

The Fundamentals of Kinesiology



What is kinesiology?

Kinesiology was originally developed by an American chiropractor called George Goodheart. He found that by testing muscles before and after he made a correction he achieved better results for his patients. As time progressed he was able to make a connection between various muscles and acupuncture meridians. By testing these muscles the kinesiologist can get a picture of what is happening in your meridian system and how this is affecting you. But, equally, the muscle testing can also show what has affected the meridians in the first place and indicate what is the best way to deal with that stress, be it emotional, physical, environmental, nutritional or mental.

So, kinesiology is a blend of the principles of Traditional Chinese Medicine and western techniques that allow a kinesiologist to treat you in a truly holistic manner. Each person's session is unique to them. Kinesiology can establish connections between imbalances and can establish which is the priority issue to be dealt with and what is the most effective treatment.

Kinesiology uses a range of gentle yet extremely powerful techniques. These restore balance to your system and create and maintain health and well-being. You can function better on all levels. Kinesiology also allows the kinesiologist to draw on other healing techniques and modalities and integrate them into the session where appropriate and indicated by the muscle response.

Some people consider kinesiology to be one of the best methods to use to uncover and help the underlying causes of health problems that are difficult to find by any other means.



Muscle monitoring (muscle testing)

These are two names for the same thing and can be interchangeable.

Muscle monitoring is the principal tool of kinesiology.

A limb is placed so that one of its muscles is in a contracted position. The kinesiologist applies pressure to that muscle and the client is asked to match the pressure. This is not a test of the strength of the muscle but of how the muscle responds to the stimulus of the added pressure. The muscle will either remain in contraction or will unlock. At no time should the client experience pain or discomfort with the testing. How the muscle responds gives the kinesiologist feedback and this is used to determine what the priority stresses are and the best way to address them.



Who can benefit?

Everyone!

People of all ages - whatever their level of fitness or health - can benefit, including:

- babies & children
- elderly
- athletes
- performers
- injured
- unwell

Even healthy people will benefit from regular kinesiology treatments. Babies and people who cannot be muscle tested directly can be tested through a surrogate.



What are the benefits?

Kinesiology restores the whole system to balance, facilitating the self-healing process.

It can, for example:

- increase energy and vitality
- prevent illness
- help achieve life goals
- relieve physical pain and tension and improve posture
- defuse stress and the causes of stress
- heal traumas
- enhance brain function and co-ordination
- discover individual nutritional needs
- identify food and environmental sensitivities
- find and clear underlying causes of energy blocks/imbbalances/diseases

