Kinesiology

Summary

- Kinesiology is a form of therapy that uses muscle monitoring (biofeedback) to look at imbalances that may be causing disease in the body.
- Kinesiology aims to detect and correct imbalances that may relate to stress, nutrition or minor injuries.
- Kinesiology is not used to diagnose disorders.

Kinesiology means ‘the study of movement’. The term is also used by complementary medicine practitioners to describe a form of therapy that uses muscle monitoring (biofeedback) to look at what may be causing ‘imbalances’ in the body and attempts to relieve these imbalances.

The kinesiology approach examines ‘unresolved stress reactions’ in a person and provides techniques intended to help the body’s natural healing process.

How kinesiology developed

Kinesiology stems from chiropractics and applied kinesiology. It is also based on the ancient Chinese acupuncture theory of chi energy. Unlike applied kinesiology, where muscles are tested for strength, the more recently developed forms of kinesiology use muscle monitoring as a form of biofeedback to the subject.

Evidence of effectiveness of kinesiology

Many nervous system diseases can affect muscle strength. Kinesiology is based on an energy model of health (not a medical one). There is little evidence of the underlying philosophy and claims of benefit.

Choosing a kinesiology practitioner

- Contact the Australian Kinesiology Association for a registered practitioner in your locality.
- Ask your health practitioner for a referral.

During the first visit to a kinesiology practitioner, ask about their training and qualifications. Do not continue with any practitioner who advises you to abandon your conventional medical treatment, as this should only be done in consultation with your doctor.

How kinesiology works

Kinesiologists claim to be able to use muscle monitoring techniques to access information about a person’s wellbeing and to promote physical, emotional, mental and spiritual health.

Techniques used in kinesiology

Some of the techniques available include:

- acupressure
Kinesiology is a form of therapy that uses muscle monitoring (biofeedback) to look at imbalances that may be causing disease in the body. Kinesiology aims to detect and correct imbalances that may relate to stress, nutrition or minor injuries. Kinesiology is not used to diagnose disorders.

Where to get help
- Your doctor
- Australian Kinesiology Association Tel. 1300 780 381 or (03) 9898 7406

Things to remember
- Lymphatic massage
- Hypertonic muscle release
- Attention to reflex, trigger and body points
- Remedies, such as flower essences and homeopathics
- Nutritional advice.

This page has been produced in consultation with and approved by:
Department of Health and Human Services - RHP&R - Office of the Chief Health Officer

Content on this website is provided for information purposes only. Information about a therapy, service, product or treatment does not in any way endorse or support such therapy, service, product or treatment and is not intended to replace advice from your doctor or other registered health professional. The information and materials contained on this website are not intended to constitute a comprehensive guide concerning all aspects of the therapy, product or treatment described on the website. All users are urged to always seek advice from a registered health care professional for diagnosis and answers to their medical questions and to ascertain whether the particular therapy, service, product or treatment described on the website is suitable in their circumstances. The State of Victoria and the Department of Health & Human Services shall not bear any liability for reliance by any user on the materials contained on this website.

For the latest updates and more information, visit www.betterhealth.vic.gov.au