

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Muscle Energy Technique Guide MCP

Clinical decision support for precise manual therapy protocols.

Muscle Energy Technique Guide MCP provides therapists with structured clinical support for MET applications. Your AI client can generate specific session protocols, check muscle eligibility for certain techniques, calculate physical load to prevent over-treatment, and provide verbal cues for patient instruction. It's designed to help you maintain safety and precision during manual therapy sessions.

A+ Quality Score 100/100

met

muscle-energy

therapy

clinical

osteopathy



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Muscle Energy Technique Guide MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to bring clinical precision to your Muscle Energy Technique (MET) sessions. Instead of relying on memory for specific contraction intensities or positioning, you can ask your AI client to pull up a structured protocol based on the specific muscle and patient tolerance you're working with. It handles the heavy lifting of calculating cumulative physical load, which helps you avoid over-treating a patient. You can also quickly verify if a muscle is a good candidate for a specific technique like reciprocal inhibition before you begin. When you're in the middle of a session, the MCP provides the exact verbal cues and manual positioning you need to guide the patient through the contraction and relaxation phases. It's a practical way to ensure your MET applications stay consistent and safe.

Core Capabilities

01 — Protocol Generation

Your agent creates structured MET session plans based on clinical data.

02 — Muscle Suitability Checks

The AI verifies if a muscle is appropriate for a specific MET technique.

03 — Load Management

Your AI client calculates cumulative physical load to keep treatments within safe limits.

04 — Therapist Guidance

The MCP provides real-time verbal cues and positioning instructions for manual work.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/muscle-energy-technique-guide — connect your AI agent in three steps.

- 01 Connect your AI client to the Muscle Energy Technique Guide MCP via Vinkius.
- 02 Provide clinical details like the target muscle and patient tolerance to your agent.
- 03 The agent uses the MCP tools to calculate protocols or check muscle eligibility.
- 04 Review the generated instructions or load calculations directly in your chat interface.

You connect the MCP to your AI client and then use natural language to request clinical data.

Built For

This MCP is built for manual therapy professionals who use Muscle Energy Techniques in clinical settings.

Osteopaths

They use the MCP to verify technique eligibility and generate structured protocols.

Physical Therapists

They rely on the tool for verbal cues and managing patient physical load.

Massage Therapists

They use the clinical support to ensure safe contraction intensities during sessions.

What Changes When You Connect

- 01 Reduces the risk of over-treatment by calculating cumulative physical load.
- 02 Ensures technique accuracy with real-time verbal cues and positioning guidance.

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- | | |
|-----------|---|
| 03 | Standardizes MET protocols based on specific patient tolerance levels. |
| <hr/> | |
| 04 | Speeds up clinical decision-making through instant muscle eligibility checks. |
| <hr/> | |
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Real-World Applications

Post-Isometric Protocols

Generate a specific contraction intensity and duration for a patient's trapezius muscle.

Patient Instruction

Get the exact verbal cues needed to guide a patient through a contraction and relaxation cycle.

Safety Verification

Check if a muscle is eligible for reciprocal inhibition before starting a session.

Session Planning

Calculate the total load of a series of MET applications to prevent patient fatigue.

Patterns to Avoid

Guessing muscle suitability

❌ AVOID

You decide to use reciprocal inhibition on a muscle without checking if it's the right candidate for that specific technique.

✓ INSTEAD

Run a check first using ``validate_muscle_eligibility`` to ensure the muscle is appropriate for your intended MET type.

Ignoring cumulative fatigue

❌ AVOID

You keep adding new MET applications to a session without tracking how much total physical stress the patient is under.

✓ INSTEAD

Use ``calculate_session_load`` to monitor the total physical load and prevent over-treating the patient.

Relying on memory for cues

❌ AVOID

You try to recall the exact verbal instructions and hand placements for a complex contraction while you are mid-treatment.

✓ INSTEAD

Pull up the exact verbal cues and positioning instructions instantly with ``get_technique_instructions``.

The Right Fit

Manual therapy professionals like osteopaths and physical therapists should connect this MCP to their AI clients. If you don't perform structured Muscle Energy Technique sessions in a clinical setting, this tool won't provide value to your workflow.

Muscle Energy Technique Tools for Clinical Precision

These tools handle protocol generation, muscle suitability checks, and physical load calculations for MET sessions.

#	TOOL	DESCRIPTION
01	get_met_protocol	This tool generates a complete, structured MET session protocol based on the clinical inputs you provide.
02	get_technique_instructions	Use this to get specific verbal cues and manual positioning guidance for your technique.
03	validate_muscle_eligibility	This tool checks if a specific muscle is suitable for the MET type you intend to use.
04	calculate_session_load	This tool determines the cumulative physical load of a session to help you prevent over-treatment.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U Generate a post-isometric protocol for the trapezius muscle with moderate client tolerance.



Protocol generated: Contraction Intensity: 50% MVC, Duration: 7 seconds, Repetitions: 3, Stretch Force: Moderate.

U Is the hamstrings muscle eligible for reciprocal inhibition?



Yes, the hamstrings are eligible for reciprocal inhibition techniques.

U What are the verbal cues for a post-isometric technique?



Verbal cues: 'Contract the muscle against my resistance, hold, and now relax into the stretch.'

Frequently Asked Questions

01 How does this MCP help prevent over-treatment?

It uses the calculate_session_load tool to determine the cumulative physical load of your treatments, helping you stay within safe limits.

02 Can I use this with Claude or Cursor?

Yes, you can use this MCP with any MCP-compatible client like Claude, Cursor, or Windsurf once you connect it through Vinkius.

03 Does it provide specific instructions for therapists?

Yes, the `get_technique_instructions` tool provides verbal cues and manual positioning guidance for use during a session.

04 How does it handle different patient tolerances?

The MCP adapts contraction intensity and duration based on the tolerance levels you provide for the client.

05 Can it check if a technique is right for a specific muscle?

Yes, the `validate_muscle_eligibility` tool checks if a muscle is suitable for the specific MET type you want to use.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"muscle-energy-technique-guide": { "url": "..."} </code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

-  Ask ChatGPT 
-  Ask Claude 
-  Ask Perplexity 
-  Ask Gemini 
-  Ask Grok 

READY TO CONNECT

Muscle Energy Technique Guide is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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Server ID	01a0bb40-1ce5-7163-a181-6fce5e97e0e4
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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