

A Brief History of Energy Kinesiology

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- 1912** Dr. Robert W. Lovett, Professor of Orthopedic Surgery at Harvard Medical School, Cambridge, Massachusetts, discovered the **isolated muscle test**. His purpose was to measure the degree of muscle function in the paralyzed bodies of his juvenile patients. Muscle testing provided a sensitive and specific means of determining muscle function.
- 1949** Henry and Florence Kendall, early pioneers in physical therapy, researched the use of isolated muscle testing and published the comprehensive and well known reference guide, ***Muscles - Testing and Function***. This book is now in its fifth edition.
- 1960's** George Goodheart, D.C., Detroit, Michigan, and his chiropractic colleagues researched relationships between individual muscles, acupuncture meridians, and several western-researched sets of reflex points. Over time their research grew into a unique healing modality which they called **Applied Kinesiology (AK)**. AK works with both muscles and the traditional Chinese meridian energy system to facilitate correction of the *causes* as well as symptoms of physical, emotional and mental imbalances. In 1976, the **International College of Applied Kinesiology (ICAK)** was founded. Applied Kinesiology training is restricted to health professionals who are licensed to diagnose health conditions.
- 1972** John Thie, D.C., Malibu, California, was a member of Dr. Goodheart's original circle of Applied Kinesiology professionals. Thie was the second president of ICAK. Thie believed that basic AK techniques are safe for anyone to use, and that just as you don't need to go to the dentist to brush your teeth, you should not need to go to a health professional to use muscle-energy testing and to balance your energy system. With Goodheart's blessing, Thie developed **Touch for Health (TFH)** to make the basics of Applied Kinesiology available to everyone. Touch for Health is now overseen worldwide by the **International Kinesiology College (IKC)**. www.ikc-info.org
- 1993** The terms 'Energy Kinesiology' and 'Specialized Kinesiology' are interchangeable. The **Canadian Association of Specialized Kinesiology (CanASK)** was established in Vancouver, BC. It is authorized by the IKC to oversee Touch for Health in Canada. CanASK now supports all branches of Specialized (Energy) Kinesiology within Canada. www.canask.org
- Ongoing** Dozens of effective Energy Kinesiology systems have been developed around the world. They have their roots in either Applied Kinesiology or Touch for Health. Energy Kinesiology is practiced by holistic practitioners, medical professionals and lay people. To further explore the scope of Energy Kinesiology (Specialized Kinesiology), see www.canask.org which will link you to related sites around the world.