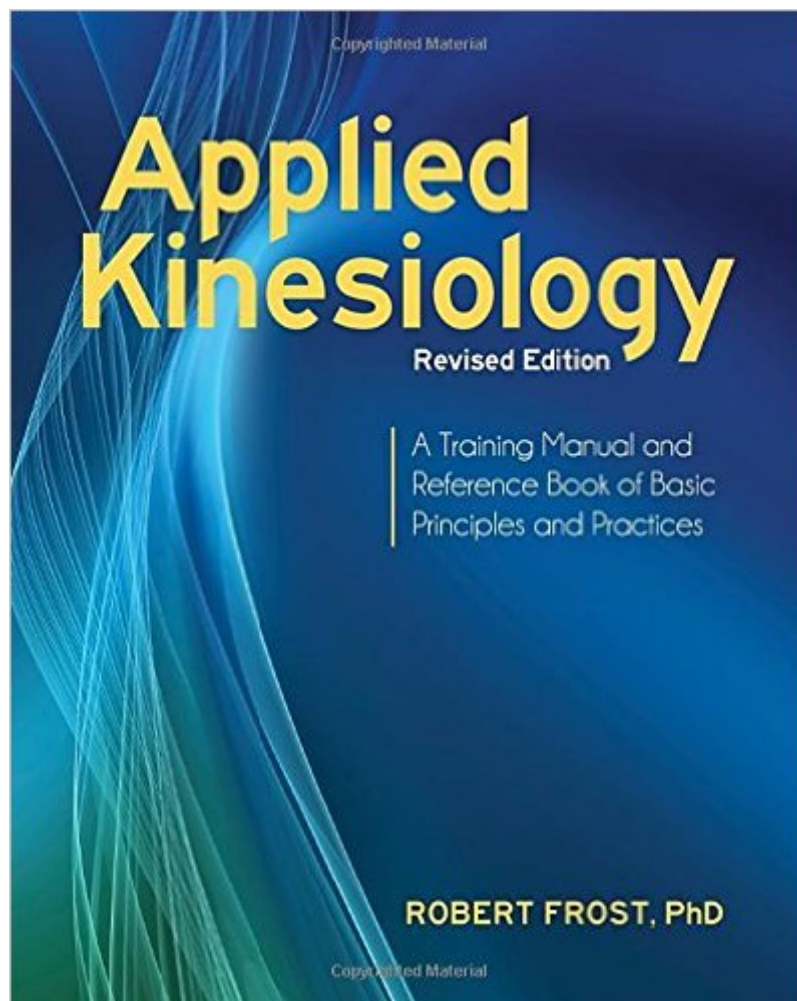


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# Applied Kinesiology, Revised Edition: A Training Manual And Reference Book Of Basic Principles And Practices



## Synopsis

The revised edition of the best-selling book on Applied Kinesiology, *Applied Kinesiology, Revised Edition* introduces a diagnostic method that uses manual muscle testing to assess the body's "Triad of Health"--structure, chemistry, and psyche. Manual muscle testing is a standard medical diagnostic technique. As in medical muscle testing, AK muscle testing utilizes full-strength contraction of the muscle tested. To perform the AK muscle test, the examiner provides isometric resistance while the patient maximally contracts the chosen muscle. Then the examiner applies a bit more pressure. If the client cannot resist this extra pressure, the muscle "tests weak," indicating a problem or imbalance that needs to be resolved. This type of strong physiological muscle test is especially accurate for the diagnosis of organ disturbances. 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, the 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, this revised edition shares the author's discoveries as well as anecdotal observations to stimulate further research. Table of Contents: Foreword; Introduction; Chapter 1: From Biomechanics to Applied Kinesiology; Chapter 2: Scientific Principles of Applied Kinesiology; Chapter 3: The Muscle Test; Chapter 4: Pretests; Chapter 5: Diagnosis and Correction Techniques; Chapter 6: Muscle Tests; Chapter 7: Applied Kinesiology and Manual Medicine; Chapter 8: Applied Kinesiology and Orthomolecular Medicine; Chapter 9: Applied Kinesiology and the Psyche; Chapter 10: Personal Discoveries and Garnered Methods for Further Consideration; Appendices; Index

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## Customer Reviews

Robert Frost's AK manual is lean and to the point. It gives the history of AK, how AK is used in Europe and the USA, theory into the mechanisms of the reflexes used in AK, basic therapeutic procedures with explanations, and clear diagrams of the basic muscle tests and the appropriate reflexes. A perfect complement to the 100 hour course. I recommend this book to any student or practitioner in health care who is looking to expand their skill set.

Applied Kinesiology: A Training Manual and Reference Book of Basic Principles and Practices, by Robert Frost, is a valuable resource for people interested in Applied Kinesiology. The book is written in a style so that even a reader with no medical training will get a solid understanding of the diagnostic processes in AK. There is plenty of solid academic and scientific information here though for the more experienced reader. The anatomy and physiology of muscles, the cautions necessary for precise manual muscle testing, neurophysiology and biomedicine, stress research and quantum physics are all presented in this very useful book. The book offers:

- \* A short history of Applied Kinesiology growth and development.
- \* A detailed presentation of the basic principles of Applied Kinesiology
- \* A compact but effective how-to presentation of the basic procedures of Applied Kinesiology
- \* A selection of thirty-two muscle tests with the classic AK correction techniques
- \* An algorithm about how to apply these procedures in a therapeutic session
- \* A plentiful of case histories using these techniques

Highly recommended!-- Dr. Scott Cuthbert, author of [Applied Kinesiology Essentials: The Missing Link in Health Care](#) (2013) [Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions](#) (2013).

Here's why I like this book:1) In depth yet accessible language. In many cases, anatomical words that might be new to certain readers are described in parenthesis. Failing that, the book has a full

glossary of all medical/anatomical words that appear in the text.2) Excellent description of execution of AK muscle testing procedure. It's worth noting that different forms of AK use different methods. The one used in this text is quite easy to 'feel'. However, because it involves a maximal contraction of the target muscle, it can be difficult to use on particularly sore muscle groups.3) In depth descriptions of corrective procedures used in (this form of) AK. These include some good soft tissue manipulation.4) The muscle sedation points are particularly effective for symptomatic pain reduction.5) Excellent description of therapy localization-- this can save the practitioner a lot of time.6) The only resource I'm aware of for this version of AK. There aren't many resources that are useful to the practitioner anyway, the only other complete resource I'm aware of being 'Touch For Health'. This one (AK) is quite different from that (TFH), and so makes a useful if contrasting compliment to TFH.7) Useful appendix that includes an example of a complete AK session.8) The only source I've found that deals with muscles that 'refuse' to respond to stimulus intended to reduce over facilitation (hypertonicity, both localized and systemic).9) Solid and self-contained.10) Contains some treatment modalities not contained elsewhere. There isn't really anything I dislike about the book or found incomplete.

Applied Kinesiology, Revised Edition: A good, solid explanation of "AK". Covers the basics well and goes in depth on some aspects particularly well. A good solid text which will serve those with appropriate training or those whose level of study is reasonably advanced. The book assumes that the reader has a good anatomy/physiology base, and that is as it should be. If you don't have that you really have no business in this study. Practitioners who, like me, have all of David Walther's Applied Kinesiology books, will find large amounts of the work repetitive. In fact the Walther publications are referred to throughout. Still, a valuable tool worthy of a place in any busy clinic.

If you are not familiar with AK and have some anatomy and physiology knowledge, this book will do. It has everything you need to know with a good section on muscle testing.

A well objective manual for who it desires to be introduced in the Applied Kinesiology. It is good material for who is initiated in the subject, good written and with didactic illustrations. For bigger deepening, one has other books.

Not being a practitioner of Applied Kinesiology, I read this book as a way to grasp the fundamental concepts of movement to integrate into the way I teach yoga and view psychology through the lens

of the body. What I got from this book mostly was a very Yoga-like understanding of biological medicine's scope. That one paragraph is worth the cover price of the book for me. I hope to explore it more in depth and specificity with time.

I'm a little skeptical of Applied Kinesiology in general, but there is some useful info in the book in terms of history. See youtube of some AP vids in Germany where different practitioners give conflicting results on muscle testing.

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