

MUSCLE TESTING AS AN INDICATOR OF ENERGY FLOW OR BLOCKAGE

Manual muscle testing (also known as muscle checking) is a rapid and easy method of assessing energy flow within the body.

George Goodheart, DC discovered that the strength of a specific muscle could be immediately changed by activating certain reflexes on the body. These reflexes are energy switches, that when activated can immediately switch a muscle on. This is the first type of muscle testing mentioned below. He also observed that a strong muscle can be used as a biofeedback indicator of areas where there is stress or energy blockage.

There are two basic types of muscle testing:

1. Each individual muscle can be tested to assess whether it is switched on as an indication of its own structural and energetic integrity. To test a muscle in this way we bring the origin and insertion close together and then push a moving bone, such as an arm or leg, in the line of drive that brings the attachments furthest apart. In this course, we do this with 12 muscles commonly involved in sports performance.

We are assessing the energy flow within the meridian that it is associated with, and seeing if this muscle is providing proper structural support. For example, the anterior serratus assesses the Lung meridian. The quadriceps assesses the Small Intestine meridian.

If there is a deficiency of energy flow within a meridian, the associated muscle will test weak. You can further learn this type of testing in the Structural Kinesiology Certification Program. Refer to the Touch for Health book, chart or folio, which explain how to do tests for 42 muscles associated with the 14 meridians.

2. In addition to testing a muscle to assess the energy flow to that specific muscle, you can use muscle testing as a general indicator of stress and energy blockage. A muscle being used in this way is called an *indicator muscle*. We find a strong muscle and use it as a biofeedback indicator of whether energy is flowing or blocked for what we want to assess.

This has many practical applications. We can test acupressure points and other energy switches, foods, thoughts about a person or upcoming event, a statement such as a belief or goal, touching areas of the body, or any stimulus, such as the height of sitting on a bicycle. We will do indicator muscle testing in this workshop to determine where there is stress and energy blockage in specific meridians and in specific areas of the body. After doing a procedure, we will test the indicator muscle again to determine if the stress and energy blockage has been cleared and balanced restored.

Any muscle can be used as an indicator, however we generally use a straight arm out in front raised up 45° and pushing down, which tests the anterior deltoid, or straight out to the side at 90° and pushing down testing the middle deltoid as an indicator muscle.

INDICATOR MUSCLE TESTING

1. Explain the muscle testing procedure. It is not a strength test or win/lose contest, but feeling for the quality of response to evaluate energy flow. Tell the person to be open to the results and it is not bad if a muscle tests weak. It provides valuable information, which we can use to bring them into balance. Ask if either arm shouldn't be tested due to soreness, injury or strain.

2. Having an unbiased attitude and intention to get accurate results by both you and the person you are testing will help assure you find energy blockages.

3. Demonstrate and explain the direction you are going to push:

A. To isolate a muscle bring the origin and insertion close together (the muscle is most contracted) and push in the line of drive that brings the origin and insertion furthest apart (where the muscle is in its most lengthened or stretched position). To test the anterior deltoid, a common muscle used for an indicator, have their arm straight in front raised up 45° and push straight back towards their torso.

B. Place your hand at the end of the forearm just above the wrist to get the most leverage. If needed, stabilize with your other hand at a point on their body that assures their balance is good, such as the back of the shoulder for the anterior deltoid.

C. Mention that if they feel any pain or stress in the arm or shoulder while being tested they should let the muscle go and inform you. If so, use the other arm or adjust your pressure.

4. Test the muscle:

A. Have them keep their body relaxed, contracting only the muscle you're testing.

B. Tell them to meet your pressure as they hold the position. Have them avoid holding their breath or tensing.

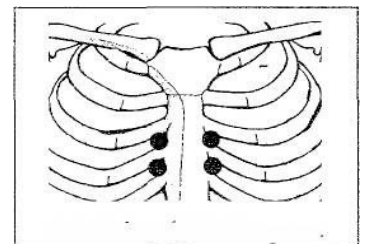
C. Gradually and smoothly increase your pressure using the flat of the palm or fingers, avoiding gripping or squeezing.

D. 2-2-2: Feel for a lock as you push for 2 seconds with about 2 – 8 pounds of pressure. It is not necessary to push further than 2 inches if it doesn't lock.

E. Be sure they do not compensate by bringing other muscles into the test (bending the elbow, shifting their weight or straining).

F. Note if they are easily able to hold the position (a lock, strong or switched on response) or if there is any movement or difficulty holding the position (an inhibited, weak or switched off response). Make sure if they are weak you are not pushing too hard.

G. If weak rub the neurolymphatic massage points on the chest between the 3rd and 4th rib space near the sternum for 20 seconds. The muscle should now test strong, otherwise use another muscle.



5. Establish the difference between a switched on and switched off muscle response:

A. Have them make true and false statements, testing after each. Such as saying: “*My name is (someone they are not),*” and test. The muscle should switch off. Then have them state: “*My name is (their own name),*” and test. The muscle should test strong.

B. You can also put the north pole of a magnet against the muscle you are testing and this should weaken it. You don’t have to do both the magnet and true/false tests, so either will do.

C. If there is no difference between the two tests the person is overpowering. Tell them to relax, take a few deep breaths and hold only with just enough pressure to meet your gradually increasing pressure. Repeat the above test where they state, “*My name is...*”

D. If there is still no difference between the two tests have them totally relax their arm as you move it in front of them and behind them. Then have them slightly resist your pressure, so their arm feels like a bicycle pump, where it moves but has some resistance in it. Have them gradually put a little more resistance into their arm until it finally meets your light pressure so it holds. Tell them this is the amount of pressure to use.

Hydration

For good performance, clarity of thinking and proper mind/body function, the body depends greatly on water. Without adequate amounts of pure water the body’s electrical system is impaired and the lymph system and organ function suffers.

Percentage of water content:

•Lungs 90% •Skin 72%

•Heart 80% •Brain 75% and it utilizes about 30% of our water intake.

•Muscles 76%

Whenever you have stress or pain, it is particularly helpful to drink water.

A guide to determine the correct amount of water intake for an individual is to calculate the body weight in lbs. times 1/3 to 1/2 oz. of water per day. More water should be consumed in hotter climates and where extra physical or mental demands are made on the body. Check if there are any medical contraindications to significantly increasing water intake.

Test for Hydration:

Using a previously strong indicator muscle (IM) gently pull on a tuft of hair to stretch the skin and retest. It doesn’t matter whether the tester or the person being tested pulls the hair.

Strong = adequately hydrated Weak = not adequately hydrated.

Correction: Drink a glass of water and retest.

SWITCHING

When our neural circuits get overloaded an electrical scrambling or neurological confusion known as “switching” can occur. If we started testing without correcting this neurological disorganization we could get inaccurate results. For example, one side of the body may test weak, when it is actually the opposite side where the energy is blocked. Or in food testing, something that is actually strengthening could test weak, and something that is not good could test strong. Physical, chemical, mental/emotional and environmental stress can all contribute to switching.

How Switching problems manifest.

Right/left switching problems show as confusion between right and left, such as telling someone to turn right when you meant left or reversing letters when typing.

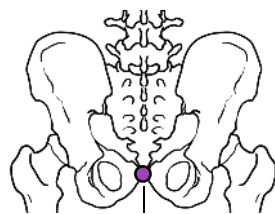
Up/down switching problems show as difficulty walking up and down stairs, disorientation or fear looking down from heights (or looking up).

Front/back switching problems include being disoriented when reversing a car using the rearview mirror, or bumping into things, not walking in a straight line.

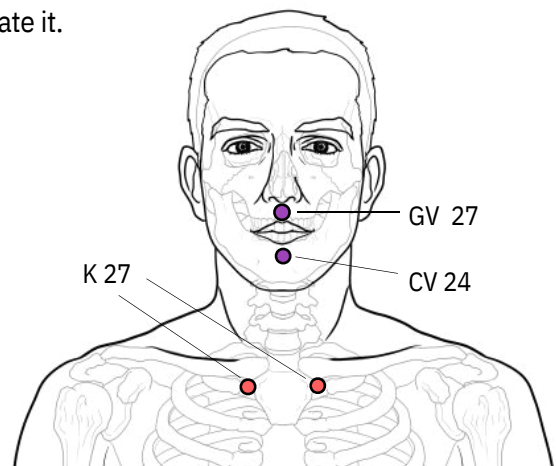
For this reason it is best to correct switching before a balance. This ensures the brain is able to communicate clearly with the body and that there is no confusion in coordination and function.

Acupressure Points to Correct Switching

Before a balance you can make sure that switching is not a factor by rubbing the following acupressure points for about ten seconds each while holding the umbilicus with the other hand. If preferred, the person you are working with can rub their points while you demonstrate it.



GV 1



Corrections:

1. Left-Right: • Hold the umbilicus and rub both K 27's simultaneously
2. Front-Back: • Hold the umbilicus with one hand, and rub the tip of coccyx with other
3. Up-Down: • Hold the umbilicus with one hand and rub the upper and lower lip points with the other

CIRCUIT LOCATING

Dr. George Goodheart discovered early in the development of Applied Kinesiology that if a person being tested touches an area of dysfunction, the result of the manual muscle test changes. For example, if a previously strong muscle is tested while the person touches a problem area, such as a sore shoulder, the muscle will test weak if there is energy blockage in that area. This is known as Circuit Locating or CLing.

Basically Circuit Locating means test a muscle while an area is being touched. Either the person being tested can touch the area or the tester can touch the area.

In other words, when an area is touched, the biocomputer puts its awareness there. Then when a strong muscle is retested while the area is being touched, it gives feedback as to whether or not energy is flowing within that area. A weak muscle means there is blocked energy and less than optimal functioning there. A strong muscle test indicates energy is flowing.

Applications of Circuit Locating:

1. It identifies where energy is blocked in the body. A Strong Indicator Muscle (S.I.M) switches off (goes weak) when that area is touched and then tested. This can be touching a muscle or joint, or an energy switch, such as a neurolymphatic or acupressure point.

2. To find which correction points to use. When you find a weak muscle, you can circuit locate a correction point, (such as a Neurolymphatic point, a Neurovascular point. or the beginning or end of a meridian for meridian tracing), and retest to see if the muscle now tests strong, indicating that this correction point will help clear the blockage. It is best if the person being tested touches their own points for this to be most effective, however the tester can do it as well.

Circuit locating can make our balancing quicker and more efficient by finding where energy is blocked in the body and what correction(s) the body prefers to clear the blockage.

Notes: _____
