

## **The Applied Kinesiology Research and Literature** **Compendium Winter, 2006**

The Applied Kinesiology Research and Literature Compendium (AKRLC) 2006 provides a theoretic foundation for understanding the clinical mechanisms that link applied kinesiology's manual muscle testing methods with human health and disease. The functional mechanisms of manual muscle testing are explored, and links between the status of the muscular and nervous systems are demonstrated.

This enlarged edition of the AKRLC has broken down the 126 pages of material contained in the AKRLC (in addition to the 56 pages in the AKRLC relating to the craniosacral system) into separate tables, encompassing the following topics:

- **Research supporting the reliability of the manual muscle test**
- **Research correlating MMT outcomes with other instruments measuring muscle function**
- **Research related to treatment effects using AK methods: clinical series and case reports**
- **Research studies examining the clinical relevance, predictive validity and accuracy of MMT**
- **Research support for therapy localization method in AK**

The Compendium presents an exhaustive review of the research literature about AK's clinical methods in peer-reviewed scientific journals, that *summum bonum* of 21<sup>st</sup> century research validity. Research will help insure chiropractic's future, and publishing this research helps protect the future of AK. These studies include research from chiropractic, biomedical, and osteopathic literature and cover the diagnosis, treatment, reliability, and outcome measurements of AK methods. Applied kinesiology's relevance to neuroimmunology, pediatric, and emotional health is also documented here.

Applied kinesiology now enjoys the highest public visibility and patient utilization rate in its history. Part of our new status in the health care marketplace is the result of various studies demonstrating the effectiveness and patient satisfaction using chiropractic adjustment procedures in the management of pain, functional organic disorders, and improvement in quality of life for patients of all ages. The somatovisceral aspects of chiropractic treatment have often been given short shrift by the research community, and research papers included here show how applied kinesiology may make unique contributions to the general health and global wellness of the public.

As the chiropractic profession continues its emergence into mainstream health care and as the opportunity for multidisciplinary health care partnerships expands, the importance of research exploring the role of applied kinesiology therapy in the management of spinal and systemic health disorders will increase.

Research literature is produced in quantities far exceeding the ability of even the narrowest specialist to stay abreast of the information flow, and so the vast quantity of studies cited here have been given abstracts that abbreviate their findings. I hope this will enable the busy physician to find in the unending twistings and turnings of these research studies that span more than 50 years the essential importance of these reports to the practice of applied kinesiology. Understanding the published research allows us to grow,

learn and modify our technique and diagnostic methods to match our discoveries and to stay current in the scientific community worldwide.

It is true that the evidence that supports applied kinesiology has some holes in it. However, to follow the suggestion that applied kinesiology chiropractic therapy not be used because of these vacancies in the scientific support would be to deprive thousands of patients of their chance to heal. All of us use electricity and gravity even though we have gaps in our understanding of how they work.

After reading the Applied Kinesiology Research and Literature Compendium 2006, I can clearly see a shift away from strict experimental design (“randomized controlled clinical trials”) toward the acceptance of outcome studies. I have also come to realize that controlling all of the variables in any study that involves human beings is not possible. The unreliability of physical, mechanistic measurements in defining outcomes has led to a shift toward using patient-reported perceptions as outcome measures. Applied kinesiology’s emphasis on health rather than disease, and treatment of the whole person rather than the symptoms, makes it difficult to fully describe or detect all the effects of AK therapies in patients’ function through currently existing physiologic measures or controlled clinical trials.

Applied kinesiology, when practiced by a physician who is adequately trained and with a mild degree of prudence, is virtually risk-free, and it possesses the potential for great help. The outcomes described in these reports demonstrate these facts.

Keating recommends the deliberate development of chiropractic clinician-researchers:

“The clinician-researcher could be the saving grace for the broad traditions of the chiropractic art. If we were to train our doctors to be bold in generating clinical hypotheses, to be meticulous in documenting observations, to be cautious in what is claimed about the value of chiropractic methods in not-yet-legitimized areas of practice, and to publish what goes on in the clinical setting, we could set in motion a research enterprise fueled by curiosity and pointed at the broad horizons envisioned by the Founder.”<sup>1</sup>

Evidence-based decision making in clinical practice requires, first of all, *evidence*. This compendium offers you the abundance of our evidence.

We hope that you will share this information with your patients, your professional colleagues, and the general public.

- **Dr. Scott Cuthbert practices applied kinesiology in Pueblo, Colorado. He is currently Co-chairman of the Research Board for the International College of Applied Kinesiology, 2006-2007.**

**1. Keating, J. *Toward a philosophy of the science of chiropractic: a primer for clinicians*. Stockton Foundation for Chiropractic Research, Stockton, CA. 1992:91**