

What is Applied Kinesiology?

Understanding the connection between your muscles, nervous system and whole body

Applied Kinesiology (AK) is a whole-body assessment approach that uses **gentle muscle testing** to gather information about how different parts of your body are functioning and communicating with each other.

Your muscles don't work in isolation. Their function is influenced by your **brain and nervous system, joints, sensory systems and the body's internal environment**.

Applied Kinesiology looks at these relationships to help your practitioner understand where there may be changes in function and how different areas of the body may be influencing one another.

How can muscles provide information?

The nervous system is constantly communicating with your muscles, joints and other tissues, helping to coordinate movement, posture, balance and body function.

During an Applied Kinesiology assessment, your practitioner uses specific muscle tests to assess changes in muscle strength, control and response.

These findings are considered alongside your health history, symptoms, posture, movement and other clinical assessments.

Within the AK approach, particular muscles may also be considered in relation to **specific body systems and organ function**. This reflects the interconnected nature of the nervous system and the body's different systems.

Muscle testing is therefore used as **one piece of information within a broader assessment**, rather than as a standalone test for diagnosing an organ condition.

The Acupuncture Meridian System

Applied Kinesiology may also incorporate concepts from the **Traditional Chinese Medicine acupuncture meridian system**.

Meridians are traditionally described as pathways through which energy, or *Qi*, flows throughout the body. Different meridians are traditionally associated with particular organs and body systems.

Within an AK assessment, muscle responses may be considered alongside these traditional meridian relationships to provide another perspective on how the body may be functioning.

This allows your practitioner to consider several aspects of your health and function, including:

- Muscles and movement
- Joints and posture
- Nervous system function
- Organ and body-system relationships

- Acupuncture meridian relationships
- Craniosacral function
- Lifestyle and other factors that may influence wellbeing
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The Craniosacral System

The **craniosacral system** refers to the relationship between the structures of the head and spine, the membranes and fluid surrounding the brain and spinal cord, and the nervous system.

In some AK approaches, the craniosacral system is considered as part of the body's overall neurological and structural function.

Your practitioner may assess areas such as the **skull, jaw, spine and sacrum**, as well as patterns of movement and tension throughout the body.

Gentle cranial techniques may be used where appropriate to support comfortable movement and function within these structures.

Because the nervous system connects the brain and spinal cord with the rest of the body, the craniosacral system can be considered alongside muscle, joint and neurological assessments as part of a broader whole-body approach.

Why look at the whole body?

Your body is an interconnected system. The way you move, breathe, maintain posture and respond to your environment involves communication between many different systems.

Applied Kinesiology takes this interconnected approach and looks beyond the location of a symptom to consider **how different areas of the body may be working together**.

Rather than asking only, “*Where does it hurt?*”, we also look at questions such as:

“How is this area functioning?”

“How is the nervous system communicating with it?”

“Could another part of the body be influencing the way it is working?”

This broader perspective can help guide a more individualised approach to care.

What happens during an Applied Kinesiology assessment?

Your appointment begins with a conversation about your health, your concerns and what you would like to achieve.

Your practitioner may then assess:

- Muscle strength and response
- Joint movement and mobility
- Posture and movement patterns
- Neurological function

- Muscle-to-organ relationships used within the AK framework
- Acupuncture meridian relationships
- Craniosacral and cranial function
- Other factors relevant to your individual presentation

Muscle testing is gentle and non-invasive. Your practitioner applies light resistance while you hold a specific position and observes how your muscle responds.

The information gathered from these assessments helps guide the practitioner in deciding which areas may benefit from further assessment or care.

How might treatment help?

Depending on your individual assessment, your care may include a combination of chiropractic and complementary techniques.

These may include:

- Chiropractic adjustments
- Gentle muscle and joint techniques
- Cranial and craniosacral techniques
- Soft-tissue techniques
- Specific exercises and stretches
- Movement and rehabilitation exercises
- Acupuncture or meridian-based techniques
- Breathing and relaxation strategies
- Lifestyle and nutritional guidance where appropriate

The aim is to support better **movement, coordination, nervous system function and overall body balance**.

A personalised approach to your health

Dr. Kristen uses Applied Kinesiology as part of a broader assessment rather than relying on one test or system.

By considering the relationships between **muscles, joints, the nervous system, organ function, the craniosacral system and the traditional meridian system**, she aims to develop a more complete picture of how your body is functioning.

Your care is then tailored to your individual needs, with the goal of helping you **move better, function better and support your overall wellbeing**.

Applied Kinesiology is used as a complementary assessment approach and does not replace appropriate medical diagnosis, testing or treatment. If your symptoms require medical investigation, we will recommend that you see the appropriate healthcare professional.

AK embraces the work of all disciplines and individuals who endeavor to diminish the suffering of humanity. AK attempts to unify such diverse knowledge and techniques into a usable scientific system for one purpose:

*To bring patients
to a higher level of health
and help them to actualize their potential.*