Technique name: Cervical MET flexion dysfunction
Region of the body: Head/cervical

Picture of related anatomy:
Brief description: For a flexion dysfunction of the cervical spine, you can utilize a muscle energy technique (MET) to treat the dysfunction. Place the affected vertebrae in its barrier and have the patient push into the freedom by bringing their ear towards their shoulder.

Physician position: Seated

Patient position: Supine

Hand positioning: To monitor the posterior articular pillar, take the hand opposite the posterior pillar and reach under the neck so that you can monitor the posterior pillar with one of your fingers. Place the hand that is on the same side as the posterior pillar near the top of the head to control and move the head.

Technique:
1. Place one hand so that you can monitor the posterior articular pillar and use the other hand to guide and support the head.
2. While monitoring, place the vertebrae into its barrier by extending the neck and then rotating and sidebending into the restriction.
3. Have the patient push into their freedom by asking them to touch their ear to their shoulder.
4. Repeat steps 2 and 3 a total of 3 times, each time re-engaging the barrier.
5. After the 3rd time, give a passive stretch by once more re-engaging the barrier without having the patient push against you.

Models: Biomechanical, Respiratory-Circulatory, Neurological, Metabolic-Energy, Behavioral
Technique name: Cervical MET extension dysfunction
Region of the body: Head/cervical

Picture of related anatomy:
Brief description: For a extension dysfunction of the cervical spine, you can utilize a muscle energy technique (MET) to treat the dysfunction. Place the affected vertebrae in its barrier and have the patient push into the freedom by bringing their ear towards their shoulder.

Physician position: Seated

Patient position: Supine

Hand positioning: To monitor the posterior articular pillar, take the hand opposite the posterior pillar and reach under the neck so that you can monitor the posterior pillar with one of your fingers. Place the hand that is on the same side as the posterior pillar near the top of the head to control and move the head.

Technique:

1. Place one hand so that you can monitor the posterior articular pillar and use the other hand to guide and support the head.
2. While monitoring, place the vertebrae into its barrier by flexing the neck and then rotating and sidebending into the restriction.
3. Have the patient push into their freedom by asking them to touch their ear to their shoulder.
4. Repeat steps 2 and 3 a total of 3 times, each time re-engaging the barrier.
5. After the 3rd time, give a passive stretch by once more re-engaging the barrier without having the patient push against you.

Models: Biomechanical, Respiratory-Circulatory, Neurological, Metabolic-Energy, Behavioral