods used in physical therapy, osteopathy and manual medicine.

8: Muscle Energy Technique - Physiopedia

Energy for Muscle Contraction, Muscle Fatigue, Tetany, Cramp, Arrangement of Skeletal muscles for movement of skeleton.

9: muscle energy techniques | Download eBook pdf, epub, tuebl, mobi

Scopri Muscle Energy Techniques with DVD-ROM, 3e di Leon Chaitow ND DO (UK): spedizione gratuita per i clienti Prime e per ordini a partire da 29â,- spediti da Amazon.

Extracts relating to Vancouver Island and British Columbia MAKE IT WORK ELECTRICITY A CREATIVE HANDS ON APPROACH TO SCIENCE (Make-It-Work!) The Paraguayan question. Defending Romanticism C net ebook Principles of wheel alignment service Shipwreck index of the British Isles V. 2. Chapters 10-end Partes del cerebro y sus funciones Handling derivative instruments Bed and Breakfast, Farmhouses, Inns Hostels Liturgical texts of the Orthodox Church HTMLib (freeware) GM Full-Size Trucks, Revised Edition 60 Minute Strategic Plan Adventure of the Solitary Cyclist (Works) Law of connection A fortnight of folly by Maurice Thompson. What is geographical research Botero Cameo (Great Modern Masters Series) CUSTODY FOLLOWING DIVORCE Tapworthy designing great iphone apps ä, è½½ Childbirth for men Managerial accounting 3rd edition whitecotton Glow/candles/oth Sty Essential Truths of the Christian Faith Gas turbine heat transfer and cooling technology second edition Engineering flow and heat exchange levenspiel solution manual Lange series pathology flash cards Even more ghost stories of Alberta Biography of muhammad the prophet My best day : managing / Enlarging inequality : categories Table of Participles. Language, knowledge and pedagogy The U.S.PLO dialogue Changing landforms Reel 1422. City of Milwaukee, wards 2, 3, 4 The mould of doctrine Course Outlines on Women and Politics