Mindluster Platform

About the course Muscle Energy Techniques Treatment

Muscle Energy Techniques course, in this course we'll explore Muscle Energy Techniques (MET), a manual therapy approach used to improve musculoskeletal function. Participants will learn various MET methods involving active engagement of the patient's muscles against a controlled resistance from the practitioner. Through hands-on demonstrations and practical exercises, learners will understand how MET can address muscle imbalances, joint restrictions, and soft tissue dysfunctions. By mastering MET, participants can enhance their therapeutic skills and effectively manage a wide range of musculoskeletal conditions, promoting optimal movement patterns and overall well-being.

Medical Category's Courses

Course Lesson(13)

Lesson 1 : **MET ASSESSMENT FOR TIGHT CALF MUSCLES MUSCLE ENERGY TECHNIQUES**

Lesson 2 : **TIGHT CALVES TREATMENT BY MUSCLE ENERGY TECHNIQUES**

Lesson 3 : **MET ASSESSMENT FOR TIGHT HIP ADDUCTORS MUSCLE ENERGY TECHNIQUE**

Lesson 4 : **MET TREATMENT FOR HIP ADDUCTOR TIGHTNESS LOW BACK PAIN HIP KNEE PAIN**

Lesson 5 :
THOMAS TEST ASSESSMENT AND INTERPRETATION LEARN THE RIGHT WAY TO ASSESS ILIOPSOAS QUADRICEPS TFL

Lesson 6 : **MET TREATMENT FOR TIGHT QUADRICEPS MUSCLE BY SIES PIR PMET**

Lesson 7 : **MET TREATMENT FOR ILIOPSOAS MUSCLE TIGHTNESS**

Lesson 8 : **Unbelievable Hamstring Relief Without Meds Muscle Energy Technique**

Lesson 9 : **AN INTRODUCTION TO MET MUSCLE ENERGY TECHNIQUE**

Lesson 10 :
MET TREATMENT FOR LATTISMUS DORSI SHOULDER PAIN STIFFNESS shorts ytshorts

Lesson 11 :
Low Back Pain Treatment Quadratus Lumborum Release by Muscle Energy Technique shorts

Lesson 12 : **Piriformis Release by Muscle Energy Technique MET shorts**

Lesson 13 : **TIGHT PECTORALS TREATMENT BY MET shorts**

Related courses

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General Embryology

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