

EMMETT Technique

A light touch approach
to pain & discomfort

About the EMMETT Technique

The EMMETT Technique is an amazingly gentle, safe and simple form of muscle release therapy. It is used to address pain and discomfort, improve body movement, restore a positive emotional state and improve quality of life. It involves the application of light finger pressure and gentle movement at specific locations on the body to effect change. The results are generally immediate and can be dramatic even at the first treatment. The symptoms of pain and discomfort that result from any medical condition or injury may be assisted.

Research Results

Research shows the effectiveness of the EMMETT Technique. 30 therapists across the UK have collected data, recording the client's pain levels and mobility before and after treatment. Early results from 650 clients are encouraging. The average pain rating of 8 out of 10 before treatment, decreased to a rating of 3 once the EMMETT Technique had been applied.

EMMETT in the Community

"As a group of physiotherapists working in the community, the EMMETT Technique has provided an invaluable adjunct to traditional physiotherapy methods. Many of our patients are elderly and have multiple pathologies including arthritis and associated balance and mobility problems. EMMETT reduces pain, increases movement and as a consequence aids in mobility." Jacqueline Godfrey, Physiotherapist Worcestershire Health and Care NHS Trust.



Jane's Story

"When I went for EMMETT treatment my hip hurt, my knees ached and my feet were tired. Now I have none of those problems. I was amazed at the instant effect of such subtle treatment, a poke here or there, a little rub or stroke and lo and behold I could move my leg, knees and ankles in a completely different way. I would recommend the EMMETT Technique to anyone." Jane Walsh.

EMMETT for Everyone - "First Aid" for Muscles

Learn how to release your own muscle tension, reduce your own pain and improve your own flexibility and mobility. EVERYONE can learn this technique at an EMM-Tech - Easy Muscle Management course. Learn in a relaxed and fun environment over 8 hours. Use your new skills straight away for stiff knees, weak legs, puffy ankles, poor neck movement, shoulder pain, difficulty raising and using arms, poor grip strength and balance problems. Use it on yourself or with those you care about.



Visit www.emmett-uk.com for your nearest EMMETT Practitioner and for EMM-Tech Short Courses running in your area. Practitioner training also available.

