

What is Kinesiology?

NB: Please do not confuse Kinesiology as a therapy with Applied Kinesiology Chiropractic

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Kinesiology is the science of muscle monitoring: the process of placing a limb of the body into a certain position to isolate an individual muscle or muscle group and applying a light pressure to see if the muscle can maintain the limb in position under the pressure. If the muscle is unable to hold the position easily when the pressure is applied it is indicating the presence of stress. This stress could be from one or more sources and can be physical, emotional, mental, biochemical, environmental, structural or energetic in nature (to name a few).

The Kinesiology process then proceeds to find out what is causing the stress and what is needed for its resolution by muscle monitoring to find out what returns strength to the weakened muscle.

How does it work?

The muscle monitoring procedure is not a test of the actual strength of a muscle but rather a test of the integrity of the nervous system that is innervating it. The spindle cell receptors in the belly of a muscle are sending a continuous stream of information about the relative position of the muscle through the nervous system, up the spinal chord and into the brain. The brain then sends a signal back to the muscle to tell it the appropriate amount of force to apply to maintain its position and achieve its objective.

If during the muscle monitoring process, this communication loop is interfered with, the muscle will either unlock due to not enough force being exerted by the muscle or it will hold unnaturally strong as too much force is being applied. This is similar to us when we are under stress - we may weaken under stress and find it hard to cope or overcompensate by applying too much energy that we are unable to relax (even when the job is done).

What happens in a Kinesiology Balance?

A kinesiology treatment is called a balance. After an initial discussion of the person's history, goals and circumstances the treatment begins. The person undergoes a series of gentle muscle tests primarily to release stress out of the nervous system to improve neurological communication and function. Then, once a stable neurological platform is achieved, the balance is then targeted at releasing stress in relation to the person's needs.

In a Kinesiology session a variety of balancing and correction techniques can be used that work directly with the physical, emotional, energetic and neurological systems of the body. These include acupressure holding points, chakra pulsing, flower essences, reflex point stimulation, and many more. They are all very gentle, very powerful and non-invasive techniques that produce stable, lasting results.

Who can benefit from Kinesiology?

Kinesiology can be performed on people of all ages, from in the womb to old age. It can be beneficial for a wide variety of conditions and the many challenges we face as human beings. For example with children it can be used for developmental, behavioural and learning difficulties. For adults it can be used for mental and emotional reasons such as anxiety, stress and depression or on the positive side of life to improve communication, relationships or achieving success in sport, study, careers or financially.

Kinesiology can be beneficial for people experiencing physical pain in their neck, back, shoulders or hips, for people with health problems with their immune system, digestive system, cardiovascular or reproductive systems. It can also be used in conjunction with other therapies or healing modalities (Physiotherapy, Chiropractic, General Practice, Acupuncture, Counseling or other) to help integrate and stabilise changes.

How long does a treatment take?

For adults, an initial consultation takes 1½ hours with follow up treatments of 1 hour. For children 12 years old and under, initial consultation and follow up treatments are 1 hour long.

How many treatments do you need?

The number of treatments required for each person depends on the individual and their circumstances. However, it is recommended that a person trying Kinesiology for the first time be prepared to have 3 treatments. This is due to the fact that our issues tend to have many layers to them depending on how deeply seeded they are and the degree of compensation involved, and people tend to notice that after a period of stability following a balance a perceived re-emergence of the problem appears - this is the ideal time for a follow up treatment as the next layer is presenting itself to be balanced. Also I have found, after 3 treatments people are more accustomed to the Kinesiology process and are able to see its benefits and the role it has played in their healing process.

How often are the treatments?

The frequency of the treatments is usually between 4 and 8 weeks but can be more or less depending again on each individual's needs and in most cases is determined by the muscle monitoring process.