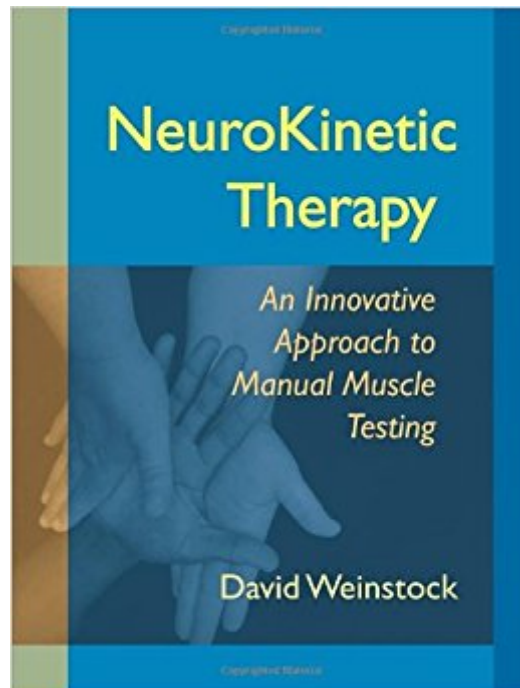


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# NeuroKinetic Therapy: An Innovative Approach To Manual Muscle Testing



## 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

“Among the numerous volumes of so-called therapeutic manuals in the field of neuromuscular assessment and treatment, few truly meet the dual standard of providing skill enhancement while resting on a firm scientific foundation. David Weinstock's NeuroKinetic

Therapy not only meets this standard but raises it to a new level. Combining anatomical detail with superb illustrations and photos, the book carefully guides the practitioner in learning this subtle but very powerful form of therapy.

What a joy it is to move away from repetitive treatment to truly unwind the effects of injury, stress, and poor posture in our patients.

•Steven Katz, DC, Katz Chiropractic, Mill Valley, California

“David Weinstock’s book enables both beginning and experienced manual therapists to expand on their assessment skills and to determine their subsequent treatment strategy. This extremely organized book filled with beautiful photos and illustrations helps to guide practitioners through a more specific and meaningful approach to manual muscle testing. Weinstock brings together his incredible breadth of knowledge and experience in neuromuscular reeducation and manual therapy in this well-written, easy-to-follow book.

•Cindy Lewton Dehan, physical therapist, Active Marin Physical Therapy, Larkspur, California

“Finally a manual written in accessible terms with end user results. The photos are clear and concise. Weinstock captures the essence and extreme importance of muscle testing for any physical practice. I have no doubt that this book will become a bible for all types of movement core therapists and educational programs. I have added it to the list of required reading for all students enrolled in our pilates certification programs.

•Stacy Allegro, director, Fit First Pilates, Corte Madera, California

“NeuroKinetic Therapy is one of the best manual therapy instructional manuals available. The layout and photos make it easy to follow and understand. It is a great tool and will be useful in my practice, complimenting my work with chiropractic, Active Release Techniques, and Egoscue exercise.

•Bruce Rizzo, DC, ART, My Chiro Care, Berkeley, California

“NeuroKinetic Therapy is an invaluable tool that will greatly enhance a personal trainer’s repertoire and level of expertise. Clients often come to trainers with old injuries that have subsequently created compensatory patterns or muscular imbalances. NeuroKinetic Therapy provides detailed instructions for helping clients regain the muscular control and balance to perform to their potential. Easy to follow and understand, the book shows the trainer how to accurately and effectively assess and test clients. The book’s photographs allow the trainer to know precisely where to place pressure and how the client needs to be positioned so that the muscle test is effective. This manual is a great compliment to any trainer’s library.

•David Phillips, CES, NASM certified personal trainer, Fit Bridge, Mill Valley, California

“Muscle testing is used in many disciplines but there has not been consistency in how it is performed. In his new book NeuroKinetic Therapy, David Weinstock clearly demonstrates this technique in a succinct and thorough manner. He covers testing of the individual muscles with clear images, including their anatomical origin, insertion, and

actions. This book should be a part of any soft tissue specialist's library.

• Douglas Kyle, DC, DABCO, ART, Marin Spine and Sport, Corte Madera, California

“NeuroKinetic Therapy clearly and thoroughly outlines muscle testing techniques along with related anatomy, but it is its use with the NeuroKinetic Therapy protocol that makes it a step up from massage and strengthening models more traditionally applied. I defer to David for those difficult to unravel pain patterns, both professionally and personally, and always with success.

• Caryl Sircus, physical therapist, Aquatic Therapy Associates, San Rafael, California

“Both concise and clear, this book breathes rehabilitation and therapeutic alignment. For a yoga instructor it provides a deeper skill set and knowledgeable platform from which to work and teach. It can greatly assist your students' structural integrity as well as provide the capacity to heal any trauma that may be restricting the full range of motion or causing pain. This book is a treasure!

• James Higgins, yoga instructor, Yoga Studio, Mill Valley, California

David Weinstock codeveloped NeuroKinetic Therapy in 1987. He uses this technique to treat neck and back injuries, TMJ, and carpal tunnel syndrome. In 1986 he cofounded Institute of Conscious BodyWork • Alive and Well, where he taught until 2007. He currently lives and works in Corte Madera, California.

Neurokinetic Therapy is an interesting introduction to muscle testing that gives agonist, antagonist, and synergistic muscle groups in an easy to understand format. It allows a neophyte to this form of analysis a clearer insight into how to gain a greater perspective about the musculoskeletal problems with which patients can present. Deeper perspectives can be found in the various, more rigorous works on Applied Kinesiology and Touch for Health, to name just two. Seeing supine and prone tests for various limb muscles is an additional benefit.

I use this manual to help identify antagonist/agonist relationships for use in Applied Kinesiology, where much of the therapy for structural imbalance treats the opposing muscle to the one the client presents as symptomatic. The anatomical illustrations are very clear, and functional. The manual has little more than the most basic (though useful and succinct) description of the theory and implementation of NeuroKinetic Therapy, and so does not stand on its own. That's probably not the intent of the book, and it wasn't my expectation or requirement when purchasing it. "NeuroKinetic Therapy" is a very clear and useful resource for easily looking up muscles, muscle groups, their

motions, their opposing and synergistic muscles, and the region of the spine that stabilizes the motion. I'm not aware of another resource that does this as simply, clearly and concisely as this book does. Don't expect an in depth description of therapeutic protocol and you'll probably be happy with the book.

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.

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?

It's great that they have paperback and kindle version so I can look things up wherever I am. Well written with clear images. I use it all the time and David is just an amazing author and practitioner that the more you read it, the more insight you get from it each time. This book really helped me to prepare for the level one course.

For muscle testing this book is really straight forward. I was expecting a lot more of the NKT theory, and techniques used along with the muscle testing. The pictures are clear and easy to follow though.

A very well put together book, not to mention the NKT system itself. With a strong knowledge of anatomy, there shouldn't be another need for any other manual muscle testing book. If I had any criticism, it is that a few of the techniques are not clear between the description and the picture as to what angle or exact position the patients limb needs to be in is not completely clear. Otherwise I am quite satisfied, and I would happily purchase more texts by David Weinstock. In one week I will be working with him in person at his Seattle seminar, and I am quite excited! Thank you David.

This was not exactly what I thought it would be. I didn't really find any of the muscle testing diagrams to be innovative compared to what I had learned in school. I also found this to be a little old

school/traditional in terms of determining if muscles are inhibited/facilitated yada yada yada. Newer approaches seem to be headed towards focusing on movement as a whole, not individual muscles.

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