

What is in a name?

Shakespeare brought the value of a name to our attention with this quote that has been used by many over the years... "A Rose by any other name will smell as sweet." A name idiom is a title that makes a name for us. CanASK made a name for us on both the national and international stage with its collection of members who have studied many different aspects of the manual muscle testing modalities available. We include laypeople, students, professionals, instructors, and program creators. Our name is recognized around the world. This is a grand thing, and this is a problematic thing for the changing times in Canada. At present our name is non-compliant with the Ontario Health Act, and in short order, it will be non-compliant in other provinces as they adopt similar legislation moving forward with Kinesiology Colleges being regulated in the Academic world. This has really been a blessing for us as who we are and what we do has not been properly named for quite some time. We were following our history of naming from over 50 years ago and more, with the term manual muscle testing dating back to 1915.¹ In today's academic climate and the extent of our knowledge and expertise, this has magnified in perspective, scope and practice, we are much more than a "K" word, and our "rose" smells exquisitely sweet.

As the news of a need for a name change reached all of us, we began "googling" and reading and analyzing. To save everyone time, this article will bring together some of that knowledge. You may have more in your toolbox and that is awesome. As we go forward, we have three naming tasks ahead of us. **First**, we need to determine what kind of muscle testing term we would like to be using. **Second**, we need a new name that releases the "SK" word forever and colors us with a description that we can confidently use in public, so everyone knows what we really do with the art and science of muscle testing and our unique toolbox. **Third**, we need a new association name that collects all of us using muscle testing modalities under one umbrella organization. So, let's get started...the Name Game!

Our first name identification will be around muscle testing and what terminology is and how we use it. At present we have been identifying muscle testing within the realm of specialized kinesiology. In order to correct our bylaws, we will need to determine which muscle testing term we would like to use: **Muscle Testing, Manual Muscle Test, Manual Muscle Response, Muscle Monitoring, Muscle Response Testing, Autonomic Response Testing, Muscle Biofeedback, Manual Energetics Testing, Muscle Feedback Response, Energetic Muscle Biofeedback, or perhaps Energetic Biofeedback.**

If you "google" **Muscle Testing** there are several erroneous descriptions that are posted on the internet:

1. Applied kinesiology (AK) which is also known as muscle strength testing, is a method of diagnosis and treatment based on the belief that various muscles are linked to particular organs and glands, and that specific muscle weakness can signal distant internal problems such as nerve damage, reduced blood supply, chemical ... *(this description is partially right)*
2. Is muscle testing scientific? Its basic notion is that every organ dysfunction is accompanied by a specific muscle weakness, which enables diseases to be diagnosed through muscle-testing procedures. ... Applied kinesiology should be distinguished from kinesiology (biomechanics), which is the scientific study of movement. *(we don't diagnose)*

¹ *On the reliability and validity of manual muscle testing: a literature review.* Scott C Cuthbert and George J Goodheart Jr, *Chiropractic & Osteopathy* 2007;15:4, <https://doi.org/10.1186/1746-1340-15-4>

3. Is Kinesiology a real science? Applied kinesiology muscle testing is a bizarre alternative medicine method of diagnosis and prescription. ... It is not directly harmful, but it is a costly distraction from real medical care. AK has no relationship to kinesiology, which is the study of human movement. July 16, 2015 (*Would love to know who added bizarre to this scientific description*)
4. Why is manual muscle testing important? Below we discuss what to expect during a manual muscle test as well as the benefits of having such a test performed. Manual muscle testing, as the name implies, is a series of manual manipulations, using both gravity and resistance to test your muscle's strength, its ability to contract, and resilience of muscle mass. Jan 31, 2017 (*This isn't what we do either*)
5. What is the purpose of manual muscle testing? MMT is a procedure for the evaluation of strength of individual muscle or muscles group, based upon the effective performance of a movement in relation to the forces of gravity or manual resistance through the available ROM. Jun 10, 2017 (*This misses the scientific background of what we do*)

In regard to this last posting from 2017, there is a shift in public knowledge about muscle testing. It appears that Manual Muscle Testing evaluates the strength of individual muscles or muscle groups. We are definitely not that. Even though our origins come from assessing strength, we have transformed the use of the muscle test, originally referred to as “Kinesiology” by Dr. Goodheart. In an interview Dr. James Oschmann, the founder of Integral Health Care and the author of several books on Energy Medicine, discussed what was happening with the muscle test and here is how his interviewee Dr. Charles Krebs of L.E.A.P. (Learning Enhancement Acupressure Program) described muscle testing...“Reticular nuclei of the brainstem control the muscle tone, sets the muscular reflex in the body – whether the muscle locks or unlocks.” Emotions affect the neurons which affect the muscles in a similar descending fashion as “output from the emotional center in the limbic system of the brain stem go to the reticular nuclei, emotion affects neuron affects muscle...nothing mystical.”² This sets the stage for something larger than a muscle test. Are we looking at a description of muscle biofeedback or muscle monitoring?

Referring to the description in “Energetic Kinesiology: Principles and Practice” by Charles Krebs and Tania O’Neill McGowan, they are describing “K” as “a biofeedback system that uses subconscious muscle response as a feedback tool,” (p.3). “The biofeedback takes the form of a change in muscle response to varying types of inputs. The muscle response can indicate both the type of information that is needed and the factor or factors blocking this information flow...verbal content, structural imbalance, nutritional imbalance, energetic imbalance, psychoemotional imbalance and even spiritual imbalance,” (p.3). Further, “muscle biofeedback...make the subconscious stresses and imbalances within the body observable.” The muscle monitoring shares the biofeedback that is coming from the energy systems within the body. The authors conclude that it is more accurate to use Muscle Monitoring for the remainder of their textbook.

Anne Jensen, a researcher at Oxford University, has been studying Manual Muscle Testing to provide validity of the technique in the scientific arena. Here are her two descriptions in her research paper: “Manual muscle testing (MMT) is a non-invasive assessment tool used by a variety

² Krebs, C. a. (2017, Sept). *Energy Research Videos*. Retrieved Sept 2017, from http://www.energyresearch.us:https://youtu.be/Hz1LA52_nTY

of health care providers to evaluate neuromusculoskeletal integrity, and muscular strength in particular. In one form of MMT called muscle response testing (MRT), muscles are said to be tested, not to evaluate muscular strength, but neural control.”³ Dr. Jensen has chosen to use the term Manual Response Testing or MRT.

The work of Dr. Deitrich Klinghardt in both the UK and in the US utilizes an adapted form of muscle testing called Advanced Autonomic Response Testing. At first glance this seemed like a more accurate description of the kind of information we are accessing in the biofeedback loop from the energetic system in the body. However, we are more than this as well. In fact, if we refer to anything within the autonomic response, we are looking at short term stress changes, and if we work within the endocrine system, we are at long term stress. This helps to clarify that the use of autonomic would be a shortfall for all the in-depth work that the different modalities use.

Now it is your turn. As we look at all the modalities that are under the current SK blanket, and link them all together with “muscle testing”. What will be our best description going forward that we can use in our bylaws that link us all together? It looks like Muscle Monitoring or Muscle Response Testing may be our closest description. If you have more to add to this dialogue, please offer up your research by sending your bullet form comments to the office at office@canask.org with “Member Info Meeting – February 12 – muscle testing” in the subject line. I will be one of the lucky recipients to pull all the comments, questions and suggestions together. Did I say “bullet form”? Yes please!

Our second name identification is replacing “Specialized Kinesiology” with a term that can be known in every household in our communities. To get a picture of what this might encompass we can look at how the different modalities are categorized in Complementary and Alternative Medicine. Looking at a chart created by Akamai University, I have added a few more modalities to the bottom. This of course is not exhaustive, but you do get the idea. What are their similarities and what are their differences? What kind of category do they fall under in the International Educational system?

| Approved CAM Training Programs | | | |
|--------------------------------|-----------------------------------|------------------------|---------------------------------|
| Energy Medicine | Energy Psychology | Energy Kinesiology | Dynamic Energy |
| Healing Touch (HT) | Tapas Acupressure Technique (TAT) | Touch for Health (TFH) | Movement: Yogi, Qigong, Tai Chi |

³ Jensen, A. (2014). *The Accuracy and Precision of Kinesiology-style Manual Muscle Testing: Designing and Implementing a series of diagnostic test accuracy studies*. University of Oxford, Doctor of Philosophy dissertation. UK: University of Oxford.

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| Transform Your Life through Energy Medicine (TYLEM) | Wholistic Health Easily & Effectively (WHEE) | Donna Eden's Energy Medicine / Kinesiology | Shamanism, Traditional Healers, Native American Healing |
| Energy Medicine for Animals (EMAP) | Neuro-Linguistic Programming (NLP) | TFHKA | Nutritional & Herbal Medicine, |
| Resonance Modulation in Energy Healing | Energy Psychology with Animals | TFH Metaphors | Homeopathy |
| Reiki | Disaster & Trauma Relief | eTouch for Health | Sound Healing |
| Holistic Health (for doctors, nurses, others) | Allergy Antidotes Made Easy | Top Ten Pain Relief | Applied Eco-Psychology |
| Healing Pathways | HBLU Approach to Clearing Blocked Memories of Trauma | Applied Kinesiology | Past Life Regression |
| HT Spiritual Ministry | The Grace Process | Three-In-One Concepts | Color Healing |
| HT for Animals | Heart Assisted Therapy | EDU Kinesiology | Nature as Healer |
| Rosalyn Bruyere's Healing with Light | EMO Trance | Bio kinesiology | Spirituality and Consciousness |
| Barbara Brennan's School of Healing | EMDR | Body Talk | Logo synthesis – Power of Words |
| Polarity Therapy | Thought Field Therapy | Neuromuscular Therapy | Spirit Release |
| Acupuncture | Emotional Freedom Technique | Cranial Sacral | Naturopathy |
| Quantum Touch | Transpersonal Studies | Wellness For All | Integral Health |

Additional Names that are missing:

| | | | |
|-------------------|---|-----------------------|--|
| Therapeutic Touch | Brain Gym changing to Breakthroughs International | Natural BioEnergetics | |
| | Masgutova MNRI | Applied Physiology | |
| | | L.E.A.P. | |
| | | S.I.P.S. | |
| | | Muscle Tuners Int'l | |
| | | Kinergetics | |

As well, a full EK Modality Tree can be found at <https://www.nkinstitute.com.au/history-of-kinesiology.html> to see the international branches that exist! If we are to choose a term that encompasses all of these modalities, what might come to mind? Quantum Vitality, Integrated Wellness,

Energy Medicine, Health Power, Dynamic Wellness, Muscle Monitoring Sciences, Holographic Health. Again, suggestions and ideas are welcome, and please email the office at office@canask.org with “Member Info Meeting – February 12 – SK” in the subject line.

Our third naming opportunity is for our beautiful organization. CanASK has served us very well over the years. In fact, it was so successful that when we tried to remove the full “SK” title from it and just use the acronym, we had references and links that led us around the world and deeply into our communities. What an incredible compliment to the organization and the dedication of the members over the years. On the international scene we had a strong presence. And, for this reason, we could not keep CanASK as a shortened title. Too many searches would continue to find Specialized Kinesiology linked to it. Time for a change. We need to find a way to umbrella all the wonderful modalities that utilize muscle testing with their tools. Should we be known as an Association? Network? Alliance? Should we have “Canadian” in our title? Should our organization begin with Canadian Association of...? Should we be something like Holistic Health? Should we keep Muscle Testing terminology from the title? Is there a term that we could choose that would blanket the modalities listed above? Do we want a title with Medicine in it, like Energy Medicine or Complementary and Alternative Medicine, (CAM)? As you ponder the ideas and the acronym that can be built from the title, keep some of these ideas in mind. Here are a few suggestions that have come our way already. Perhaps you have thought of similar ones, or maybe these will help build some new ideas.

Canadian Association of Muscle Monitoring - CAMM
Canadian Association of Muscle Monitoring Sciences – CAMMS or CanAMMS
The Canadian Network of Energy and Muscle Testers (CNEMT)
Muscles, energy, testing and science -METS
The Canadian Network of Energy Workers - CanNEW or CNEW
The art and science of Energy Testing and Muscle Monitoring - ASETMM.
Network for Energetics, Wellness, Betterment, and Integration-NEWBI
Empowered Living
Energy Dynamics
Canadian Association of Complementary and Alternative Medicine - CanCAM
Canadian Network of Muscle Testing Modalities - CanNMT
Canadian Network of Integrative Medicine and Health – CanIMH

To help provide some clarity with descriptions, let’s look at what Complementary, Alternative and Integrative mean. “**Complementary medicine** refers to non-mainstream practices used together with conventional medicine. **Alternative medicine** refers to non-mainstream practices used instead of conventional medicine. **Integrative medicine** is health care that uses all appropriate therapeutic approaches—conventional and non-mainstream—within a framework that focuses on health, the therapeutic relationship, and the whole person.⁴ **CAM** is often referred to as evidence-informed practice as it may not meet the strict criteria for scientific evidence, but it may also use aspects that have been proven scientifically. “A National Health Interview survey (2012) indicates that commonly used CAM therapies include: • Deep breathing exercises (11%) • Yoga, tai chi, and qi gong (10%) •

⁴ <https://www.merckmanuals.com/en-ca/professional/special-subjects/integrative,-complementary,-and-alternative-medicine/overview-of-integrative,-complementary,-and-alternative-medicine>>

Manipulative therapy (8%) • Meditation (8%) • Yoga (6.1%).” They also found that only 0.5% used Energy Medicine modalities.⁵

There are many ways to look at renaming the association. We need something that creates an umbrella for modalities. An alliance or network that is inclusive. A name that can be used Canada wide. Something that does not suggest diagnosis or treatment and does not approach on western medicine terms. Something that suggests self-empowerment, self-care, wellness, wholeness. We look forward to your suggestions and comments. Please forward them to the office at office@canask.org with “Member Info Meeting – February 12 – name change” in the subject line. Remember, bullet form please.

Michelle Greenwell

⁵ <https://nccih.nih.gov/research/statistics/NHIS/2012>