



Kinesiology

Kinesiology is a form of therapy that uses muscle testing (bio-feedback) to look at imbalances that may be causing disease in the body. Kinesiology is similar to the ancient Chinese acupuncture theory of qi energy. It is based on research that energy circuits or pathways, as well as the nervous system, link all the systems and tissues of the body. Particular muscles are shown to be connected to certain systems. A muscular change may represent an energy imbalance in the corresponding collection of organs and tissues, which may cause or contribute to disease and pain.

Practitioners claim that food intolerances can also be identified with muscle monitoring. Once energy blockages are removed, by using various non-invasive techniques, the body can restore its natural healing abilities in order to attain and maintain optimum health.

A range of disorders

According to kinesiology, a person's health is determined by their structural, nutritional, emotional or mental health – collectively known as the 'triad of health'. Practitioners claim that kinesiology is suitable to assist a wide range of physical, emotional, mental and spiritual problems. The aim is to balance the body's energies and encourage wellness, rather than identify and treat symptoms or diagnose particular illnesses.

The challenges

Typically, the practitioner initially records, with the client, a clinical record. The kinesiology work is then applied with the client remaining fully clothed and lying down on a massage table. A number of tests or challenges are performed:

- **Physical challenge** – the practitioner tests muscle integrity by asking the patient to position an arm or leg in a certain way, and then to hold that position while the practitioner exerts gentle pressure against the limb.
- **Chemical challenge** – involves testing the patient's sensitivity to certain foods or allergens. Small quantities of the suspect items are placed on the body and the practitioner gauges the reaction by monitoring the corresponding organ's muscles.
- **Mental challenge** – involves the patient thinking about certain things or focusing on their feelings, while the practitioner performs a muscle test. Any unlocking muscle may indicate an energy blockage that needs attention, and which is then subsequently detected and corrected.

Muscle balancing

Diet, stress, exercise and other lifestyle factors have an affect on the body. Some physical therapies work on relaxing tense and knotted muscles to provide relief. Kinesiology focuses on strengthening the weaker muscles instead, known as muscle balancing. The theory is that the stronger muscle becomes painful and knotted

because it overcompensates for the weaker muscle.

Techniques used to balance muscle may include:

- Muscle monitoring
- Acupressure
- Attention to many other reflex, trigger and body points
- Vibrational remedies, such as flower essences and homoeopathic medicines
- Dietary modifications.

Medical evidence is limited

Many nervous system diseases can affect muscle strength. However, as kinesiology is not a medical model of health, but an energy model, there is obviously little medical information or research to support the underlying philosophy and claims of benefit. Some articles claim that stress is relieved by kinesiology and that people have felt their quality of health was greatly improved through kinesiology.

Finding a practitioner

Suggestions for finding a practitioner include:

- Contact a professional association and ask for a list of members in your area.
- Try asking your doctor for a referral.
- Ask your friends for word-of-mouth recommendations.
- Access websites listed below for more information and links.

During the first visit with your practitioner, ask about their training and qualifications. Treat as suspect any practitioner who advises you to abandon your conventional medical treatment.

Where to get help

- Your doctor should be the first point of contact for the treatment of any serious illness.
- Kinesiologist.
- Kinesiology Connection Tel. (03) 9882 5306.

Things to remember

- Kinesiology is a form of therapy that uses muscle testing (bio-feedback) to look at imbalances causing disease in the body.
- Kinesiology enables people to detect and correct various imbalances that may relate to stress, nutrition, learning problems, minor injuries and other issues in their daily life.
- Kinesiology does not diagnose or treat named diseases.
- Acupressure massage, light touch and many other simple correction skills are used to restore muscle 'balance', which has a flow-on effect into total body energy.

This page has been produced in consultation with, and approved by, the Kinesiology Connection. The Better Health Channel is part of the Department of Human Services, Victoria