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**BEST treatment for lower  
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lumborum muscle (METs)  
Muscle Energy Techniques  
(METs) Applied to Knee Pain.  
The knee is higher than the  
hip, indicating a tight right  
psoas. A tight rectus femoris**



**is also seen here. We also have to take into account the role of the vastus medialis (VM) and its oblique fibres. We know that this muscle has a control function at the knee,...**

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student in the field of sports  
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**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).**

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**How to apply Muscle Energy  
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assessment and treatment is  
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**the muscle (origin, insertion,  
action and nerve supply)  
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John Gibbons is a registered  
Osteopath, Lecturer and  
Author and is demonstrating**

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**how to lengthen the  
latissimus dorsi muscle using  
a muscle energy technique  
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**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**

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**the body.**

**Muscle Energy Techniques  
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**therapists to strengthen  
patients' weak muscles,  
restore normal muscle tone,  
increase joint mobility, and  
improve circulation,  
musculoskeletal function, and  
overall well-being.**



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Muscle Energy Technique  
Explained. One such method  
is called the Muscle Energy  
Technique. It's a form of  
manual therapy that uses a  
unique philosophy known as**

**reciprocal inhibition. In this theory, it's believed that the muscles on one side of a joint relax to accommodate the muscles on the other side of the joint that are contracted.**

## **Muscle Energy Techniques A**

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Therapists Muscle Energy  
Techniques is a must for any  
student in the field of sports  
therapy, osteopathy,  
physiotherapy, chiropractic,**

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**yoga, Pilates and functional  
anatomy. It will also appeal to  
anybody qualified in physical  
therapy.**

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Muscle energy techniques**

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**(METs) are a tool for physical therapists to strengthen patients' weak muscles, restore normal muscle tone, increase joint mobility, and improve circulation, musculoskeletal function, and overall well-being.**

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