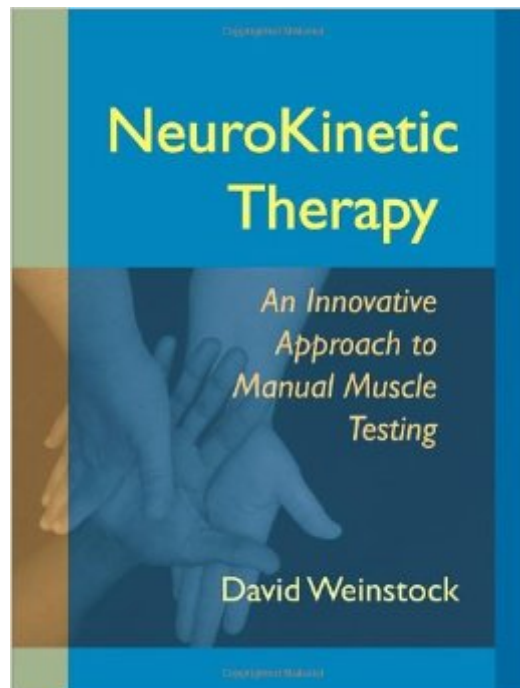


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# NeuroKinetic Therapy: An Innovative Approach To Manual Muscle Testing



## Synopsis

NeuroKinetic Therapy is based on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists, the practitioner can evaluate the strength or weakness of each muscle, revealing the sources of injury and retraining the client's body to remove the compensation patterns—reprogramming the body at the neural level. This easy-to-follow practitioner's manual presents a series of muscle tests specially designed to uncover and resolve compensation patterns in the body. Author David Weinstock begins by explaining how this approach stimulates the body and mind to resolve pain. Organized anatomically, each section of the book includes clear photographs demonstrating correct positioning of the muscle accompanied by concise explanations and instructions. Labeled anatomical illustrations appear at the end of each section showing the relationships between the muscles and muscle groups. This essential resource is especially useful for physical therapists, chiropractors, orthopedists, and massage therapists looking for new ways to treat underlying causes of pain.

## Book Information

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## Customer Reviews

David Weinstock nails it with this well thought out, carefully crafted, illustrated guide to one of the most effective manual therapy techniques available today. The illustrations coupled with the muscle testing instructions make this an easy guide for applying NeuroKinetic Therapy. The author also

provides descriptions coupled with illustrations to the muscles, including origin, insertion, action, antagonists, and synergists. For those who are already familiar with or already use muscle testing, this manual provides a good review of muscle testing, and even shows various tests for the same muscle depending on the action being tested. David also demonstrates how to test a muscle in both a supine and prone position. NeuroKinetic Therapy is an invaluable tool for assisting the practitioner in assessing and treating various debilitating injuries, as well as optimizing athletic performance.

Note: NeuroKinetic Therapy is a complex manual therapy technique which is easily explained in this manual. Although the manual is very clear in describing how to apply NKT, I strongly recommend taking the course. As with any complex modality, taking the course will provide the practitioner with a far greater understanding and depth of how and when to apply NKT that the manual simply can't. Who needs this manual? Massage Therapists Physical Therapists Chiropractors Physiatrists or other Medical Doctors looking for a viable non-surgical option. Personal Trainers

The book has still black and white pictures of the manual muscle tests that David uses. The book without taking the course is just a manual muscle testing book and does not unleash the healing power of NeuroKinetic Therapy. The book gives you a brief intro to NeuroKinetic Therapy and explains each manual muscle tests for each muscle. Once you take the course the book then becomes a valuable tool to add to your practice. Once you have taken the course, the how and why to perform the manual muscle tests makes sense and the book is priceless. It can help you solve people's musculoskeletal problems that other people could not solve.

There are a number of books that describe and show good muscle testing positions. Unfortunately, this book deviates from the standards of muscle testing. Many of the shown diagrams will cause inaccurate findings, For example, there is a lack of proper stabilization of the person. It is a nice attempt but fails to accurately demonstrate the art of muscle testing which must show the vectors of the force being given. There is much more that needs to be shown and demonstrated than in this book. It needs to be rewritten and expanded to really allow a person to "see" what needs to be done to accurately test and isolate a specific muscle.

Disappointing. More of a kinesiology list. NKT sounds great but you wouldn't know from this book. It seems as though they are trying to force you to pay the big bucks for seminars before you can learn anything real at all. What are they hiding?

A little disappointed, but I think that is because I expected more of the theory of NKT to be laid out in the book. The book is basically a muscle testing guide for every muscle in the body. That being said I was looking for a short cut to learn more about NKT before taking the courses, this helps a bit but not nearly the amount of detail I was hoping for. Looking forward to learning more though from David and his associates at the NKT seminars.

Just a bunch of common sense tests, if you understand agonist/antagonist relationships then this material isn't groundbreaking. A precursor text that does nothing to make me want to drop \$600+/seminar to learn whatever it is that they teach to treat musculoskeletal dysfunction. Especially if it's nothing more than what's described in the opening chapter, I'll be saving my money on something more substantial. The book is really nothing more than reference to see how this author proposes testing muscles there are no proposed treatment methods at all.

I am so happy to have this book. I have several other manual testing books, but none of them is as helpful as NeuroKinetic Therapy. David's concise yet comprehensive style makes this technique so effortless to implement in my work. After almost 30 years of doing therapy, I find the NeuroKinetic approach to be the most powerful tool I can use to effect permanent improvement for my clients. All of my clients want to know why more therapists don't use this technique!

I was expecting more clinical material in this book. As it is, there are a few pages of clinical instruction on how to muscle test and on the author's special technique, but most of the book is a reference on how to test the major muscles of the body. I'll keep it around for reference, but I don't honestly see myself using it that much.

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