



# Applied Kinesiology

Revised Edition

A Training Manual and  
Reference Book of Basic  
Principles and Practices

ROBERT FROST, PhD

# Applied Kinesiology Manual

**George J. Goodheart**



## **Applied Kinesiology Manual:**

**Applied Kinesiology Manual Muscle Testing a Practical Guide** Robert Morrison, 2012-01-01      **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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*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 Table of Contents 1 From Biomechanics to Applied Kinesiology 2 Scientific Principles of Applied Kinesiology 3 The Muscle Test 4 Pretests 5 Diagnosis and Correction Techniques 6 Muscle Tests 7 Applied Kinesiology and Manual Medicine 8 Applied Kinesiology and Orthomolecular Medicine 9 Applied Kinesiology and the Psyche 10 Personal Discoveries and Garnered Methods for Further Consideration     **Applied Kinesiology** Tom Valentine, Carole Valentine, 1985-10-01 A practical and reliable diagnostic tool that has emerged over the past twenty five years kinesiology is the study of the mechanics of bodily motion especially muscle movements and their relationship to our body systems Viewing the body as a balanced triad of structure chemistry and mentality applied kinesiology gauges muscle response to pinpoint underlying physical problems Within 30 minutes a competent kinesiologist can evaluate bodily functions and provide a readout on the workings of the glands organs lymphatic system circulatory and nervous systems circulation and muscle bone structure Applied Kinesiology demonstrates how this technique can be of practical use for everyone

Applied Kinesiology 1985 Workshop Procedure Manual ,1985     Energy Psychology Fred P. Gallo, 2004-12-28 Energy Psychology Explorations at the Interface of Energy Cognition Behavior and Health Second Edition introduces the exciting new paradigm of energy psychology and presents the latest research on the subject This second edition begins by tracing the roots of energy psychology and contrasting them with contemporary approaches and the     **Applied Kinesiology** George J. Goodheart, 1972     **The Muscle Test Handbook** Hans Garten, Joseph Shafer, 2013 Especially prepared for the international audience the English language edition of this highly successful handbook describes Professional Applied Kinesiology muscle testing procedures A departure from the classic understanding of muscle testing for weakness and rehabilitation these procedures can be used for detecting more subtle functional abnormalities Included within the chapters are stretch tests and post isometric relaxation procedures for the hypertonic shortened muscle Muscle anatomy and physiology are briefly recapped in order to enhance reader comprehension The Muscle Testing Handbook describes 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 **Applied Kinesiology Workshop Procedure Manual - Volume 2** George J. Goodheart,1979

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