



MET vs. PNF

Muscle Energy Technique vs. Proprioceptive Neuromuscular Facilitation

Created by Allison Ishman

A comparison between these two popular methods of resisted stretching is compared and contrasted to help therapy professionals and clients to understand how they differ.

MET Muscle Energy Technique	PNF Proprioceptive Neuromuscular Facilitation
<ul style="list-style-type: none"> • Works in the existing range • Look for glitches in the ROM 	<ul style="list-style-type: none"> • Works at the end range
<ul style="list-style-type: none"> • Practitioner moves client thru ROM 	<ul style="list-style-type: none"> • Client moves thru ROM practitioner just supports
<p>Goals:</p> <ul style="list-style-type: none"> • Increase Quality of Motion • Decrease striation of muscle tissue • Decrease risk of injury • Increase ROM • Reset neuromuscular patterns in range 	<p>Goals:</p> <ul style="list-style-type: none"> • Increase ROM • Decrease risk of injury • Reset neuromuscular patters at end range

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Have questions? Want to share an experience? I'd love to hear it. Email me at ishman1@ibodycare.com.

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