

MUSCLE ENERGY TECHNIQUES (MET):



MET is a type of osteopathic manipulative treatment used in osteopathic medicine and physical therapy. It is a non-invasive direct hands on technique used to treat somatic dysfunction. MET helps to normalize joint motion, increase range of motion, decrease muscle tightness, increase muscle strength, balance ligament length, improve circulation, decrease nerve tension, and reduce pain.

MET energy is a direct and active technique; meaning it engages a restrictive barrier and requires the patient's participation for maximal effects. It is based on the principle of reciprocal inhibition, a theory that explains that muscles on one side of the joint will always relax to accommodate the contraction of muscles on the other side of that joint when direct pressure is applied.

MET is most often applied to the joints along the entire spine, pelvis, hip, knee, ankle, shoulder, elbow, and wrist. It also is frequently applied for hypertonic (tight) muscles and for restoring muscle function. MET can be applied to all orthopedic conditions with few contraindications.