AK 100 MUSCLES – CLINICAL INDICATIONS OF WEAKNESS – SESSION 1

Latissimus Dorsi (in Latin – means "widest part of the back")
Origin: Aponeurosis (lumbosacral fascia) from SPs of sacrum to T-6 & post ½ of iliac crest; also sometimes from lower 3-4 ribs and inferior of scapula (next to teres major)
Insertion: Floor of bicipital groove (narrowed to about 1 ½ inches wide–a ribbon-like tendon which spirals 180 º)
Function: Extends, medial rotates, and adducts humerus
Spinal Levels: Innervation: C-6, 7, 8 (Thoracodorsal) **TS Line/Meric:** T-6 **Acupuncture:** T-11/12
Organ: Pancreas – blood sugar handling; digestive enzyme deficiency
Acupuncture: Spleen-pancreas
Nutrition: Vitamin A; Vitamin F; Betaine; Zinc; Pancreatic digestive enzymes; Pancreas tissue; Glucose regulation related substances: Chromium; Vanadium
Chapman's Reflex: Ant: Left 7th IC space, medial portion, 7th costal cartilage; Post: Left T-7/8
Clinical Indications associated with weakness:

- Upper trapezius tightness
- Difficulty Swimming or paddling a canoe
- Works with Pec Major in holding shoulder down during ordinary pushing, & on parallel bars, etc.
- Sacroiliac problems – especially during lifting
- Rarely: tight causing ipsilateral frozen shoulder due to weakness on opposite side from frozen shoulder

Pectoralis Major, Clavicular Division (PMC) (uppermost ¼ of pectoralis major)
Origin: Front of medial ½ of clavicle
Insertion: Lateral lip of bicipital groove (crosses over PMS–i.e., pec major insertion rotates 180 º)
Function: Adduction; flexion (runs nearly 90 degrees to PMS)
Spinal Levels: Innervation: C-5, 6, 7 (Lateral Pectoral) **TS Line/Meric**:T-5 **Acupuncture**: T-12/L-1
Organ: Stomach
Acupuncture: Stomach
Nutrition: Vitamin B complex; "B"; "G"; Bilateral: Hydrochloric acid; Stomach substance with B-12
Chapman's Reflex: Ant: Left 5th / 6th IC space; Post: Left T-5/6
Bennett's Reflex: Bilateral over the frontal eminences – directly above each eye, middle of forehead
Clinical Indications associated with weakness:

- Throwing problems
- Emotional Stress Overload ("Emotional Neurovascular" points)
- Symptoms associated with a need for B vitamins
- Stomach problems including hiatal hernia, helicobacter pylori infection (ulcers)
- Bilateral weakness associated with allergies, HCl need, temporal bulge cranial fault

Pectoralis Major, Sternal Division (PMS)
Origin: Sternum to rib 7; cartilages of ribs 1-6; Aponeurosis of external abdominal oblique
Insertion: Lateral lip of bicipital groove; (passes behind PMC as it rotates 180 º)
Function: Flexes humerus; extends humerus when already flexed
Spinal Levels: Innervation: C-6,7,8,T-1 (Med & Lat Pectoral) **TS/Meric**: T-8 **Acupuncture**: T-9/10

Organ: Liver
Acupuncture: Liver
Nutrition: Vitamin A; Bile salts; Betaine; Liver tissue
Chapman's Reflex: Ant: Right 5^{th} / 6^{th} IC space – medial portion; Post: Right T-5/6
Clinical Indications associated with weakness:

- Tightness in rhomboid belly (also could result from inhibited serratus anterior)
- Throwing problems
- Vitamin A symptoms – night blindness and other visual problems
- Fat metabolism problems (increased cholesterol and/or triglycerides)
- Biliary problems and bile salts
- Systemic toxicity and detoxification problems

Psoas
Origin: Bodies, discs, & TPs of T-12 through L-4 or L-5; interdigitates with diaphragm (R crus forms part of esophageal hiatus of diaphragm)
Insertion: Lesser trochanter
Function: Flexes hip, laterally rotates hip
Spinal Levels: Innervation: L-1,2,3,4 (Lumbar Plexus) **Meric/TS**: T-11/12 **Acupuncture**: L-2/3
Organ: Kidney
Acupuncture: Kidney
Nutrition: Vitamin E; Vitamin A; Kidney tissue
Chapman's Reflex: (Bilateral) Ant: 1 inch lateral to & 1 inch up from umbilicus; Post:T-11/12
Clinical Indications associated with weakness:

- Low back pain
- Lumbar scoliosis
- Bilateral weakness – flattened lumbar lordosis
- Supine – greater foot turn in on inhibited side
- Ipsilateral foot pronation
- Kidney problems including renal lithiasis

Tensor Fascia Lata
Origin: Anterior iliac crest
Insertion: Iliotibial band
Function: Abducts, flexes, and medial rotates hip; participates in knee extension and lateral stability to knee
Spinal Levels: Innervation: L-4,5 &S-1 (Superior Gluteal) **Meric/TS**: L-4 **Acupuncture**: L-4/5
Organ: Large intestine
Acupuncture: Large intestine
Nutrition: Acidophilic substances; Vit. D; Bilateral weakness often associated with need for iron
Chapman's: (Bilateral) Ant: Iliotibial band; Post: triangular area – L-2 to L-4 to crest of ilium
Clinical Indications associated with weakness:

- Lateral knee problems
- Decreased hip abduction / hip arthritis
- Sacroiliac subluxation recurrence
- Meralgia paresthetica
- All forms of colon problems and dysbiosis

Piriformis
Origin: Anterior lower 1/3rd of sacrum; sacrotuberous ligament
Insertion: Greater trochanter – superior border
Function: Lateral hip rotation
Spinal Levels: Innervation: L-5 S-1,2 (Sacral Plexus) **Meric/TS Line**: L-5 **Acupuncture**: T-4/5
Organ: Reproductive organs (ovary, uterus, teste, prostate)
Acupuncture: Circulation-sex (Pericardium)
Nutrition: Vitamin E, Vitamin A; male and female reproduction system glandulars
Chapman's Reflex: Ant: Upper pubic bone; Post: L-5 / PSIS
Clinical Indications associated with weakness:

- Greater trochanter pain
- Weak in side of sciatica – piriformis "drops down" on sciatic nerve and stretches it
- Supine – greater foot turn in on inhibited side (DD from psoas inhibition)

- Sacrum subluxations – often results in neck pain