



## What is Kinesiologic Medicine?

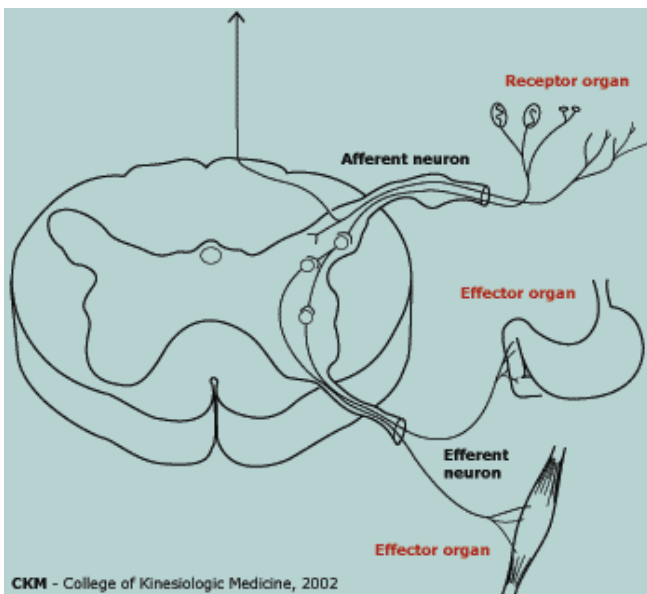
### Kinesiologic Medicine

Kinesiologic Medicine is a modern synthesis between Western and Eastern medicine. Particularly chiropractic, acupuncture (TCM), clinical nutrition, manual muscle testing and applied kinesiology, AK.

Kinesiologic Medicine is a collection of diagnostic tools and treatment techniques, that has its origin in **manual muscle testing**, developed by Robert W. Lovett and Wilhelmina Wright in the 1920's and Henry and Florence Kendall during the 1940's, and from 1964 to today expanded further by George Goodheart, D.C.

### Manual muscle testing

Manual muscle testing, used within kinesiologic medicine, is an investigation method to register electric activity in muscles and the central nervous system. Manual muscle testing is a neurokinesiologic diagnostic technique. This technique interprets the body's electrical impulses and the neurological function of the afferent and efferent communication between different sensory organs and receptors, muscles, glands, internal organs, the brain and spinal cord.



CKM - College of Kinesiologic Medicine, 2002

Through different kinds of touch or pressure on different locations of the skin, **receptor organs**, action potentials are evoked in the afferent nerves. A doctor of kinesiologic medicine can, through manual muscle testing, immediately register these in the **effector organ (muscle)**

### Functional neurology

Kinesiologic medicine is used to help people with different forms of dysfunctions and stress related problems. The result of a kinesiologic medicine treatment is that the central nervous system (CNS) sends altered efferent nerve signals to the two different kinds of effector organs: Muscles and Glands. A successful treatment is the result of changed signals from the efferent neurons influencing the body's muscular system and glands. In turn the patient experiences reduced problems and gained health. A Kinesiologic medicine treatment organizes a disorganized nervous system

### Treatment

When treating patients with kinesiologic medicine a vast amount of unique treatment methods are used, many of them specially developed within the framework of kinesiologic medicine. It also uses different techniques and methods from (among others) chiropractic, physiotherapy, massage, clinical nutrition, orthomolecular medicine, herbal medicine, homeopathy, acupuncture, acupressure, etc.

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