Special AK 100 HOUR Course
READING LIST – Session 1

This reading list will help you prepare for and review this session. Each major topic is listed. Some citations are listed in more than one place.
* = These topics will be only briefly covered in class. It is *strongly recommended* that you thoroughly read the reading list citations for more in depth coverage of the topic, especially if you plan on taking the ICAK 100 hour certification test on completion of the 100 hour course.

- S2 = Walther, David, *Applied Kinesiology Synopsis – 2nd Edition*.
- CSM = Maffetone, Philip, *Complementary Sports Medicine*.
- CNOCNP = Schmitt, Walter, *Compiled Notes on Clinical Nutritional Products*.

Abdominals • S2 – 316-318 • CSM – 130-133

Gluteus maximus • S2 – 321 • CSM – 174-175

Gluteus medius and minimus • S2 – 320 • CSM – 156-159

Hamstrings • S2 – 310-311 • CSM – 176-177

Rectus femoris • S2 – 312-313 • CSM – 142-143

*Quadratus lumborum • S2 - 372

*Sacrospinalis • S2 – 370-371

Neck extensors • S2 – 368-369 • CSM – 188-189

*Vitamin E • CNOCNP – 32-33, 34, 64-67, 166-167, 188

Temporosphenoidal line analysis (T.S. Line) – 5 locations only • S2 – 15-16

Relieving Fatigue (Part 1) – CBC with differential nutritional values • CNOCNP - 86-90

*Aerobic and anaerobic testing – relationship to iron and essential fatty acids • S2 – 188-189

*Retrograde lymphatic – relationship to iron, pectoralis minor • 539-541

Review vertebral challenge • S2 – 71 • CSM – 198

Coupled spinal mechanics & Coupled spinal adjusting, Uncoupled spinal mechanics patterns
• Schmitt, Audio-Video-Notes package "Spinal Adjusting"

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*Lovett brother relationships • S2 – 70-71

*Spinal fixations • S2 – 86-93

*Occipital fixation – bilateral psoas • S2 – 74, 90-91

Hip and low back problems

IVD Challenge • S2 – 96-107

Iliolumbar ligament • S2 – 130-132

*Imbrication and deimbrication technique • S2 – 81-83

*Meridian associated points along the spine • S2 - 240

Pelvic categories and fixations • S2 – 109

Category 1 • S2 – 110-112 • CSM – 243-246

Category 2 • S2 - 112-115 • CSM – 246-248

*Category 3 (brief) • S2 - 115-116

Iliac fixation • S2 – 93

Sacral fixation • S2 – 91-92

Sagittal Suture separation for abdominal muscle weakness • S2 – 100, 318 • CSM – 242-243

Fascial Flush / Spray and Stretch Techniques • S2 – 192-198 • CSM – 231-232

Nutritional relationship to vitamin B-12 • S2 – 193

*Trigger points – challenge and respiratory correction • S2 – 193-198 • CSM – 231-232

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