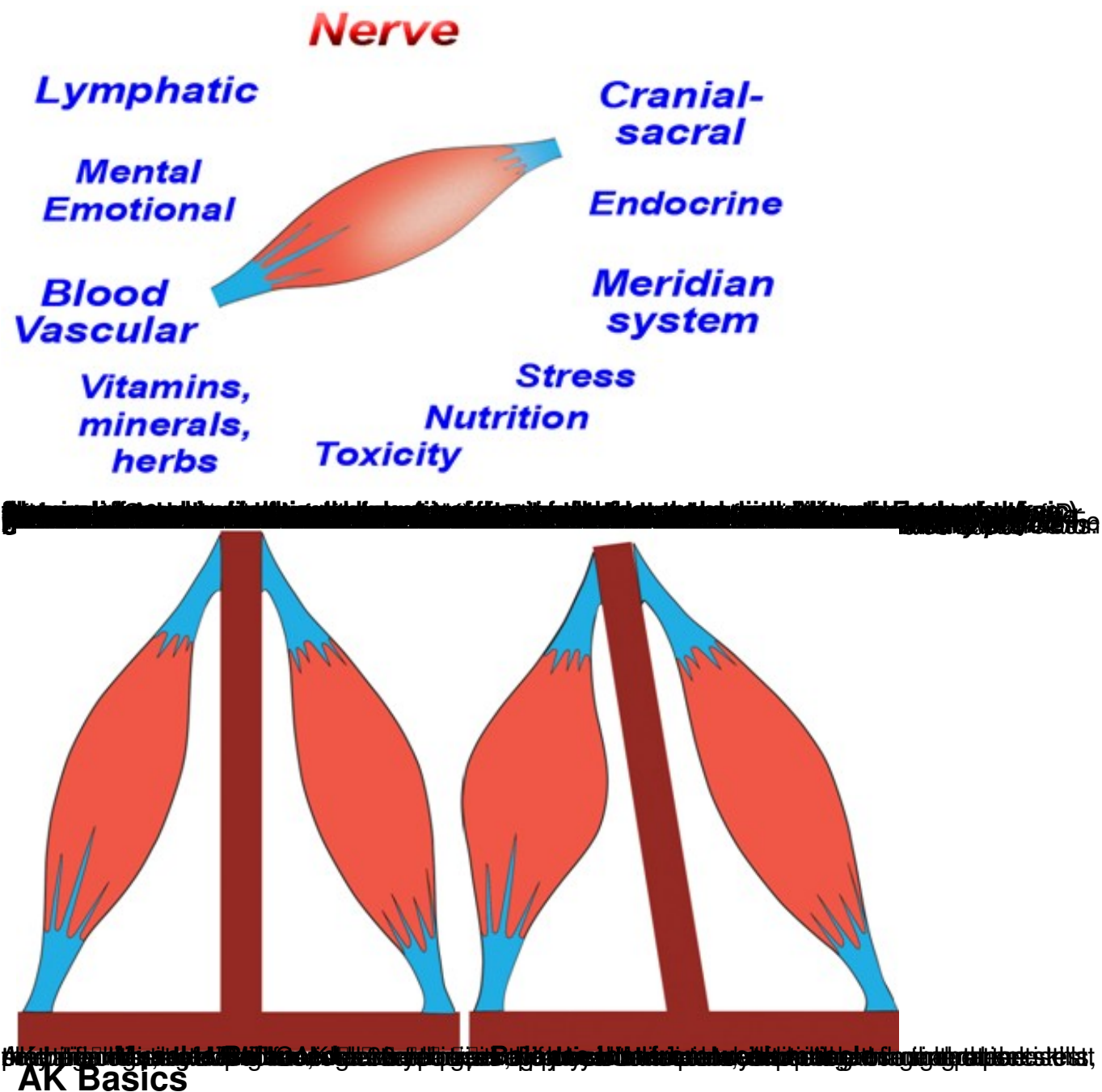


Applied Kinesiology (AK) means using the study of movement. It is an examination system that is unique in the healing arts. AK draws together the core elements of many chiropractic methods and other complementary and alternative medicine (C.A.M.) systems. AK builds on a doctor's standard examination with the evaluation of structural, chemical and mental aspects of health. The combined terms "applied" and "kinesiology" describes the basis of AK, which is the use of manual muscle testing (MM T) to evaluate body function through the dynamics of movement.

### **Hamstring muscle test**



AK practitioners understand that muscle weakness is a major expression of neuro-musculoskeletal dysfunction and have the option to use a variety of alternative disciplines in the treatment of the patient. The assessment of the functional status of the patient is the major addition AK offers to traditional medical care.



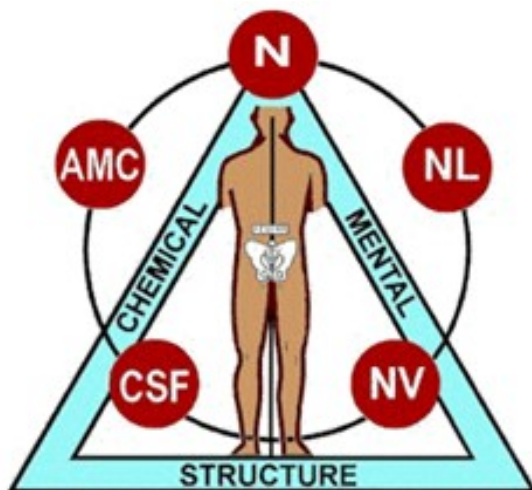
Applied kinesiologists use the following skills:

*Challenge* is an essential diagnostic procedure used to determine the body's ability to cope with external stimuli, which can be physical, chemical, or mental. An example of a physical challenge is pushing on a skeletal joint to determine an irritation that produces a muscle strength change. Chemical challenge may occur when one inhales potentially toxic chemicals or chews nutritional factors.

Mental challenge includes thought processes, either pleasant or unpleasant to the individual. After an external stimulus is applied, muscle-testing procedures are done to determine a change in the muscle strength as a result of the stimulus.

*Therapy localization* is another diagnostic procedure in AK that consists of placing the patient's hand over areas of suspected involvement, then using muscle testing procedures to determine any change in strength. Placing the patient's hand on different locations stimulates nerve endings and/or possibly changes the patient's electromagnetic energy field. Therapy localization is strictly a diagnostic tool in AK that is to be combined with the other diagnostic findings to arrive at a final conclusion.

*Nutritional evaluation* in AK is done as part of your total examination. The muscle test is used to confirm the other findings your doctor will use from laboratory testing, nutritional diaries, blood and saliva testing, and your history. Evaluation of nutritional products and foods by using taste to determining how your body reacts to them, as observed by MMT, is an important addition to providing optimal nutritional support for patients who need it.



**The Triad of Health** with structure at the base is the foundation of AK. A human form represents structure and postural balance. A circle of icons represents important treatment

avenues used in AK.

**N** The functional evaluation of the nervous system is what the MMT offers, and is the most important area of investigation in AK and chiropractic examination.

**NL** The NeuroLymphatic reflexes and the lymph system is an important part of AK examination and treatment.

**NV** The NeuroVascular reflexes and the blood vascular system is also evaluated and treated in AK.

**CSF** The cranial-sacral system is an important component in nervous system function, and AK has advanced the diagnosis of cranial dysfunctions dramatically.

**AMC** The acupuncture meridian system is also involved in AK examination, and AK has made some of the first advancements to this ancient system of healing in the Western world.

A great deal of new information has been learned about the body's function by evaluating how nerves and muscles react to physical, chemical, and mental stimuli. AK examination will use your own body as the laboratory of investigation, taking into consideration a wide range of influences and functional disturbances that are producing the health problems that you are want corrected. As your treatment progresses, you will observe muscles that once functioned poorly are now strong and that your body is functioning as well or better than normal.

## **Characteristics of AK**

- **Diagnoses and treats the primary cause of neuromusculoskeletal dysfunction, i.e . muscle impairment and weakness.**
- **Adds patient-specific information to the standard history, physical diagnosis, and laboratory tests.**
- **Provides an interactive assessment of an individual's functional health status that is non-invasive, risk-free, and not equipment intensive.**
- **Improves the reliability of examination tools (motion palpation, cranio-sacral palpation, pulse-diagnosis, and postural analysis) by the use of manual muscle testing.**
- **Helps the doctor to understand functional symptomatic complexes when standard diagnosis and laboratory tests show no cause for the symptoms.**
- **Examines all sides of the triad of health.**
- **Evaluates the nervous system's control of the body.**
- **Integrates function of the meridian system (acupuncture) into the examination.**
- **Examines function before symptoms are present to prevent or delay the onset of pathologic processes.**
- **Interdisciplinary approach – fits the best treatment to the patient's specific needs.**
- **For additional information <http://www.icak.com/> .**
- **For more detailed research regarding this information see the [knol](#) entry.**

□ **Thank you to Doctor Scott Cuthbert for permission to use this information.**

**Better Health Through Applied Kinesiology**