

MUSCLE ENERGY TECHNIQUE (MET)

What is an MET?

- These techniques are a form of assisted stretching.
- MET's aim to lengthen a muscle that is limited by neurological restrictions.

What are the benefits?

- Two types of MET's used are:
 - Post-isometric relaxation (PIR).
 - Reciprocal inhibition (RI).
- These two types are both useful methods of applying MET, However, because RI does not require a contraction of the target tissues, it can prove extremely useful in supporting the soft tissue repair process since it is safe to apply from the early sub-acute phase.

How is the technique is carried out? Protocols:

Post-isometric relaxation (PIR)

In this type of MET, the target muscle is contracted using the principle of autogenic inhibition.

- The client should always adopt a comfortable position.
- Explanation of technique.
- Slowly moves the limb to the first point of bind, palpating key structures to ensure that any small compensations the client may subconsciously make can be perceived and prevented.
- Hold the limb at the point of bind for 10 or more seconds to enable the client to fully relax.
- Direct the client to slowly and progressively perform a 10-second isometric contraction of the muscle being stretched at 20-30% of maximum. Counteract the contraction to ensure there is no movement (isometric).
- The client relaxes the contracted muscle (this can be aided by a deep inhalation followed by an exhalation as the movement occurs) whilst the practitioner passively increases the ROM of the joint until the new point of bind is located.
- Repeat two to three times, always finishing with the new point of bind. The final point of bind is held passively for 20 to 30 seconds, then slowly return the limb to its normal position.

Reciprocal inhibition (RI)

- The same protocol except the client slowly and progressively performs a 10 second isometric contraction of the muscle opposite to the one being stretched at 20-30%. Counteract the contraction to ensure no movement occurs.
-