

## APPLIED KINESIOLOGY

What is Applied Kinesiology?

Applied Kinesiology (AK) is a system of manual muscle testing used by Chiropractors to evaluate and treat a variety of conditions.

The AK system is loosely based on acupuncture and in fact uses many common acupuncture points and meridians.

Chiropractors use AK to evaluate the presence of misaligned spinal vertebrae and other joints throughout the body. AK is also used to help restore muscular strength and better balance to the body. Additionally, your AK trained Chiropractor has the ability to test for vitamin and nutrient deficiencies which may require nutritional supplementation.

AK trained practitioners have taken post-graduate courses in order to learn the art and science of manual muscle testing. There exists an extensive system of reflex points on the surface of the body which are related to the multitude of muscle in the body which AK trained Doctors must also learn. It takes extensive training and lots of practice to memorize it all!

What can the patient expect in an AK evaluation?

Following a good health history and examination, your Chiropractor may choose to use AK to evaluate various areas of your musculoskeletal system for strength and balance. This is accomplished by your Doctor applying gentle but firm pressure against muscle resistance from the patient. When a weak muscle is identified, he or she will treat the affected area by gently stimulating the associated reflex point on the surface of the body. Usually followed by re-testing to see if the patient's strength has been restored. When properly applied, the patient will notice strength improvement immediately! A big WOW factor for most patients!

At times, standard orthopedic exams are vague and non-specific. With AK, we are able to be more specific as to which muscle is weak, or which joint in the spine or extremity is misaligned or fixated. Your Chiropractor will also be able to determine the exact direction that a corrective adjustment should be applied.

What are the benefits of seeing an AK trained Chiropractor?

This system provides Doctors with specific, minute by minute information about the health and functionality of patients, gives us the tools to strengthen the weakened muscle groups, correct the misalignments present and restore balance to the patient, and provides us with immediate feedback as to the efficacy of treatment.

Patients benefit from immediate results, improved range of motion, strength and balance, reduction of pain and awesome feedback that the treatment was correct and effective!

It's a win-win for Doctors and patients!