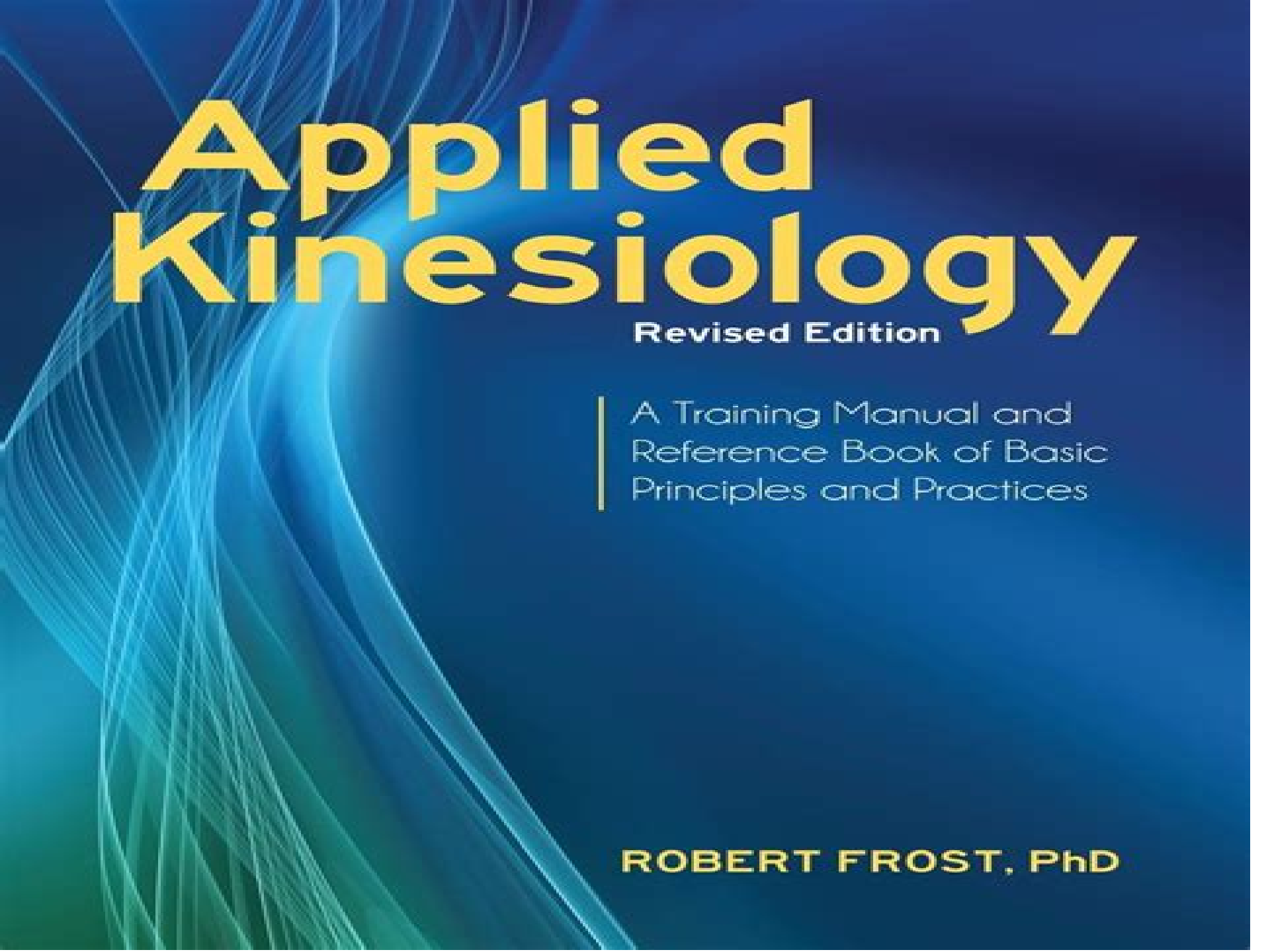




Applied Kinesiology

Revised Edition

A Training Manual and
Reference Book of Basic
Principles and Practices

ROBERT FROST, PhD

Applied Kinesiology Manual

Hans Garten, Joseph Shafer



Applied Kinesiology Manual:

Applied Kinesiology, Revised Edition Robert Frost, Ph.D., 2013-08-20 This update of the bestselling book on Applied Kinesiology introduces a diagnostic method that uses manual muscle testing to assess the body's structure, chemistry, and psyche. Manual muscle testing is a standard medical diagnostic technique that utilizes full strength contraction of the muscle tested. An Applied Kinesiology (AK) muscle test uses this method to not only assess the general integrity of the muscle but to also reveal structural, chemical, and mental weaknesses. To perform an AK muscle test, the practitioner applies light pressure that the client then resists. If the client cannot resist the pressure, the muscle tests weak, indicating a structural problem or imbalance that needs to be resolved. Further applications include working with a muscle that tests strong in the clear as a diagnostic tool to determine the effect of stimuli including touch, nutrients, medicines, allergens, emotions, poor posture, and stressful memories. Opening with a detailed description of the history and applications of Applied Kinesiology, this book covers the theory, procedure, and interpretation of the muscle test, including diagnosis and correction techniques for areas of weakness. Thirty-three muscle tests for different areas of the body are accompanied by instructive photographs with superimposed anatomical drawings that demonstrate the method and various treatment points. A useful appendix includes a glossary of anatomical terms and special vocabulary, a step-by-step plan for conducting a session, and a list of contacts and sources for Applied Kinesiology materials. Offering a new preface and additional techniques in the areas of manual medicine, orthomolecular medicine, and psychology, Applied Kinesiology, Revised Edition shares the author's discoveries as well as anecdotal observations to stimulate further research.

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testing procedures for almost 100 individual muscles in a unique quick reference template approach In close collaboration with Dr Garten the German edition has been adapted for the English language audience by Dr Shafer an American chiropractic colleague This book is ideal for use by manual therapists physiotherapists osteopaths chiropractors sports scientists and neurology department staff worldwide Clearly describes modern muscle test procedures The individual aspects of each muscle are easily compared by the use of well illustrated templated descriptions A double page spread design allows the reader a rapid at a glance access to essential information Muscle anatomy and function are succinctly recapped in order to facilitate a complete understanding of the relevance and applicability of the individual test Classic Applied Kinesiology muscle tests for detecting functional abnormalities are well described along with stretch testing and post isometric relaxation procedures for hypertonic shortened muscles The importance of postural analysis for the assessment of specific muscle dysfunction is discussed and plainly described Illustrates painful spondylogenic reflex points areas for each muscle The role of distal acupuncture points and tendinomuscular meridians in maintaining normal muscle and muscle chain function are noted in accompanying diagrams The most commonly found trigger points their referred pain patterns and relationship to nearby acupuncture points are clearly illustrated for each muscle Perfect for use in orthopaedics neurology general medicine physiotherapy chiropractic and osteopathy

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