

126-Hodges, Homeopathy, 41, Naps, Audio, Cartoons, DeJarnette, Spinal Creep.

Posted on Apr 04, Posted by [Donald McDowall](#) Category [MyBlog](#)

Hi Everyone,

This week has some more interesting papers. I rather liked the paper about Spinal "creep" causing muscle weakness and athletes needing more rest for better performance. Have a great weekend. Donald

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1. The leading back research team in the world now have a newsletter.
<http://www.uq.edu.au/ccre-spine/talkback> . Here is the [team](#) . Here is the [next seminar](#) they are conducting . Here is the [program](#)

. Don't miss it.

2. [Ileocecal valve paper \(NET\) now online](#) . "The majority of subjects with low back pain reported positive ileocecal valve testing, and all but one of the subjects without low back pain reported negative ileocecal valve testing. The application of ileocecal valve testing as a diagnostic measure of low back pain was found to have excellent measures of sensitivity, specificity and diagnostic competency. This study confirms that the use of this test within the limitations of this study is reliably associated with the presence of low back pain. Further testing is required to investigate all aspects of the diagnostic milieu commonly used by proponents of this form of diagnostic testing."

3. [Brain problems and body problems in children helped with AK](#) . "Dr. Kuykendall describes his work with his patients.

4. [Homeopathy helps cancer patients.](#) "A landmark paper on homeopathy and cancer has appeared in the February 2010 issue of the International Journal of Oncology. Scientists at the University of Texas M.D. Anderson Cancer Center (MDA), led by Moshe Frenkel, MD, have confirmed the ability of four homeopathic remedies to induce apoptosis (programmed cell death) in breast cancer cell lines in the laboratory. The scientists in question were from the Integrative Medicine Program, the Department of Molecular Pathology, and the Department of Melanoma Medical Oncology of MDA. Their two Indian collaborators were from the Banerji Homeopathic Research Foundation, Kolkata, India, where these same remedies are employed clinically with apparent success. The four ultra-dilute remedies in question were Carcinosin, Phytolacca, Conium and Thuja."

5. [Dr. Phil Maffetone's forum is full of stuff that may help your patients.](#) If you don't want music then just hit the pause button at the bottom left of the web page.

6. [List of 41 important factors for assessing isometric muscle strength](#) . Here is the [whole article.](#)

7. Dr. Vittoria Repetto does a "new age" [audio interview](#) about applied kinesiology. The interview starts at 6:30 into the program.

8. [Canadian doctors don't need as many naps as US doctors.](#) "It's safe to conclude that most people would not take issue with a requirement that they take a nap at some point during their workday. The United States Institute of Medicine even urges that a five-hour snooze should be made mandatory for all medical interns and residents who are putting in 16-hour shifts. The Canadian Association of Interns and Residents, though, isn't convinced of the value of

mandatory naps. In fact, Executive Director Cheryl Pellerin says that if naps are added into contracts, they could interfere with a resident's training — he or she might miss a procedure vital to a good education."

9. [Bullet proof vests for hospital security staff](#). "The children's hospital has ordered 35 vests, which are also slash-proof, at a cost of \$29 000. The decision to buy the vests wasn't taken lightly, says Allan Horsburgh, the centre's vice-president and chief financial officer. It became easier late last year, however, after a young man was shot and wounded in the hospital's parking lot."

10. Medical [cartoons](#) .

11. Manual therapy helps osteoporotic vertebral fractures. [Free download](#) . "Despite the modest sample size, these results support the benefits of exercise and manual therapy in the clinical management of patients with osteoporotic vertebral fractures, but need to be confirmed in a larger sample. "

12. [Preworkout supplements help performance](#). "These results demonstrated improvements in VO2max, CV, and LBM when GT (supplement) is combined with HIIT (high intensity interval training). Three weeks of HIIT alone also augmented anaerobic running performance, VO2max and body composition."

13. World's healthiest foods [website](#) .

14. How to pop your brains right out of your head. Thank you fo Phillip for this [link](#) .

15. SOT founder, DeJarnette, using muscle testing. Is AK really SOT plus... or SOT plus T4H? How accurate is the [Major's muscle testing](#) ? Anyone care to evaluate these [two video's](#) ? ,

16. [Spinal "creep" causes muscle weakness](#) . "Prolonged spinal flexion can impair sensorimotor control mechanisms and reduce back muscle protection of the underlying spine. The effect is due to time-dependent "creep" in soft tissues rather than muscle fatigue."

17. [Autonomic Resonance Testing \(ART\) is the latest muscle testing spinoff](#). Here are a number of interviews with Dr. Mercola and Klinghardt to explain it. "Developed by Dietrich Klinghardt, MD, PhD., autonomic resonance testing (ART) is a comprehensive diagnostic system that uses changes in muscle tone as a primary indicator. The journal Chiropractic & Osteopathy published a review on the reliability and validity of manual muscle testing in 2007. (Scott C Cuthbert and George J Goodheart Jr, Chiropractic & Osteopathy 2007,15:4 doi:10.1186/1746-1340-15-4)."

18. Manual muscle testing and Hand held Dynametric testing are both reliable. [Free Download](#)

"Physical therapists require an accurate, reliable method for measuring muscle strength. They often use manual muscle testing or hand-held dynametric muscle testing (DMT), but few studies document the reliability of MMT or compare the reliability of the two types of testing. We designed this study to determine the intrarater reliability of MMT and DMT. A physical therapist performed manual and dynametric strength tests of the same five muscle groups on 11 patients and then repeated the tests two days later. The correlation coefficients were high and significantly different from zero for four muscle groups tested dynametrically and for two muscle groups tested manually. The test-retest reliability coefficients for two muscle groups tested manually could not be calculated because the values between subjects were identical. We concluded that both MMT and DMT are reliable testing methods, given the conditions described in this study. Both testing methods have specific applications and limitations, which we discuss."

19. [Busy doctors miss critical health signs](#) . "UP TO 70 per cent of people at risk of having a heart attack or stroke are not prescribed the right drugs when they visit their GP because doctors are too busy to look at a person's overall health, research has found. The study, published today in The Medical Journal of Australia also found that half of older patients who had suffered a heart attack or stroke did not receive the care they needed to prevent a second attack."
20. [Top 25 articles in Chaitow's Bodywork and Movement Therapies Journal](#) . "The top 25 downloads from ScienceDirect - of JBMT articles, for the period October to December 2009 - gives a strong clue as to the direction of interest of readers. As Editor-in-Chief of JBMT, this trend towards ever more interest in stability features, is one that I've responded to by creating a dedicated section of the quarterly publication, on "Prevention and Rehabilitation".
21. [Test your muscles while exercising](#). "After 20 different prototypes, the young couple invented the muscle-testing device, which can also be used for lower impact forms of exercise. "You can test your strength on over 25 different muscles and you can do over 40 exercises," Mr Jones said. Jym can also be used in rehabilitation and Ms Hill says it is a great device for the elderly.
22. [Teaching back pain sufferers to better care for themselves saves pain and money](#). Applied kinesiology set this trend in 1974 with the development of Touch for Health spawning many body care programs. Now this new research finds validity for a similar approach. "Over 1 year, the cognitive behavioural intervention had a sustained effect on troublesome subacute and chronic low-back pain at a low cost to the health-care provider."
23. [Conditions that research shows manual therapies help](#). The UK study. Free download. "Spinal manipulation/mobilization is effective in adults for: acute, subacute, and chronic low back pain; migraine and cervicogenic headache; cervicogenic dizziness; manipulation/mobilization is effective for several extremity joint conditions; and thoracic manipulation/mobilization is effective for acute/subacute neck pain. The evidence is inconclusive for cervical manipulation/mobilization alone for neck pain of any duration, and for manipulation/mobilization for mid back pain, sciatica, tension-type headache, coccydynia, temporomandibular joint disorders, fibromyalgia, premenstrual syndrome, and pneumonia in older adults. Spinal manipulation is not effective for asthma and dysmenorrhea when compared to sham manipulation, or for Stage 1 hypertension when added to an antihypertensive diet. In children, the evidence is inconclusive regarding the effectiveness for otitis media and enuresis, and it is not effective for infantile colic and asthma when compared to sham manipulation. Massage is effective in adults for chronic low back pain and chronic neck pain. The evidence is inconclusive for knee osteoarthritis, fibromyalgia, myofascial pain syndrome, migraine headache, and premenstrual syndrome. In children, the evidence is inconclusive for asthma and infantile colic."
24. [Breech presentation changed with chiropractic technique](#). "The Activator Adjusting Instrument was used successfully in these cases to reduce the posterior sacral subluxation component of the Webster In-Utero Constraint Technique. "
25. [Induced labor causes more caesarian deliveries](#). "Labor induction is associated with increased cesarean risk whether using a week-to-week comparison group or an expectant group that includes women the same week or beyond that of the index induction, even after adjustment for parity, high-risk factors, and demographic variables. Although the magnitude of increased risk for a given woman undergoing induction is not large, women nonetheless should

be informed of this increased risk."

26. [Heart attacks helped with cold packs](#) . "In this small, observational, nonrandomized study in which more than half the patients had initial rhythms other than VF, survival and neurological outcomes after treatment with cold saline infusion plus ice packs were similar to outcomes reported in two larger randomized studies of other methods of hypothermia in patients with VF (JW Emerg Med Mar 27 2002). The putative advantages of this method are simplicity; greater availability, including in prehospital settings; lower cost; and noninterference with other critical interventions, such as coronary angiography."

27. [AK manual muscle testing used in Cancer therapy](#). "Developed by Dietrich Klinghardt, MD, PhD., autonomic resonance testing (ART) is a comprehensive diagnostic system that uses changes in muscle tone as a primary indicator. The journal Chiropractic & Osteopathy published a review on the reliability and validity of manual muscle testing in 2007. (Scott C Cuthbert and George J Goodheart Jr, Chiropractic & Osteopathy 2007,15:4 doi:10.1186/1746-1340-15-4)."

28. [Reliability of hand held dynamometers for muscle testing](#). "The use of hand-held dynamometry to assess postural muscle strength for maintaining upright sitting in individuals with SCI has high intrarater and interrater reliability. The direction of force application and experience of the rater did not influence the level of reliability. Future research is needed to identify the minimum muscle strength required to maintain the seated posture and to understand how this measure relates to seated postural control and balance."

29. [More rest, less training for less athletic injuries](#). "The investigators recommend tapering, periodization, and rest to help avoid overuse syndrome, overreaching, and overtraining that leads to excessive physical and mental exhaustion and injury."

30. [Interval running and strength training enhance soccer performance](#). "High-intensity interval running can be concurrently performed with high load muscular strength training to enhance soccer players' explosive performances and aerobic endurance."

The Habit of Success by Earl Nightingale

Do each day all that can be done that day. You don't need to overwork or to rush blindly into your work trying to do the greatest possible number of things in the shortest possible time. Don't try to do tomorrow's or next week's work today. It's not the number of things you do, but the quality, the efficiency of each separate action, that counts.

To achieve this "habit of success," you need only to focus on the most important tasks and succeed in each small task of each day. Enough of these, and you have a successful week, month, year and lifetime. Success is not a matter of luck. It can be predicted and guaranteed, and anyone can achieve it by following this plan.

But most people live a life of quiet mediocrity and never achieve the success they truly desire because they get impatient. They want easy success, or none at all. They see the path to success as a frustration, an impediment. Each day spent short of the ultimate goal is viewed as a time of failure and as an annoyance. As such, they get distracted by hundreds of little things

that each day try to get us off our course. Yet the successful among us know the truth: If the end goal is all we desire, we simply cannot put in the time and effort it takes to be a success when it counts—each day—and therefore cannot lay the foundation for tomorrow's success.

Pay no attention to petty distractions. Enjoy the easy days and shake off the bad days. Stay steadily on your track. Concentrate on each task of the day from morning to night and do each as successfully as you can. Know full well that if each of your tasks is performed successfully, or at least the greater majority of them, your life must be successful.

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Dr. Goodheart's audio lectures can be found at:

http://web.me.com/donaldmcdowall/Site_2/GJGMelbourne/GJGMelbourne.html

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"Neglect starts out as an infection then becomes a disease." —Jim Rohn

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