Special AK 100 Hour Course – AK Rules

Session 1

THERAPY LOCALIZATION:

- THERAPY LOCALIZATION TELLS US WHERE A PROBLEM IS - IT DOES NOT TELL US WHAT A PROBLEM IS.

MUSCLE SPINDLE CELL ACTIVITY:

- IF AUTOGENIC FACILITATION (MUSCLE SPINDLE CELL TO STRENGTHEN) DOES NOT STRENGTHEN THE WEAK MUSCLE - USE INJURY RECALL TECHNIQUE (IRT).
    - RUBBING OVER AN ACTIVE INJURY WILL CAUSE A WEAK MUSCLE TO STRENGTHEN
- WHEN AUTOGENIC INHIBITION (MUSCLE SPINDLE CELL TO WEAKEN) DOES NOT WEAKEN A SPECIFIC MUSCLE (OVER FACILITATION), DO NOT USE THIS MUSCLE AS AN INDICATOR MUSCLE.

TONIC LABYRINTHINE REFLEXES:

- TLR RULE #1: EXTENSORS SHOULD *NEVER* BE WEAK SUPINE FLEXORS SHOULD *NEVER* BE WEAK PRONE.
- TLR RULE #2: PATIENT SUPINE. FLEXOR WEAKNESS *SHOULD BE* NEGATED BY TURNING HEAD TO OPPOSITE SIDE.
- WHEN TESTING EXTENSOR MUSCLES WITH FACE UP OR IN UPRIGHT POSITIONS, GENTLY CLENCH TEETH TO TEMPORARILY SUPERCEDE TLR.

CHAPMAN'S (NEUROLYMPHATIC) REFLEXES:

- TREATING CHAPMAN'S REFLEXES RESULTS IN A NET PARASYMPATHETIC EFFECT TO THE RELATED ORGAN.

VERTEBRAL CHALLENGE:

- IN VERTEBRAL CHALLENGING, ALWAYS ADJUST IN THE DIRECTION THAT CHALLENGING (PUSHING AND RELEASING) CAUSES MUSCLE WEAKNESS.
- IN VERTEBRAL CHALLENGING, ADJUST WITH THE SPINE IN THE POSITION THAT MAINTAINS THE VERTEBRAL CHALLENGE WEAKNESS.
- IN RESPIRATORY ADJUSTING, ADJUST IN THE DIRECTION OF CHALLENGE WEAKNESS COINCIDENT WITH THE PHASE OF RESPIRATION WHICH NEGATES THE CHALLENGE WEAKNESS.

GENERAL:

- DO NOT USE THE "ARM PULL DOWN" TEST.
- DO NOT USE MUSCLE TESTING TO PROVE MUSCLE TESTING.