

Services Offered

Muscle-Energy Technique

WHAT IS MUSCLE ENERGY TECHNIQUE?

Muscle-Energy technique is an osteopathic therapeutic technique in which the therapist manually directs the patient to use their muscles to contract in a precisely controlled position while the therapists apply a counter force.

When there is a dysfunction or joint tightness in the body, the muscle around a joint can be in spasm, which holds the joint in an abnormal position and limits its normal range of motion.

Muscle Energy Technique (MET) is a gentle manual therapy treatment for relaxing muscles and mobilizing joints. MET uses the patient's muscle contractions to relax and lengthen muscles and to normalize joint motion.

MET is an excellent technique to treat stiff joints and excess muscle tension due to overuse or strain. When muscles are overly tight or hypertonic, they cause surrounding joints to become tight and restricted. MET can relax the muscle and release the joint without any discomfort.

HOW IS MUSCLE ENERGY USED?

In a MET treatment, the patient is placed in a position specific to her or his dysfunction and then applies a small and comfortable muscular contraction against the therapist's resistance in a specific direction. For the treatment of shortened and tight muscles, the affected muscle is gently stretched to its longest pain-free range. The patient then performs a series of three to five brief, submaximal muscle contractions. This action encourages the muscle to naturally relax, resulting in both decreased pain and improved range of motion.

MET often is used as a technique to correct spine misalignment or vertebral joint tightness (hypomobility) and to release joints restrictions in the spine. Improving the mobility of the spine affects the well being of the whole body.

WHAT IS THE OUT COME OF MUSCLE ENERGY?

Typical outcomes of muscle energy technique include decreased stiffness, decreased pain, and increased range of motion. Once the joints are in a good alignment, the muscles are within normal tone; there is a decrease of pain. The patient is able to strengthen the weak muscles, to resume normal activities and to return to health and well being.

Neuromuscular re-education is a technique used by physical therapists to restore normal body movement patterns.

Your nerves and muscles work together to produce movement. Nerves send signals between your muscles and your brain about where, when and how fast to move. Over time, muscle movement patterns are learned and stored in your memory.

When nerves or muscles experience damage or injury resulting from trauma and various medical and neurological conditions, muscle movement patterns can be negatively affected. Neuromuscular re-education is one method used by Physical therapists to facilitate the return of normal movement in patients with

neuromuscular impairments.

To learn more please contact us at

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