

Muscle Energy Technique (MET)

MET is a form of Orthopaedic Manual Therapy in which the patient's muscles are actively used on request, from a precisely controlled position, in a specific direction, and against a counterforce.

Indications:

- *To mobilize restricted joints
- *To lengthen tense muscles and fascia
- *To improve circulation, respiration, and neuromuscular relationships
- *Frequently used to prepare tissues for HVLA

Useful link:

<http://leonchaitow.com/wp-content/uploads/body%20balance/CH01.pdf>