Estimating the prevalence of use of kinesiology-style manual muscle testing

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Introduction: Kinesiology-style manual muscle testing (kMMT) is used by chiropractors and other healthcare professionals to gain more information about patients. Different from both manual muscle testing (MMT) used in orthopaedic and neurology settings [1] and Applied Kinesiology (AK) [2], kMMT uses one muscle to detect a specified target condition. Despite being used by approximately 40% of American chiropractors [3-5], the prevalence of use of kMMT has not yet been estimated. Therefore, the aim of this study was to estimate the prevalence of use of kinesiology-style manual muscle testing (kMMT).

Methods: A search of internet databases and textbooks and expert opinion were used to compile a list of known technique systems that use kMMT. Then direct contact was attempted via email and telephone to representatives of each individual kMMT technique system. Once contacted, the representative was asked to provide a conservative estimate of the number of people trained in their form of kMMT. For those organisations unable to provide an estimate, expert opinion was sought to approximate the numbers trained. From this data, an estimation of the prevalence of use of kMMT was made.

Results: Seventy-nine kMMT technique systems were identified, 46 of which provided the requested estimate and 33 did not (for various reasons). From the information collected, kMMT was then estimated to be used by over 1 million people worldwide.

Summary: With the prevalence of use at over 1 million people worldwide, kMMT merits further consideration and investigation of its usefulness in clinical settings. This estimation might be amplified due to the possibility of redundancies or attrition. Likewise, it might be low due to misclassification or too narrow search methods.
References:


Muscle testing will help you attune to your body and your mind, connect to the surrounding energy, and make important decisions. As any question or problem you have can be answered or solved through applied kinesiology also known as muscle testing. Here we explain how that works. The Body’s Language. Muscle testing is a reliable guide for life choices (big and small). Our bodies are much more aware of the energy of the universe than our conscious minds are that is, until we train our minds to become aware. We are naturally attuned to a higher intelligence, but most people either are not in touch with their bodies, or they do not believe that the body has a language of its own. The search terms manual muscle testing or manual muscle test were used. Relevant peer-reviewed studies, commentaries, and reviews were selected. The two reviewers assessed data quality independently, with selection standards based on predefined methodologic criteria. More than 100 studies related to MMT and the applied kinesiology chiropractic technique (AK) that employs MMT in its methodology were reviewed, including studies on the clinical efficacy of MMT in the diagnosis of patients with symptomatology. With regard to analysis there is evidence for good reliability and validity in the use of MMT for patients with neuromusculoskeletal dysfunction.