

THIE *Chiropractic Offices*

1192-98 NORTH LAKE AVENUE • PASADENA, CALIFORNIA 91104
AREA CODE 213 • TELEPHONE 791-1201

HEALTH FROM WITHIN

Copyright 1972

All Rights reserved

No part may be duplicated or reproduced without written permission.

Dr. John F. Thie
Dr. Victor L. Frank, II
Dr. Gregory MacMartin
Dr. Norman Goodman
Dr. Leroy R. Perry, Jr.

Credit for the development of muscle testing as a way to determine the effectiveness of treatment is given to George Goodheart, D.C. of Detroit, Michigan who discovered, developed and researched this technique.

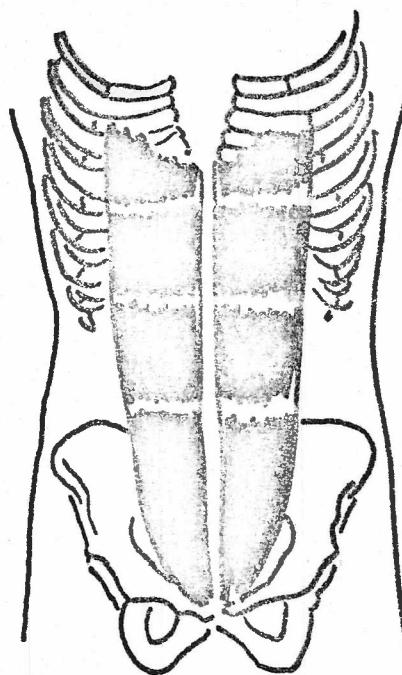
Health From Within is a workbook developed for the non-professional in the hopes that its principles may lead to a greater understanding of body mechanics and eventually to better preventive health care, as taught by John F. Thie, D.C.

TABLE OF CONTENTS

	Page
Rectus Abdominis Muscle	1
Testing	2
Reflex Points	3
Acupuncture Circuits	4
Deltoid Muscle	5
Testing	6
Reflex Points	7
Acupuncture Circuits	8
Fascia Lata Muscle	9
Testing	10
Reflex Points	11
Acupuncture Circuits	12
Gluteus Medius Muscle	13
Testing	14
Reflex Points	15
Acupuncture Circuits	16
Pectoralis Major Clavicular Muscle	17
Testing	18
Reflex Points	19
Acupuncture Circuits	20
Pectoralis Major Sternal Muscle	21
Testing	22
Reflex Points	23
Acupuncture Circuits	24
Popliteus Muscle	25
Testing	26
Reflex Points	27
Acupuncture Circuits	28
Psoas Major Muscle	29
Testing	30
Reflex Points	31
Acupuncture Circuits	32
Quadriceps Muscle	33
Testing	34
Reflex Points	35
Acupuncture Circuits	36

Sacrospinalis Muscle	37
Testing	38
Reflex Points	39
Acupuncture Circuits	40
 Subscapularis Muscle	 41
Testing	42
Reflex Points	43
Acupuncture Circuits	44
 Teres Minor Muscle	 45
Testing	46
Reflex Points	47
Acupuncture Circuits	48
 Latissimus Dorsi Muscle	 49
Testing	50
Reflex Points	51
Acupuncture Circuits	52

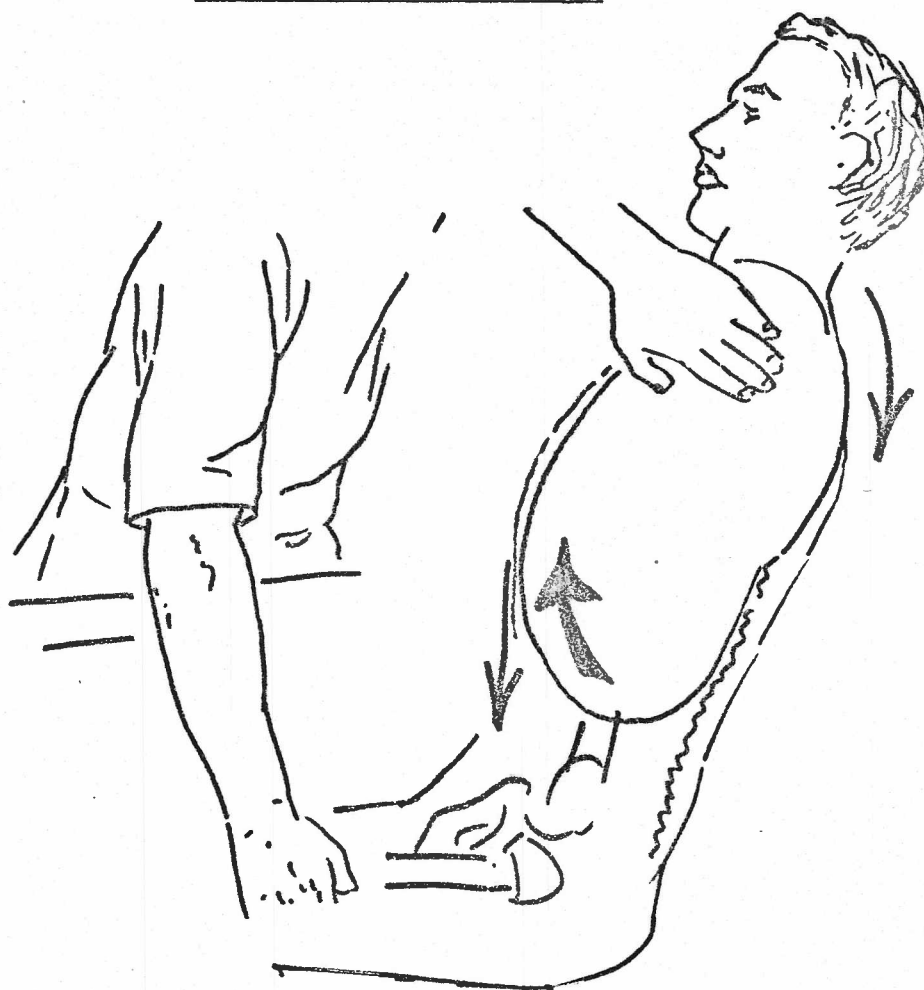
RECTUS ABDOMINIS MUSCLE



Origin: starts at the inner rib spaces of the fifth, sixth, and seventh ribs and also attaches to the lower part of the breast bone.

Insertion: ends at the pubic bone, located some six inches below the navel.

Action: flexes the vertebral column, increasing the curve of the back forward and decreasing the curve of the low back.

RECTUS ABDOMINIS TEST

Subject: Legs straight out on floor in sitting position, your arms are to be crossed in front of your chest, right hand on left shoulder, etc.

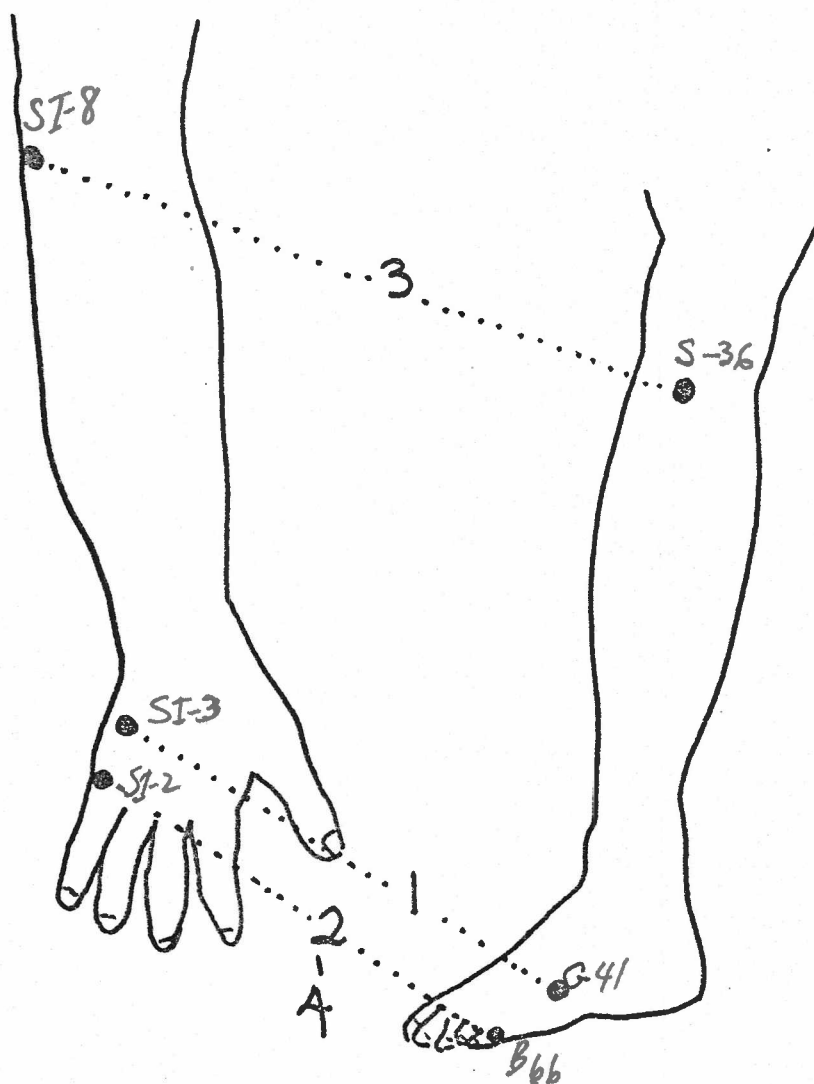
Tester: Place your left hand over the subject's wrists and your right hand holding his knees, firmly against the floor. If your position is correct, your arms will be crossed. Have the subject resist as you are applying pressure, trying to force him into a lying position.

ACUPUNCTURE CIRCUITS

Rectus Abdominis

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

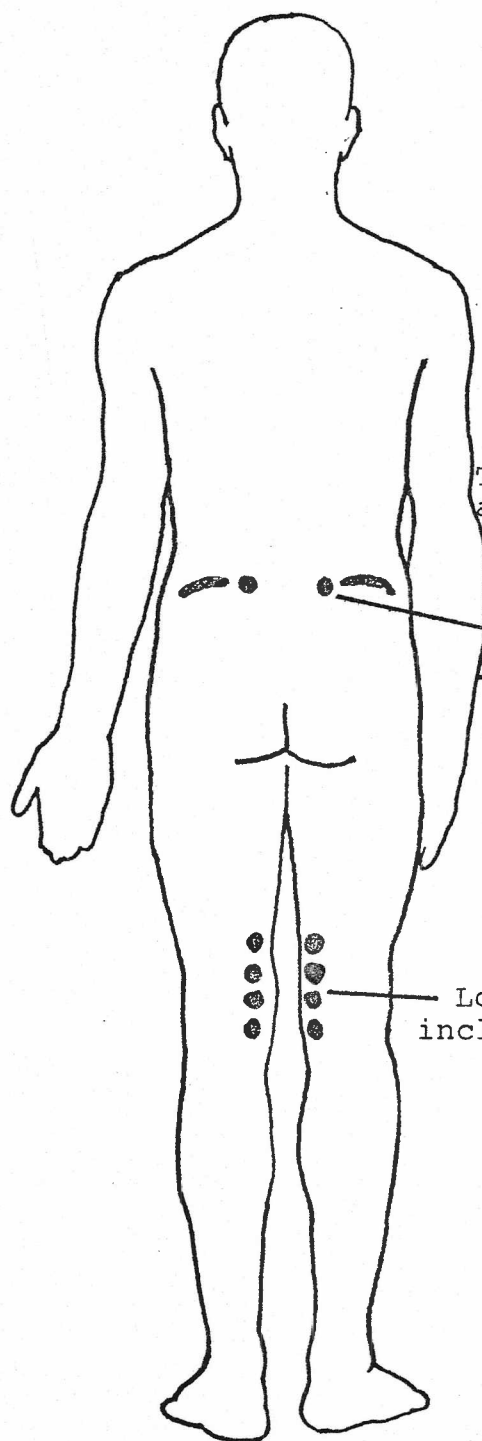
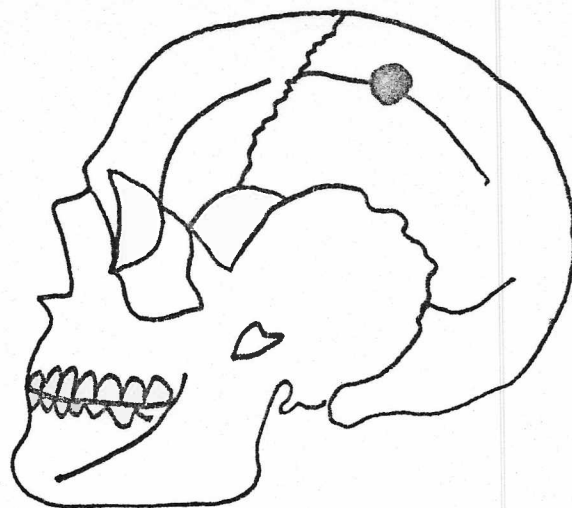
To reduce remaining tension or relax a contracted muscle, make double contact at points 3 then double at points 4.



Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

Function: Compresses abdomen, assists in holding organs in places, assists in holding pelvis up.

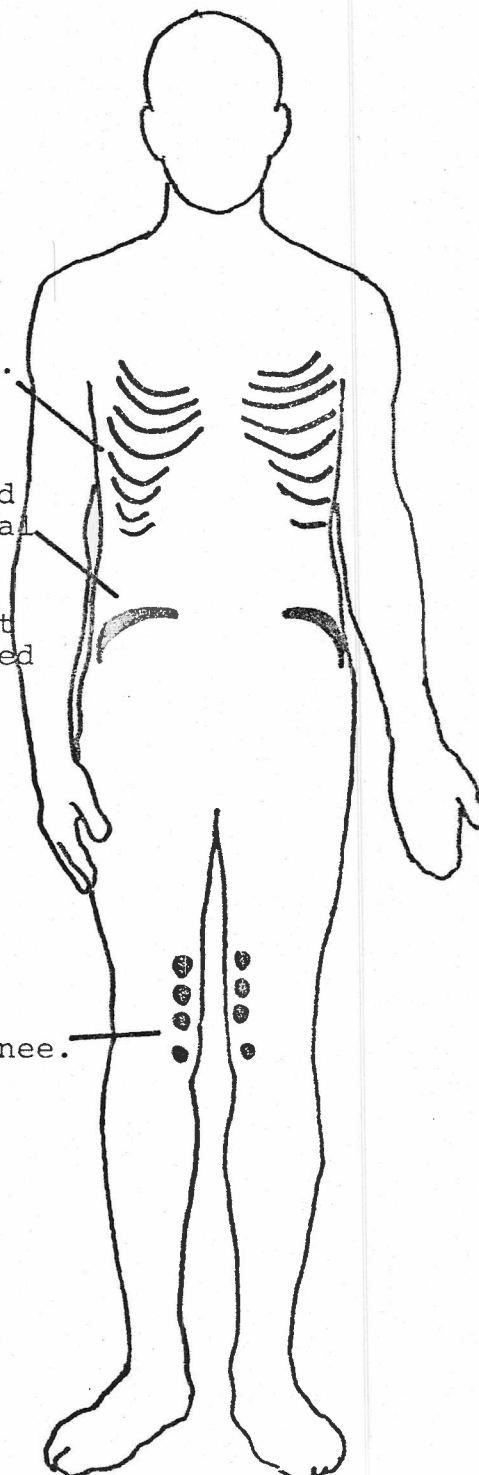


Surfaces of Lower 8 ribs.

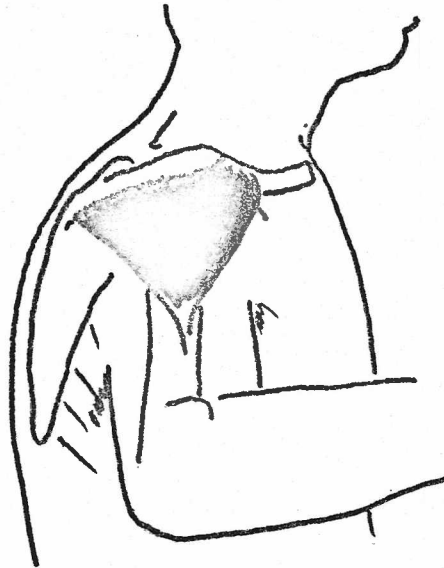
Top area of ilium, located at the height of your navel on both extreme sides

Height of your navel, but on your back side. Located 2 inches on each side of your spine.

Lower inner 1/3 of thigh, including inner portion of knee.



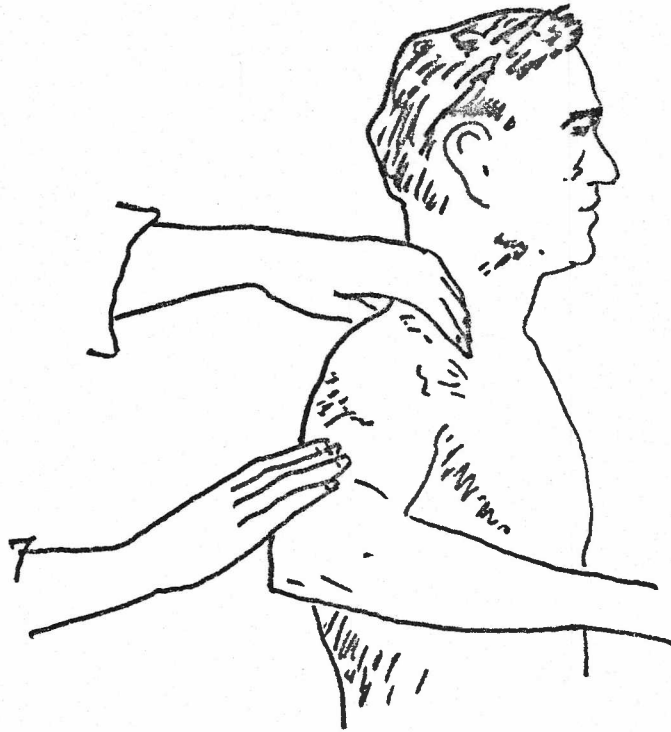
DELTOID MUSCLE



Origin: Top of shoulder

Insertion: Upper arm

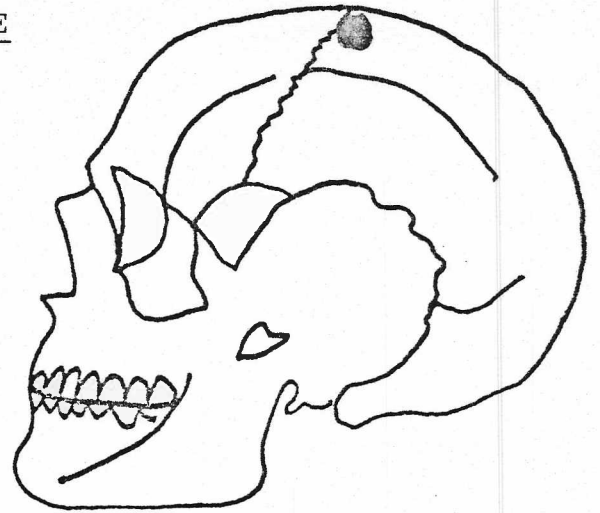
Action: Draws the arm away from the body.

DELTOID MUSCLE TEST

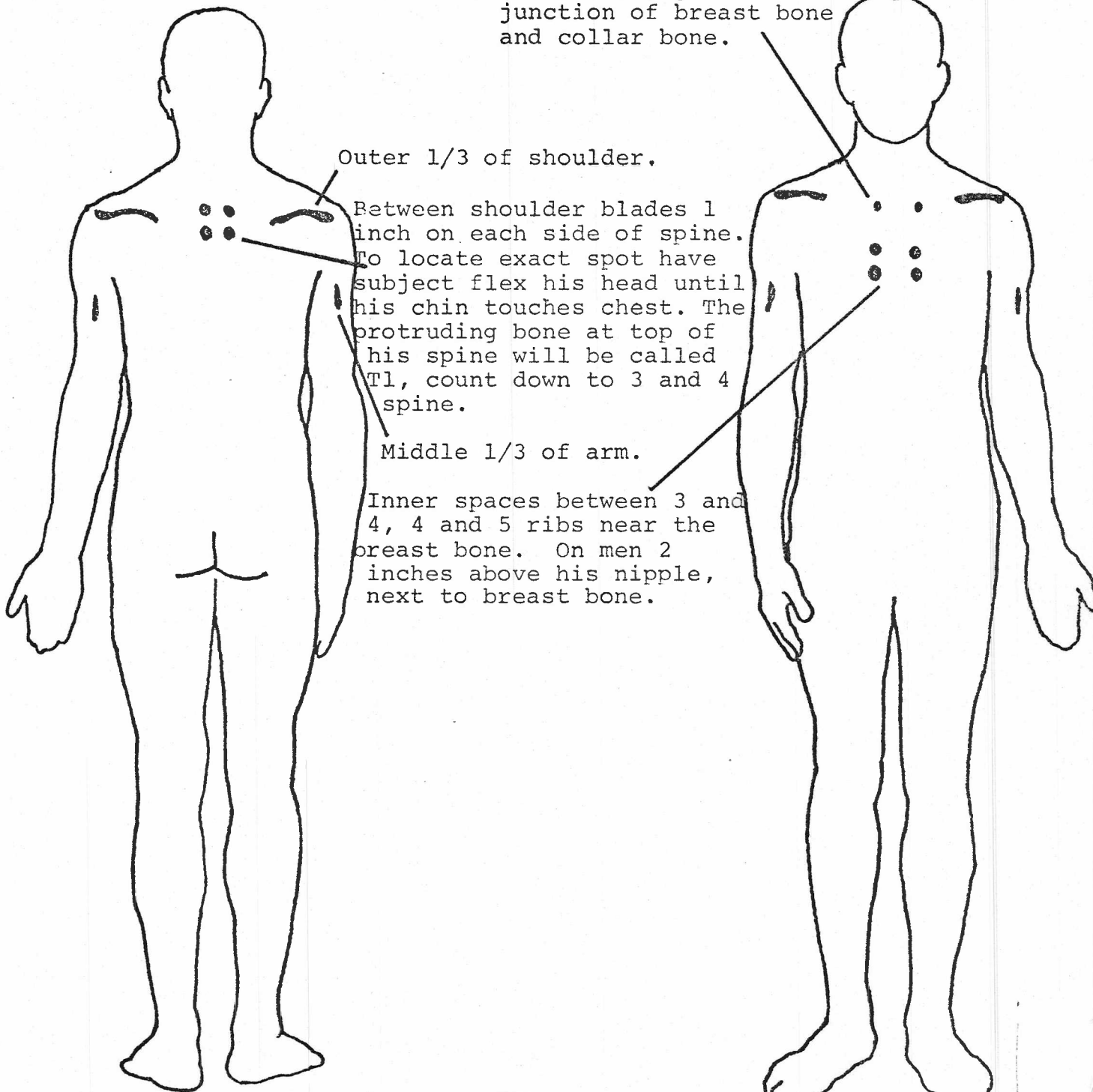
Subject: Sitting on floor, arms extended to the side 90°
from your body forearm flexed at 90° from arm parallel
to the floor.

Tester: Apply pressure against the lateral border of the
arm above the elbow forcing the arm back against his side.
Have him resist during testing.

Function: Draws arm away from body.



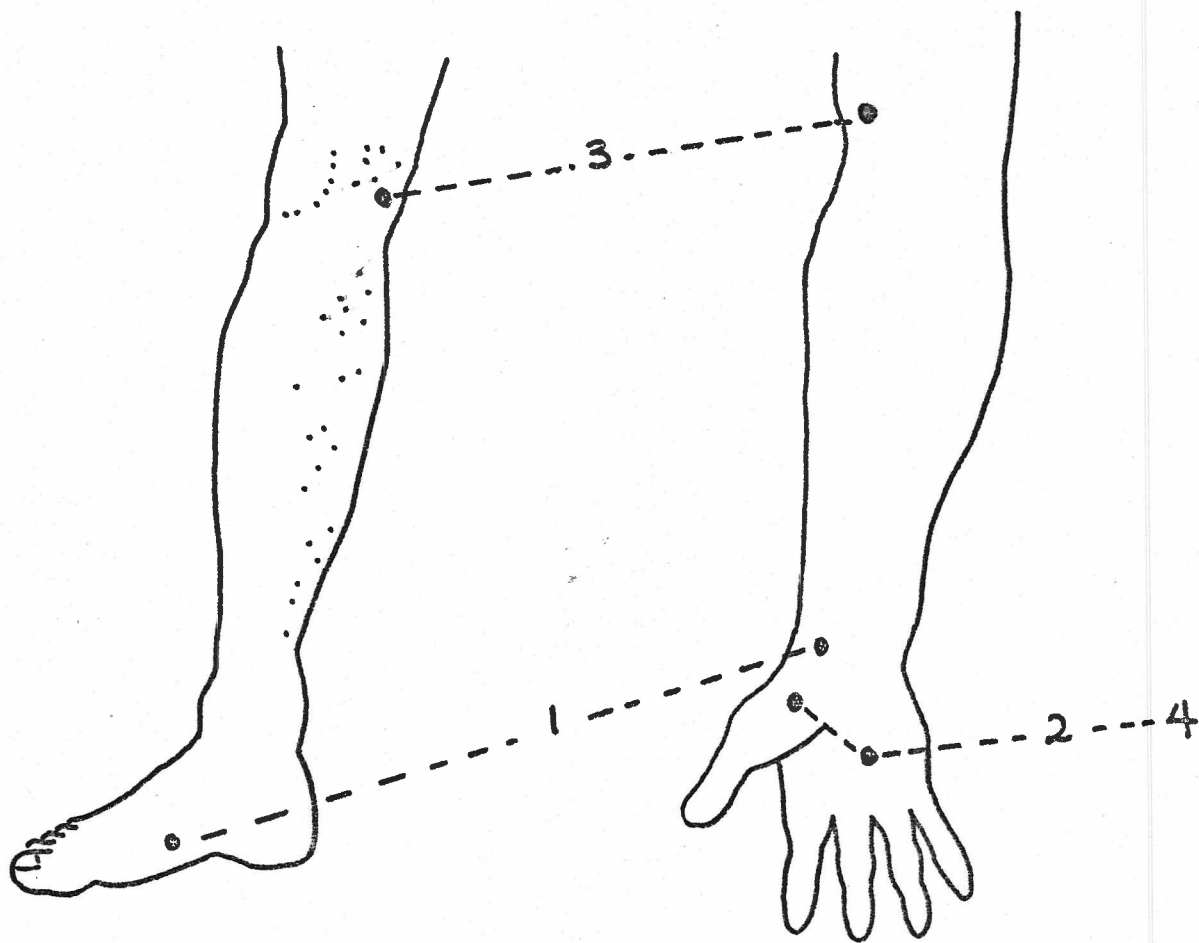
K-27, general reflex point,
junction of breast bone
and collar bone.



ACUPUNCTURE CIRCUITS-DELTOID MUSCLE

To strengthen a weak muscle make double contact at points 1 and then double contact at points 2.

To reduce remaining tension or relax a contracted muscle, make double contact at points 3 then double at points 4.



Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

FASCIA LATA MUSCLE

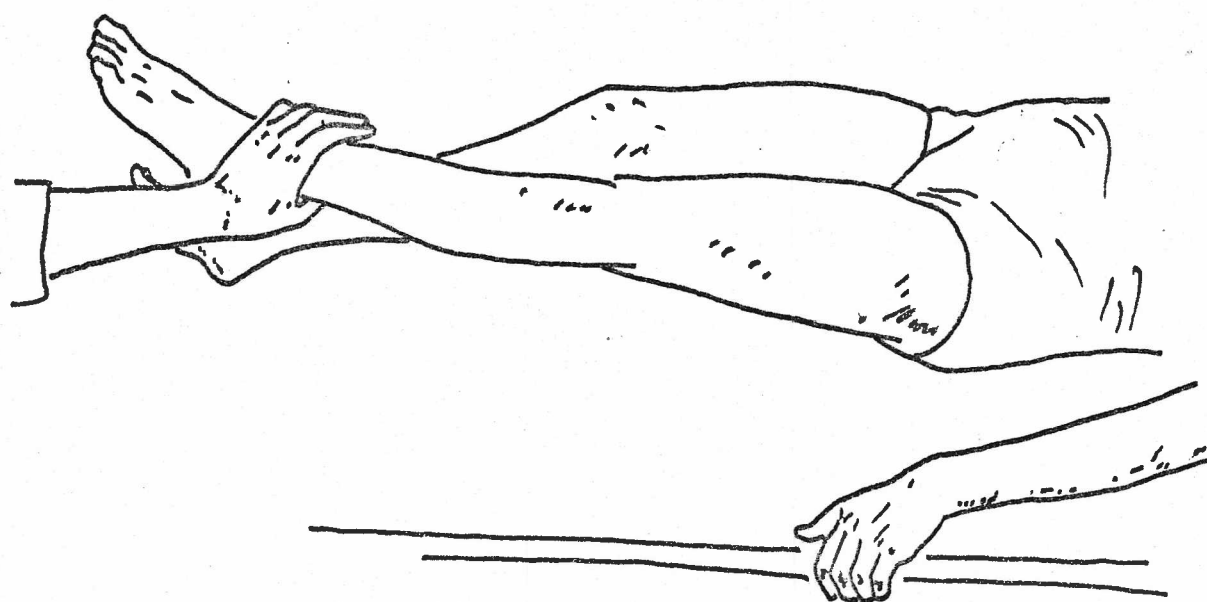


Origin: Attaches to the outer area of hip as a covering which lies over the thigh like a sleeve.

Insertion: Attaches to the knee and associated area.

Action: Assists in the stability of the extended knee joint.

FASCIA LATA MUSCLE TEST



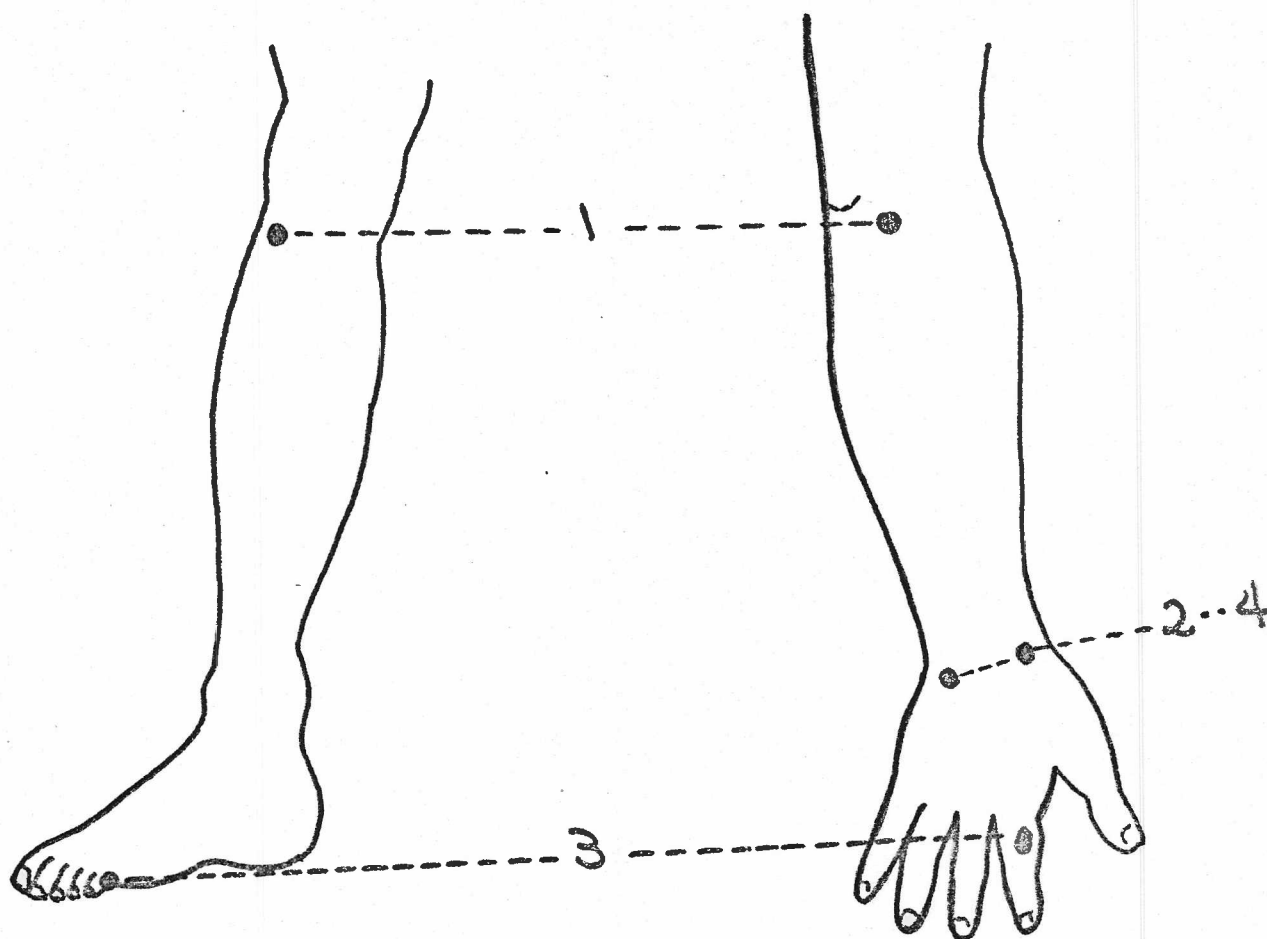
Subject: Lying on floor, thigh and leg extended to the side at a 45° from the floor.

Tester: Apply pressure with your right hand to his right ankle pushing the leg downward and inward toward the opposite leg. Subject is to resist during test.

ACUPUNCTURE CIRCUITS-FASCIA LATA

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

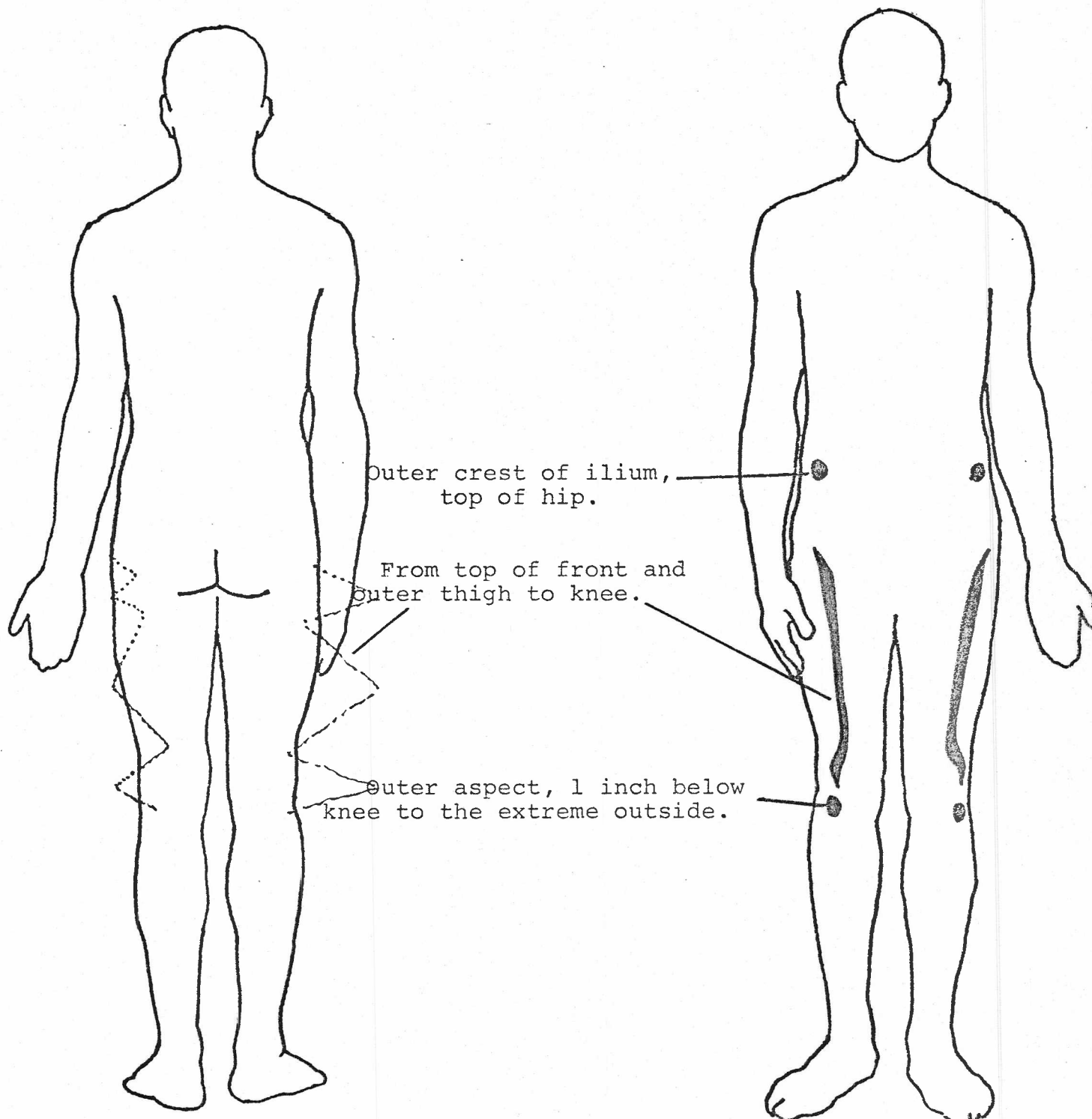
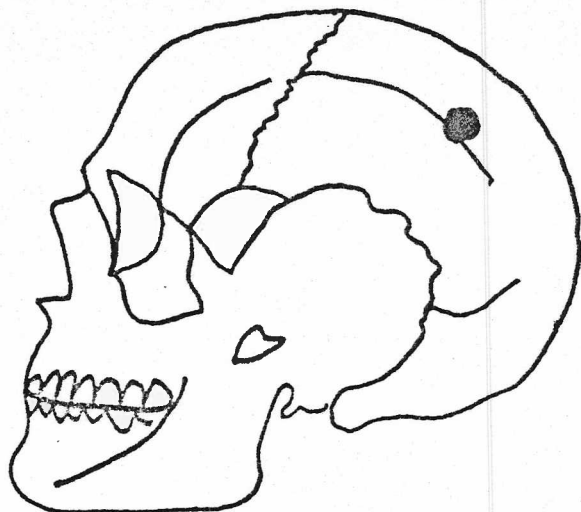


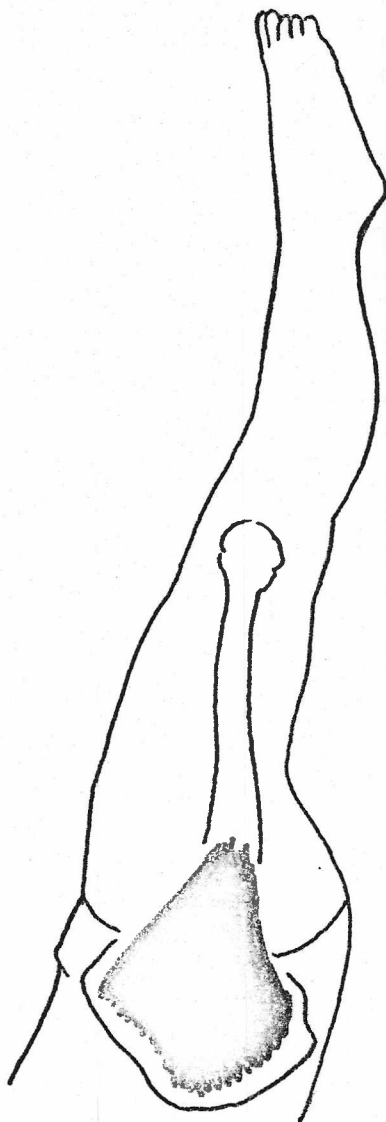
Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-FASCIA LATA

Function: Assist in flexing, stabilizing and rotating leg and thigh.



GLUTEUS MEDIUS MUSCLE

Origin: Outer surface of ilium.

Insertion: Outer upper border of thigh bone.

Action: Draws the hip away from body, assists in flexing the hip and rotates hip outward.



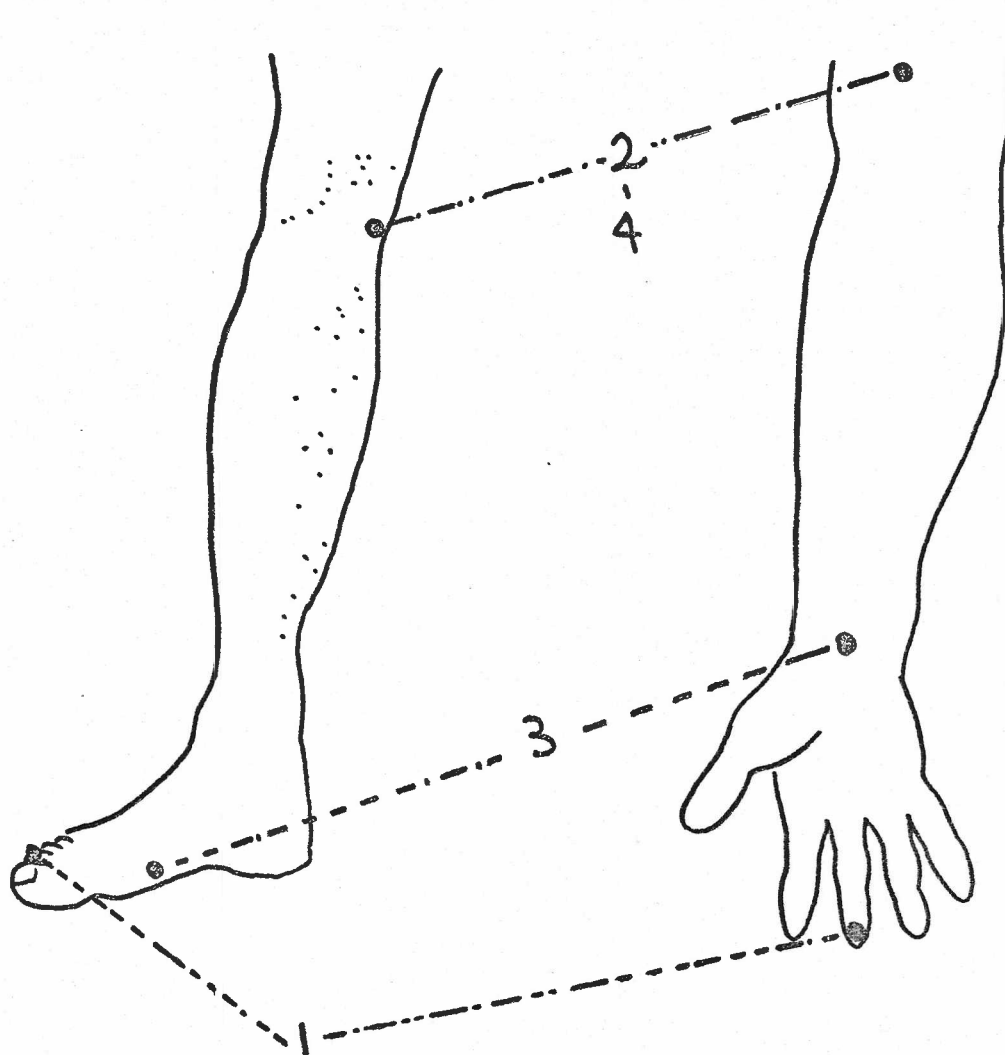
Subject: Lying on side, extend upper leg on a horizontal plane with the floor, at a 45° from mid-line of the body.

Tester: Apply pressure at the mid-foreleg on the outer border of the leg, forcing it back to the floor. Have subject resist while testing.

ACUPUNCTURE CIRCUITS-GLUTEUS MEDIUS

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

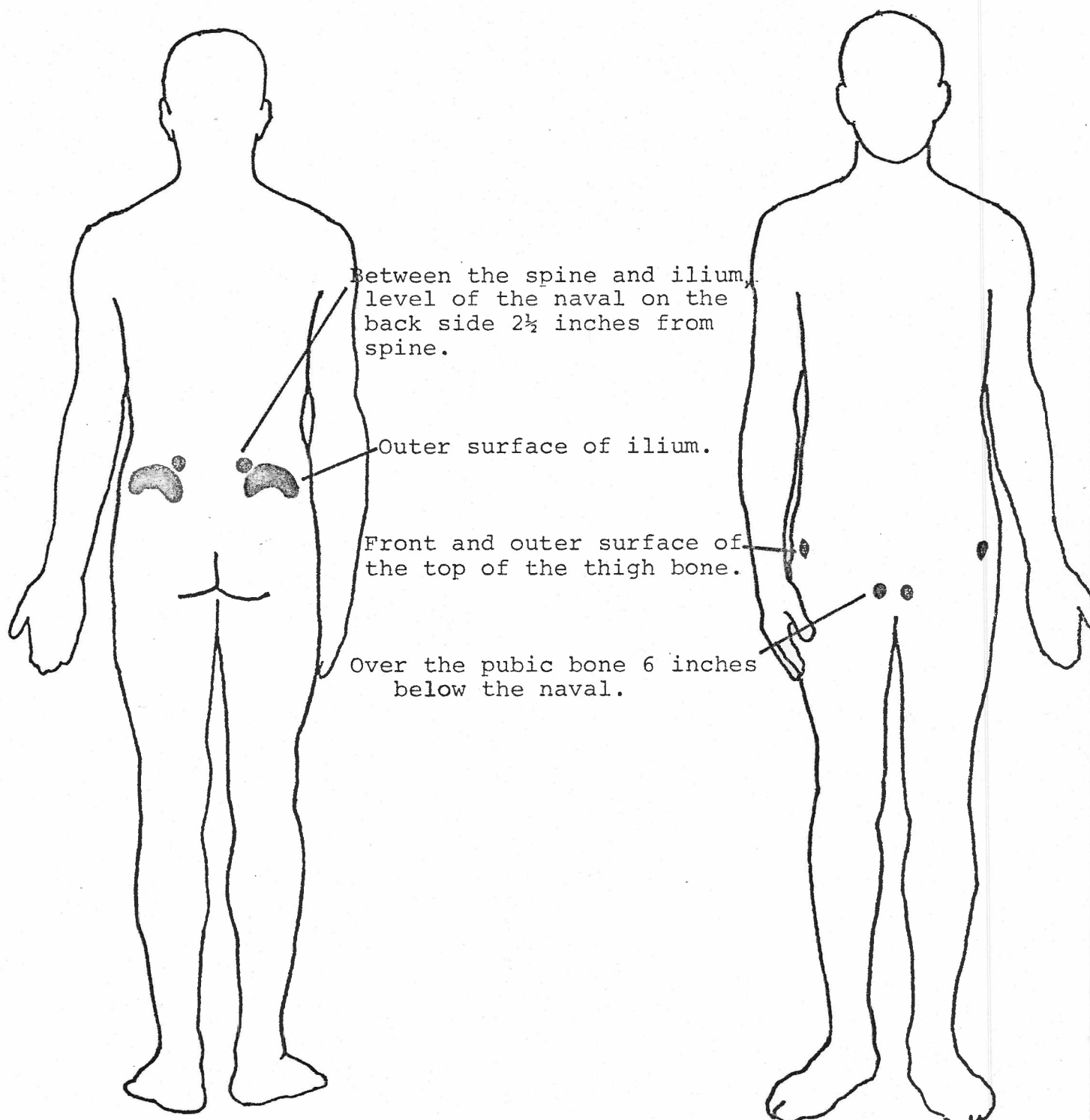
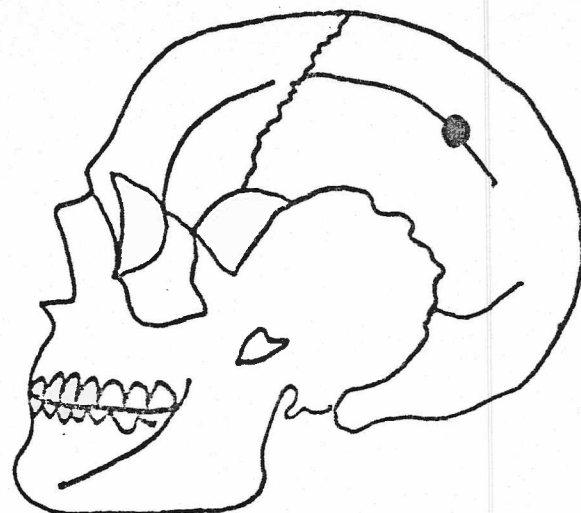


Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

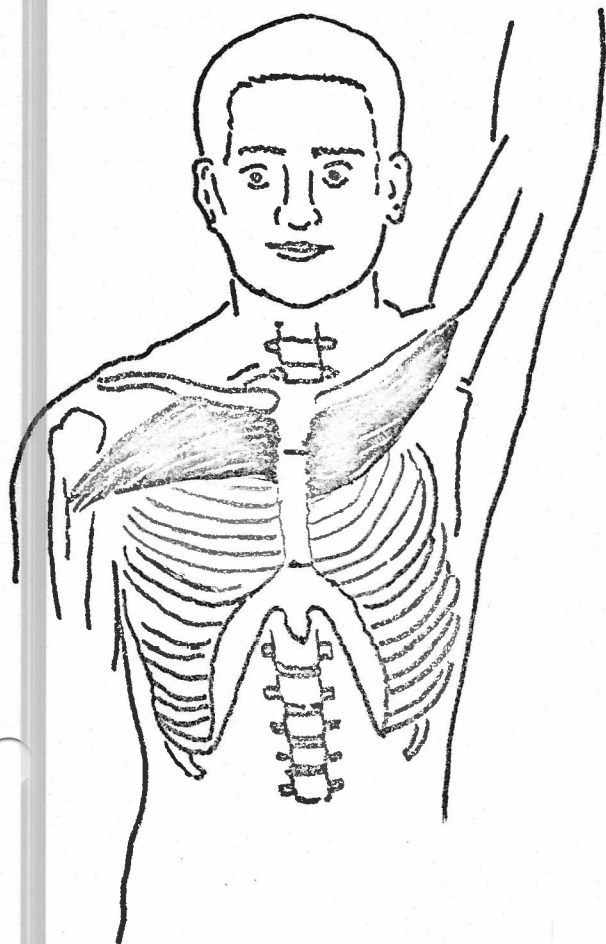
On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

GLUTEUS MEDIUS-REFLEX POINTS

Function: Draws the thigh away from the body and rotates.



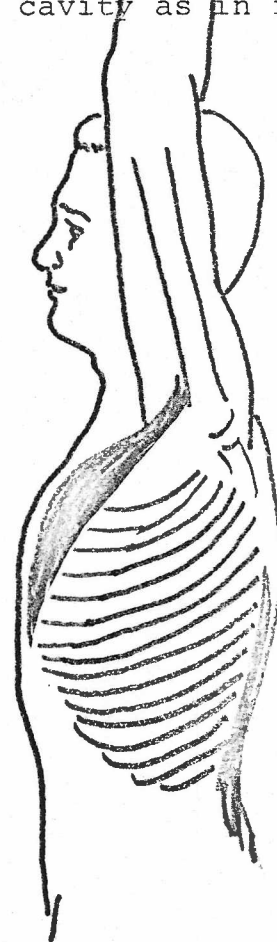
PECTORALIS MAJOR CLAVICULAR MUSCLE



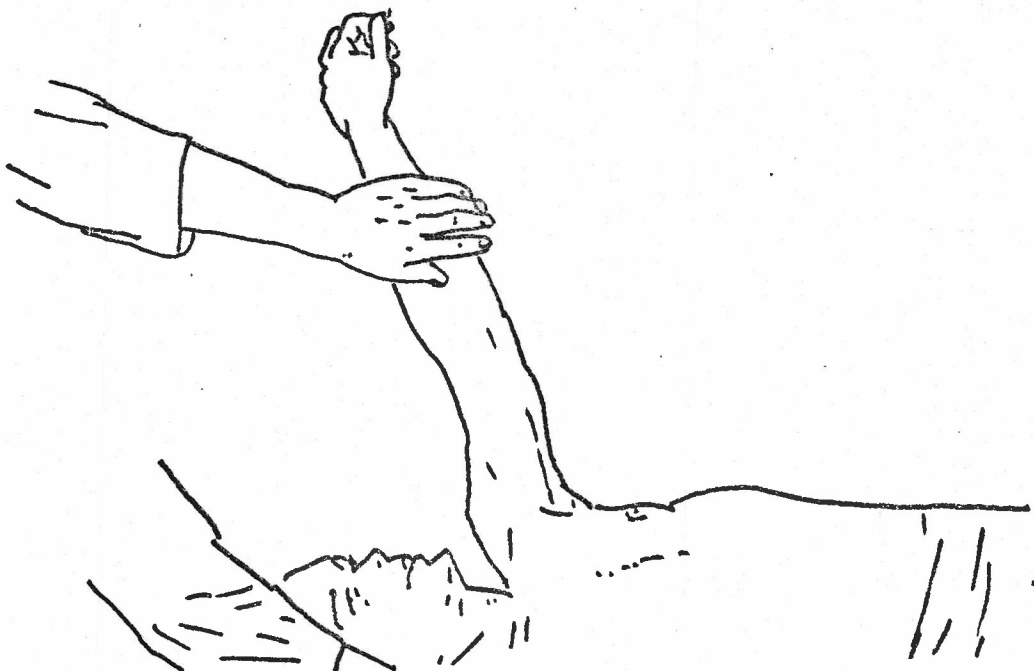
Origin: Front surface of the collar bone, front surface of breast bone and first three ribs

Insertion: Area of the top of arm bone

Action: Draws the arm toward the body and rotates arm on its axis inward, assists in elevating chest cavity as in forced inspiration.



PECTORALIS MAJOR CLAVICULAR MUSCLE TEST

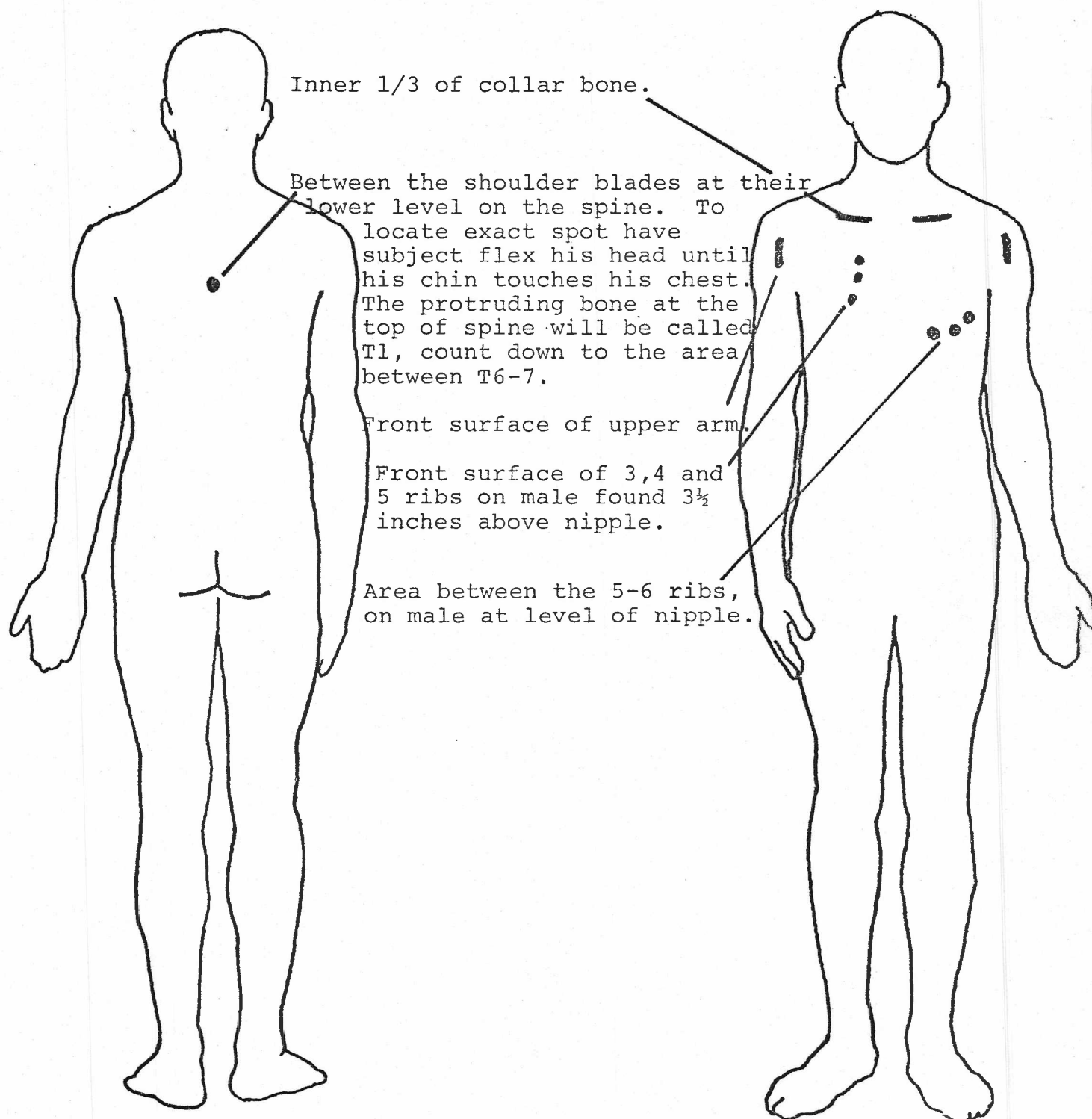
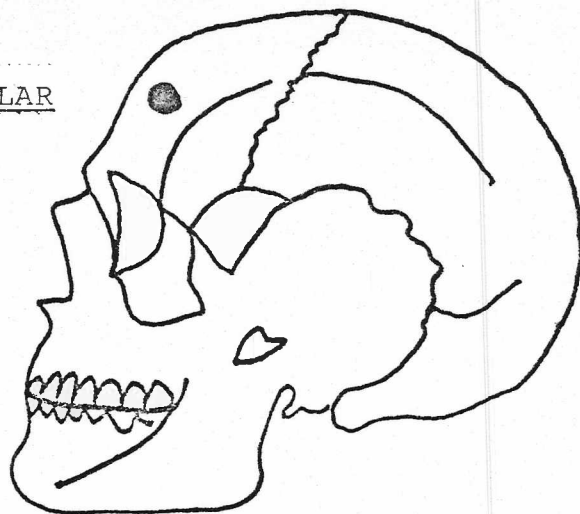


Subject: On your back lying flat on the floor. Arm extended 90° from body with thumb facing toward your feet and rotated at the wrist outwardly.

Tester: Beside the subject, test right arm, applying pressure with your left hand at mid forearm. Pressure is on a horizontal plane toward the head away from his body. Have subject resist while testing.

REFLEX POINTS-PECTORALIS MAJOR CLAVICULAR

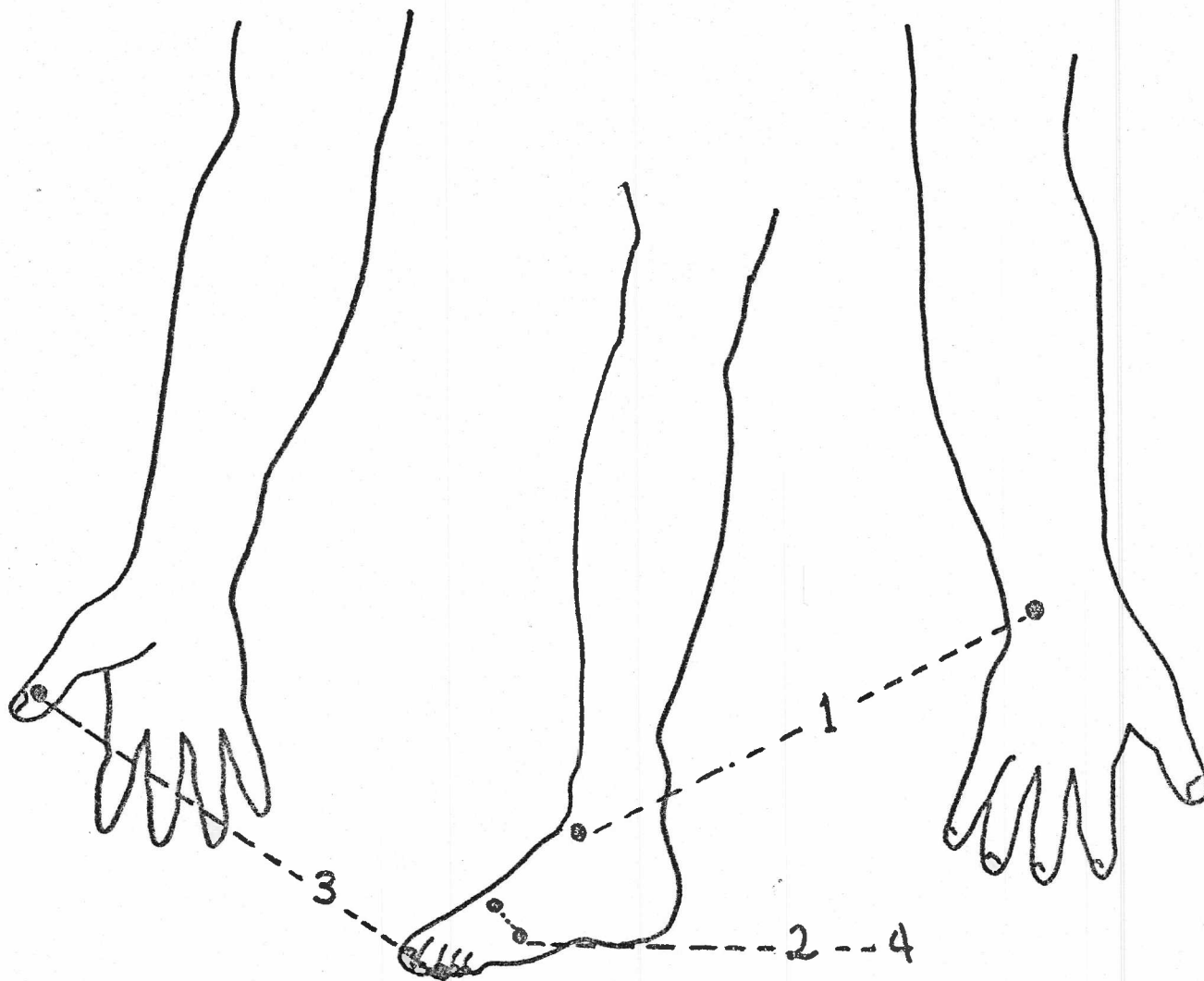
Function: Draws arm toward body,
draws it forward and rotates arm on
its axis inward.



ACUPUNCTURE CIRCUITS-PECTORALIS MAJOR CLAVICULAR

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

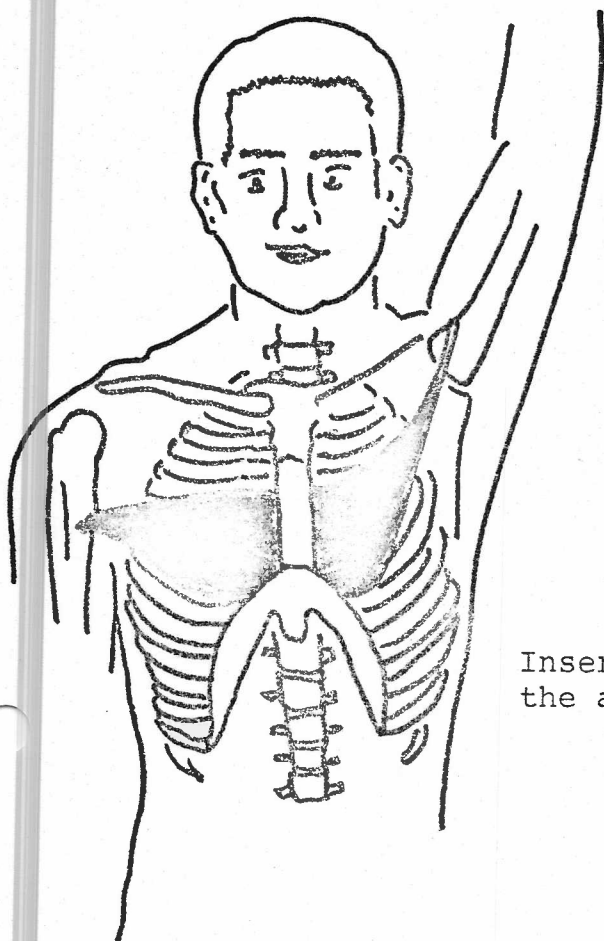
To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.



Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

PECTORALIS MAJOR STERNAL MUSCLE



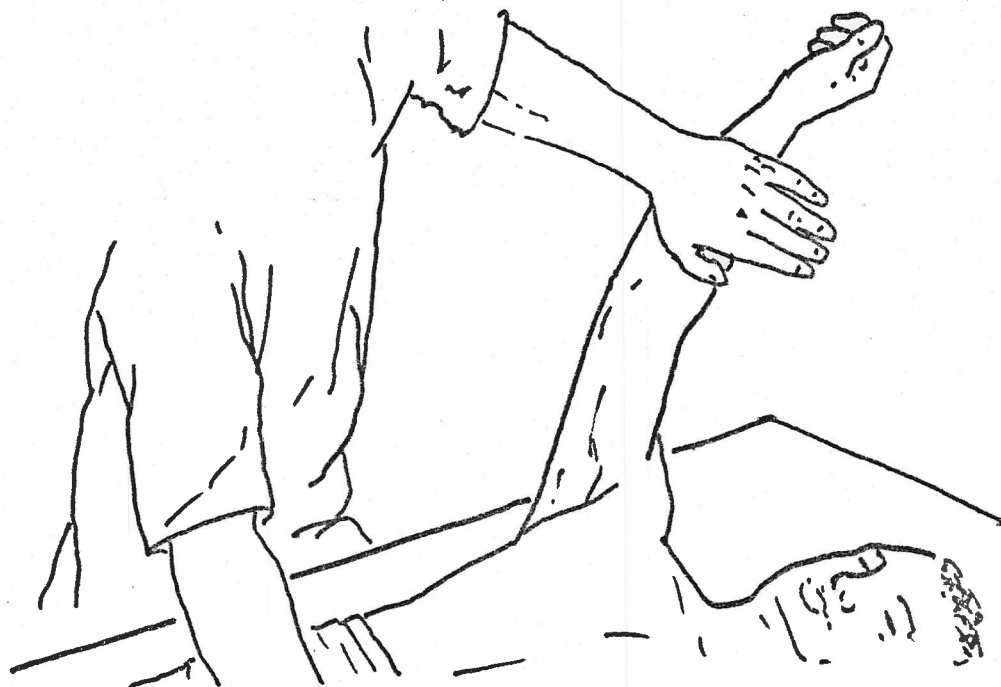
Origin: Ribs 4-7, front surface of breast bone and sheath of abdomen.

Insertion: Area of the top of the arm bone.

Action: Draws the arm toward the body and rotates the arm on its axis inward, assists in elevating the chest cavity in forced inspiration.



PECTORALIS MAJOR STERNAL MUSCLE TEST



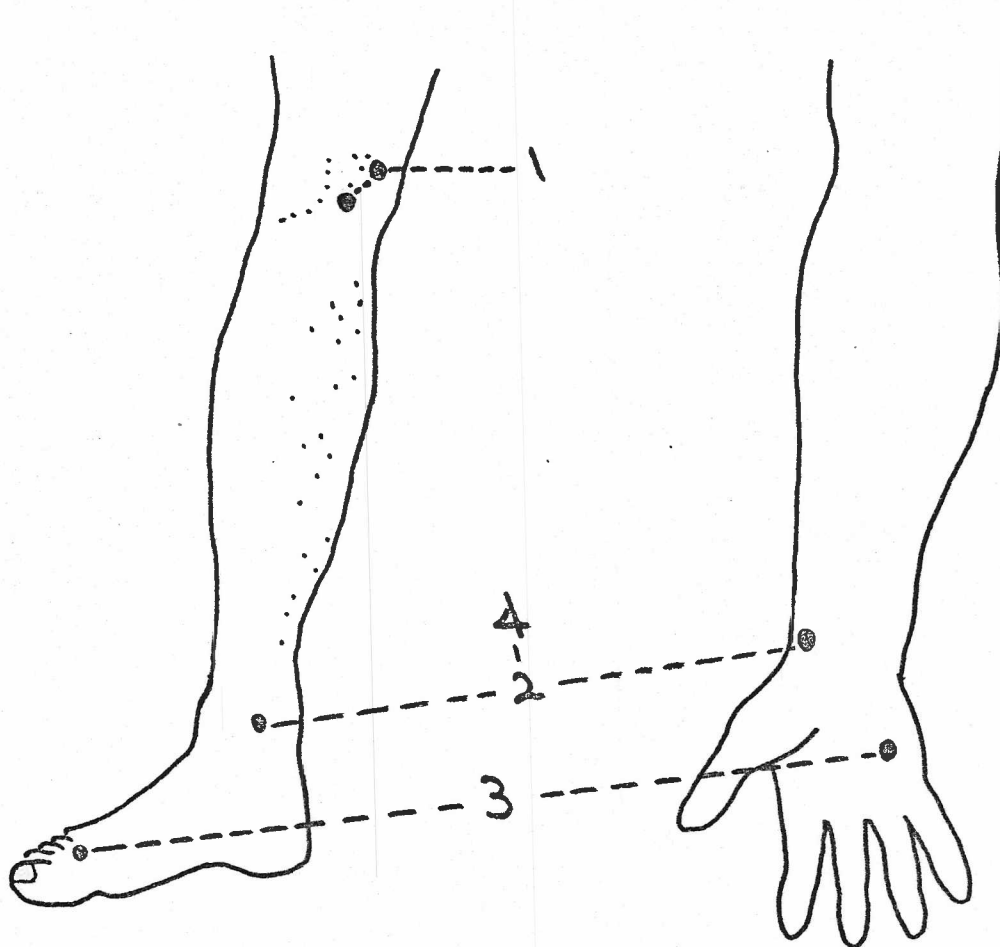
Subject: On your back lying flat on the floor, arm extended 90° from body with thumb facing toward your feet and rotated at the wrist outwardly.

Tester: Beside the subject, test right arm, by applying pressure to his forearm headward, and outward by using your left hand, while stabilizing the shoulder with your opposite hand.

ACUPUNCTURE CIRCUITS-PECTORALIS MAJORSTERNAL DIVISION

To strengthen a weak muscle make double contact at points 1 and then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 and then double contact at points 4.

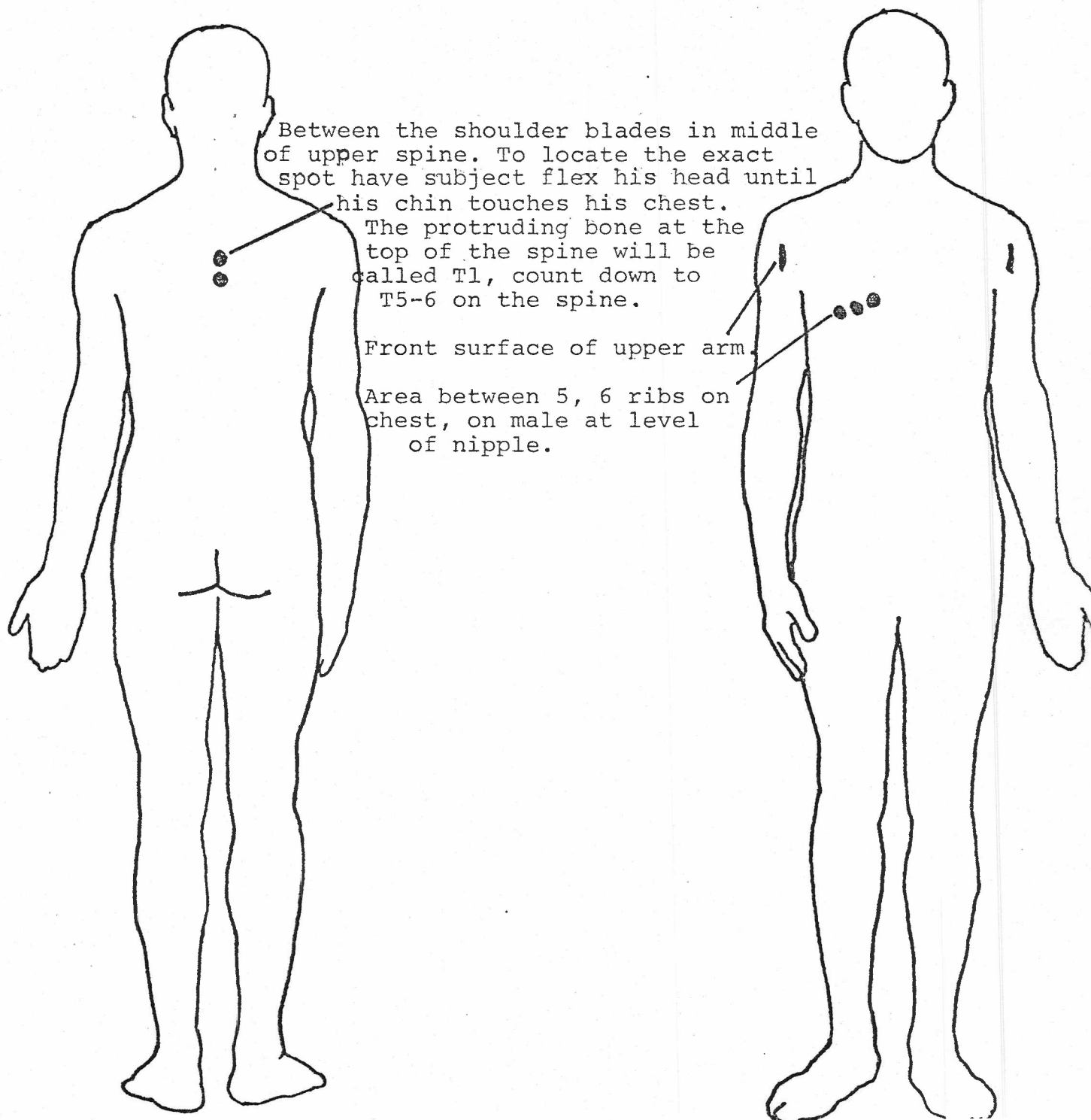
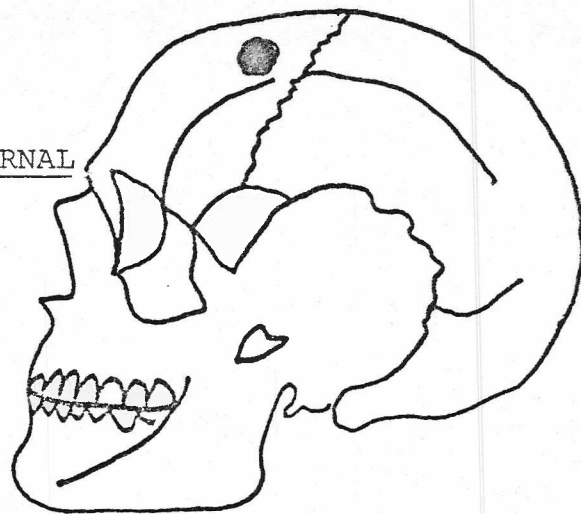


Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-PECTORALIS MAJOR STERNAL

Function: Draws arm toward body,
draws it forward and rotates arm on
its axis inward.

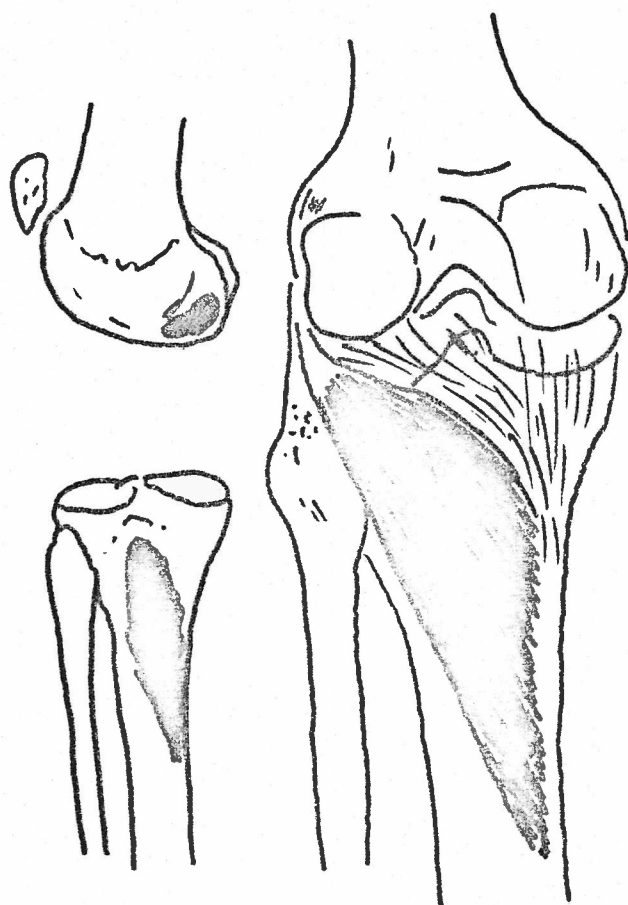


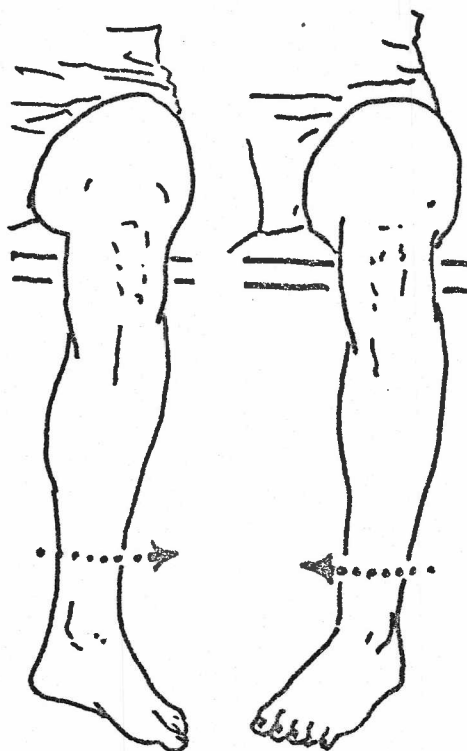
POPLITEUS MUSCLE

Origin: Front lower part of thigh bone just above the knee.

Insertion: Upper inner part of leg bone.

Action: Rotates the leg bone on its axis toward the center line of the body and flexes the knee joint.



POPLITEUS MUSCLE TEST

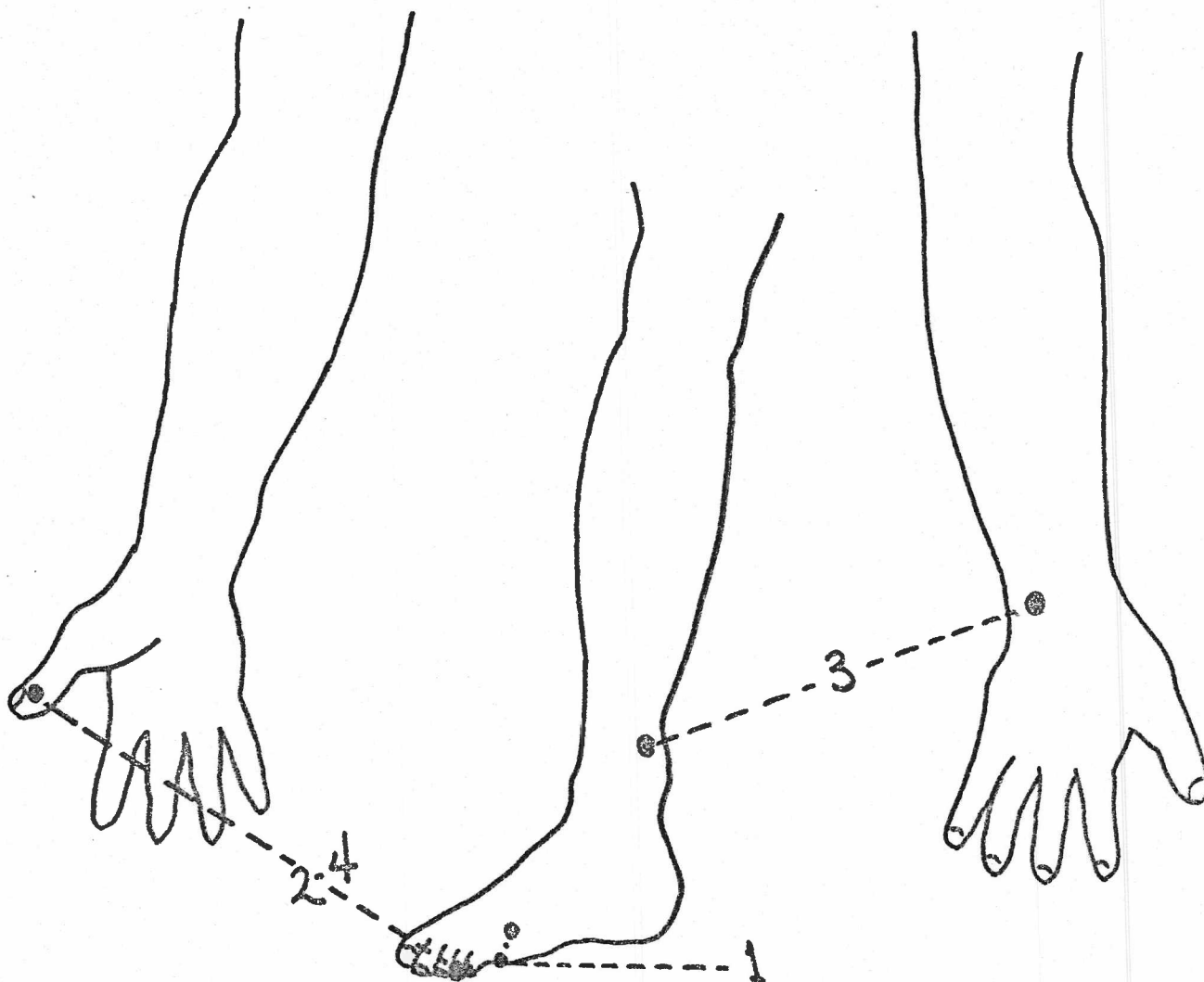
Subject: In sitting position, thigh flexed at 45° , knee flexed at 45° with foot flat on floor. Foot should be rotated toward the center of the body as far as possible.

Tester: Grasping the inside of the rotated foot, rotate to the outside of the body, away from the body. Subject resists while being tested.

ACUPUNCTURE CIRCUITS - POPLITEUS

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

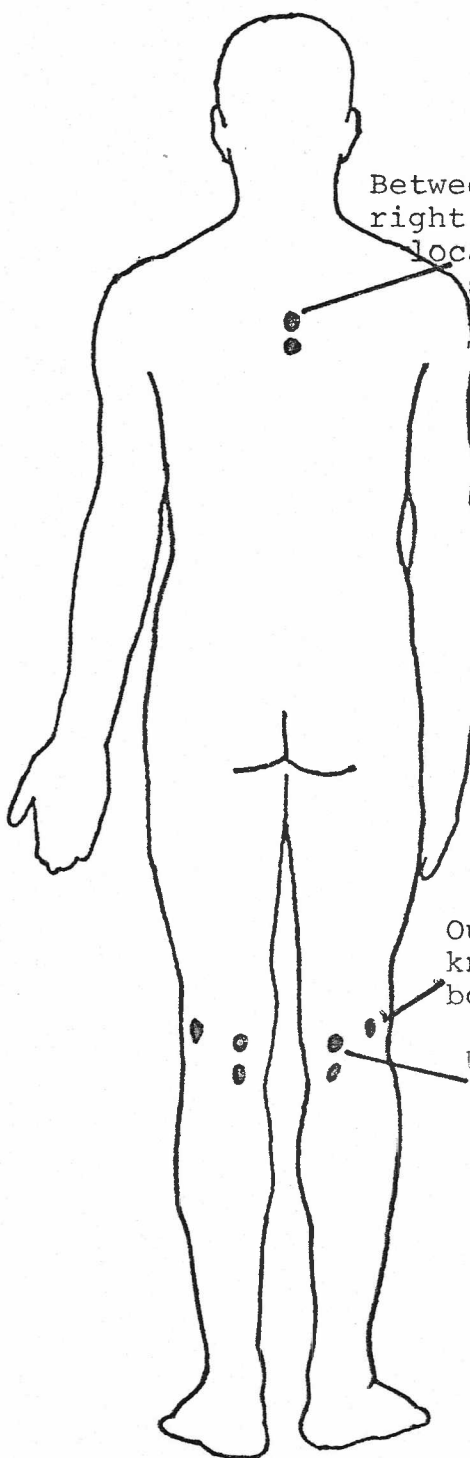
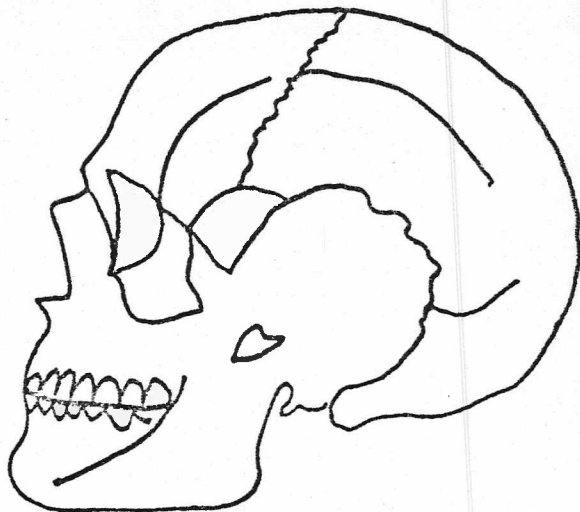


Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot and leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-POPLITEUS MUSCLE

Function: Flexes leg, rotates leg on its axis toward the center of body.



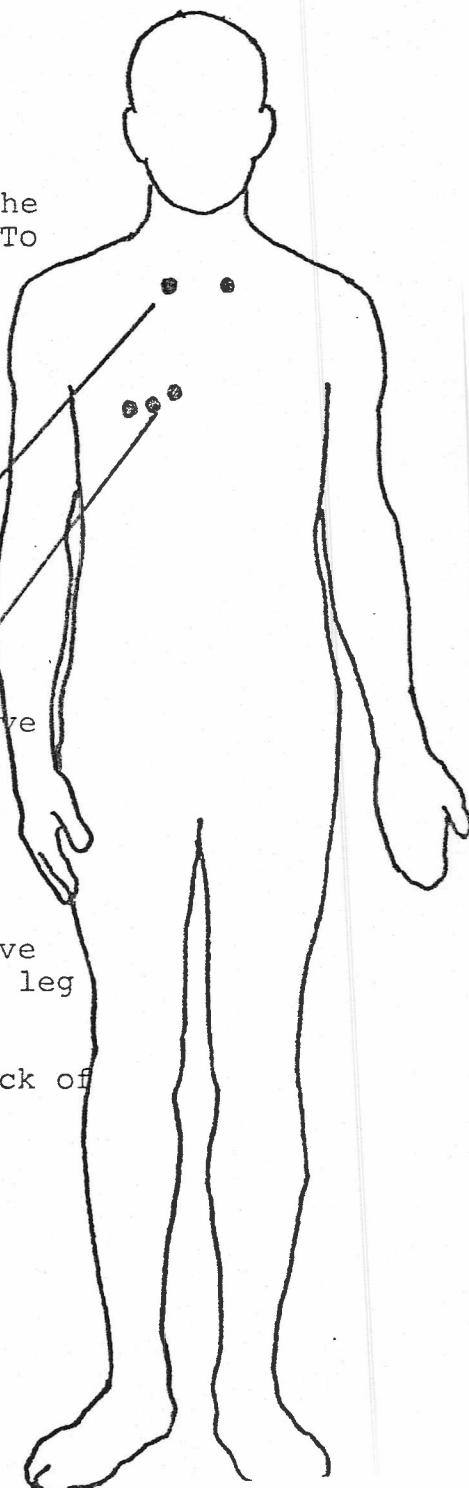
Between the shoulder blades on the right side of the upper spine. To locate the exact spot, have subject flex his head until his chin touches his chest. The protruding bone at the top of the spine will be called T1-count down to the area on the right side of T5-6 of the spine.

K-27, general reflex point, junction of breast bone and collar bone.

Front surface of 5,6 ribs on male found 3 inches above nipple.

Outer area of thigh bone above knee on side. Inner area of leg bone at knee level.

Upper area on inside and back of leg below knee.

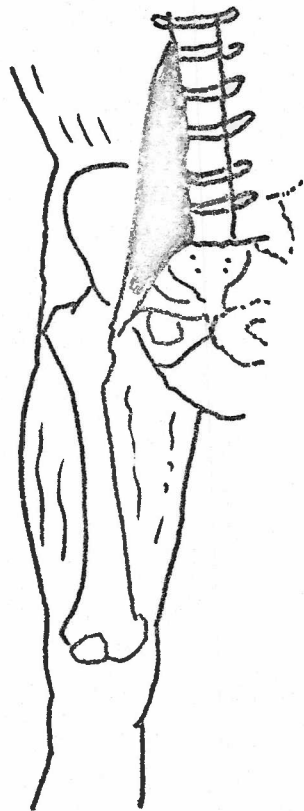


PSOAS MAJOR MUSCLE

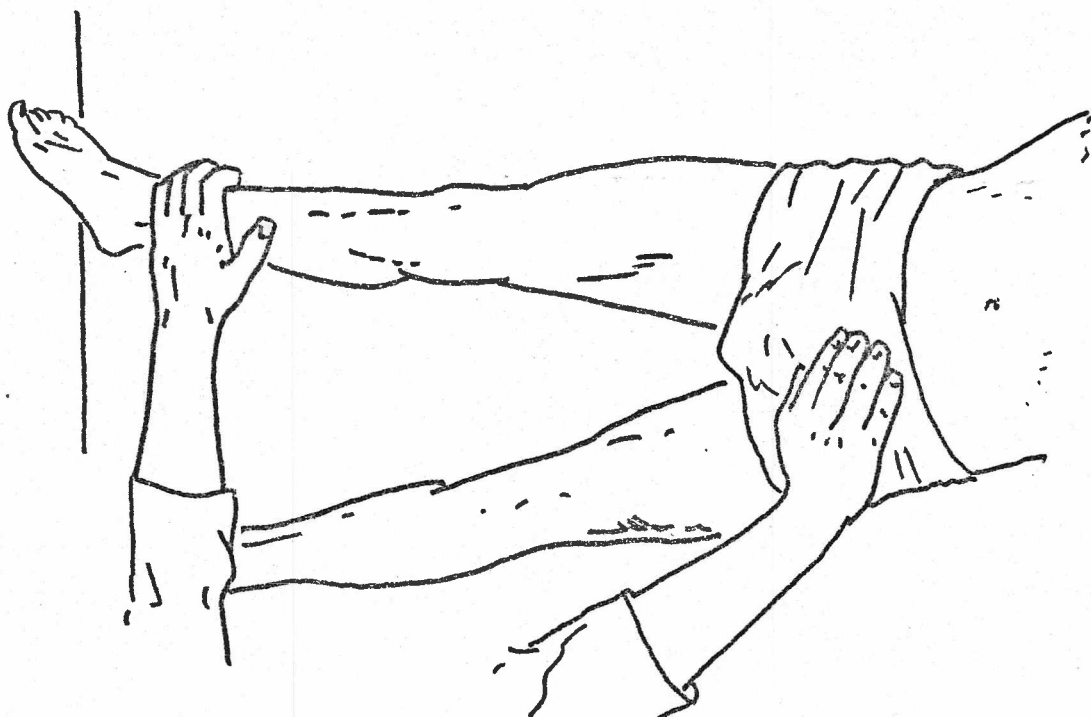
Origin: Back surface of the low back.

Insertion: Upper area of thigh bone.

Action: Flexes thigh and low back.



PSOAS MAJOR MUSCLE TEST

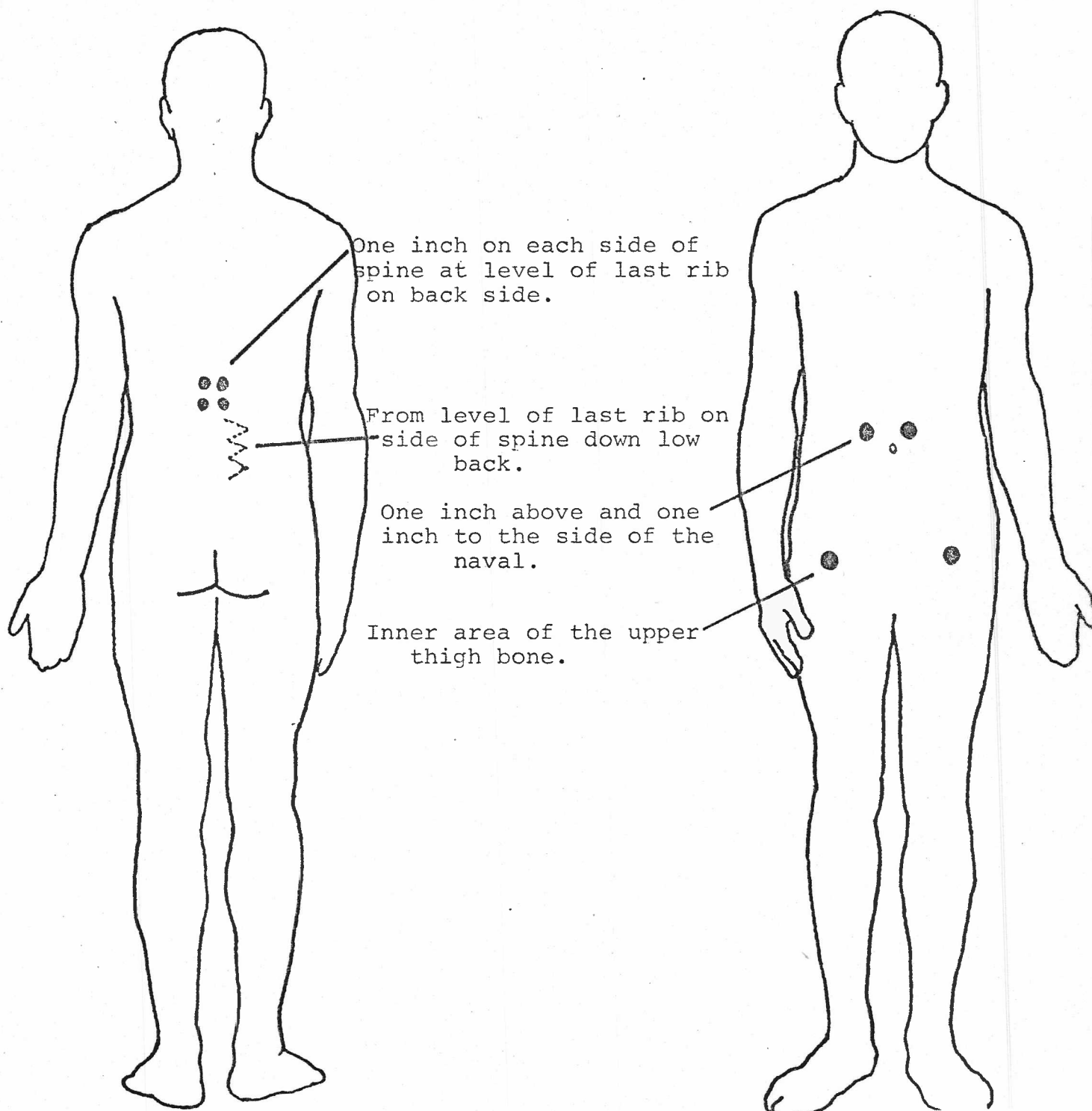
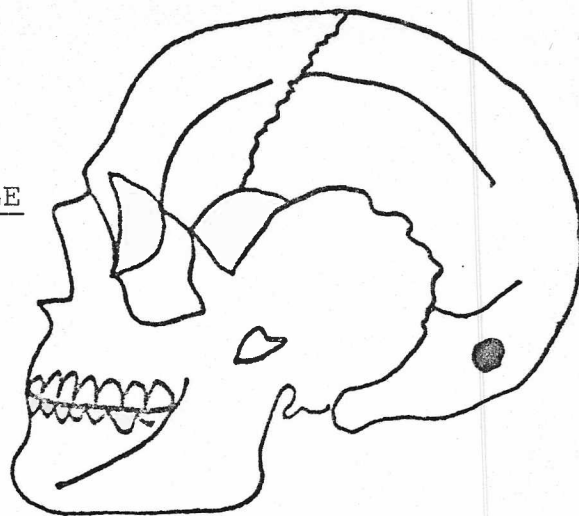


Subject: Lying flat on floor, thigh and leg extended at a 45° from floor.

Tester: Testing right side, place your right hand over his left hip to hold it stable, and apply pressure at the level of the right ankle with your left hand outward and downward toward the floor.

REFLEX POINTS-PSOAS MAJOR MUSCLE

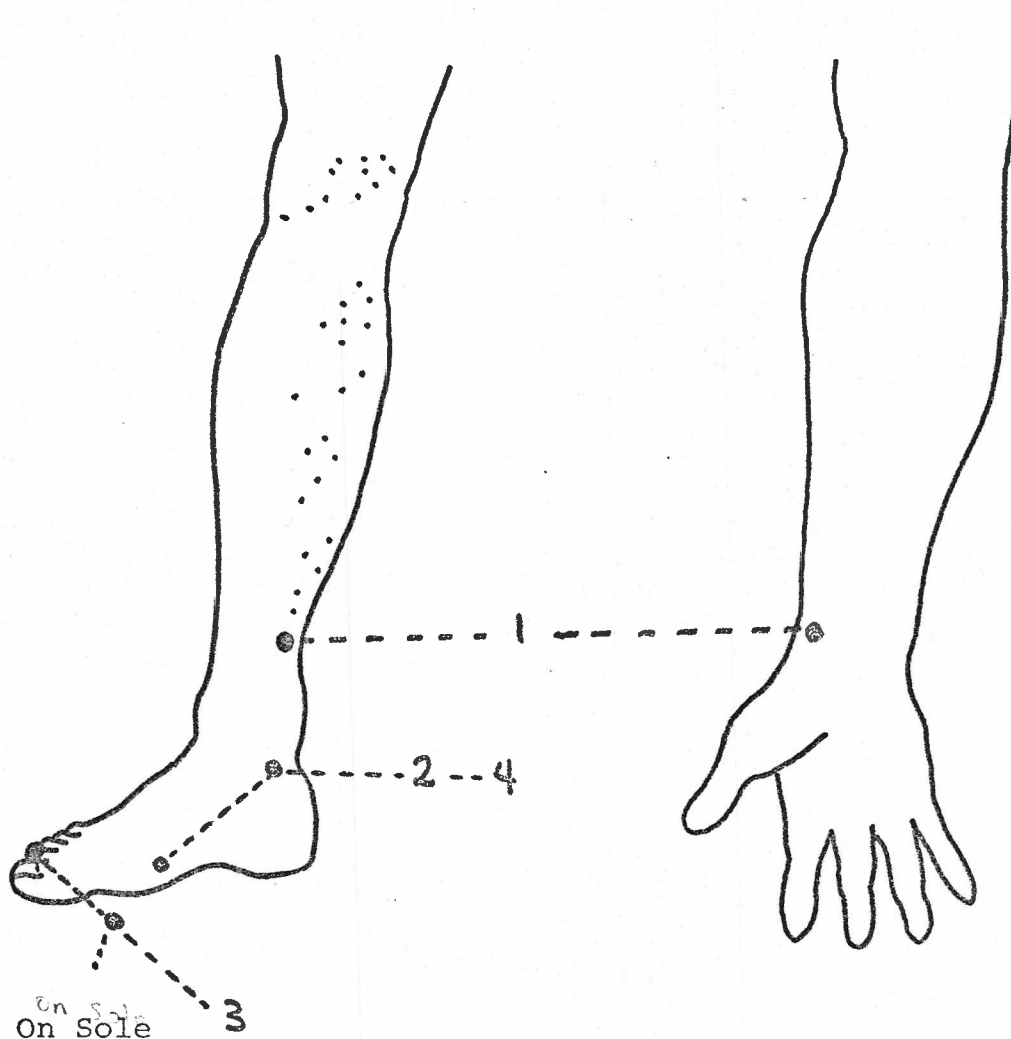
Function: Flexes thigh and low back.



ACUPUNCTURE CIRCUITS-PSOAS

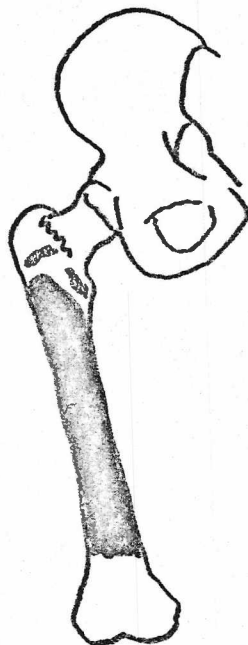
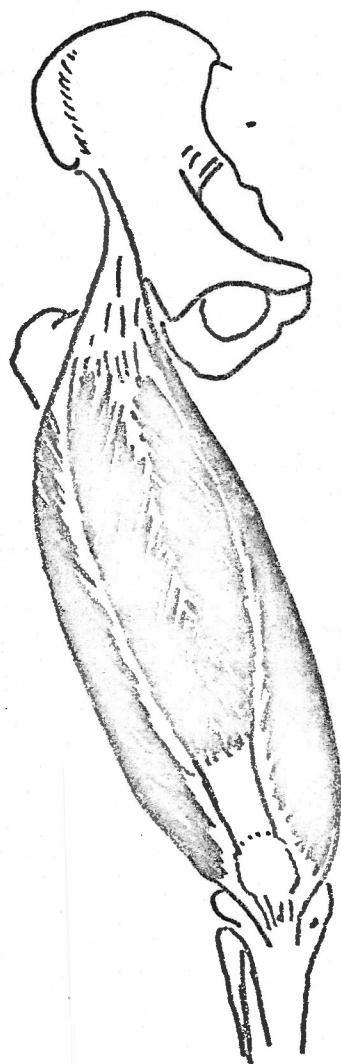
To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.



Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

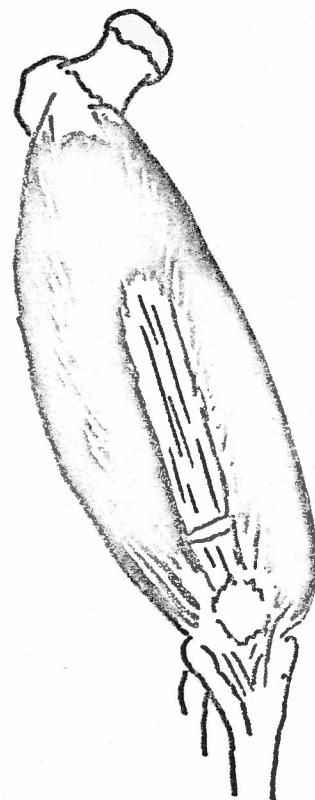
On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

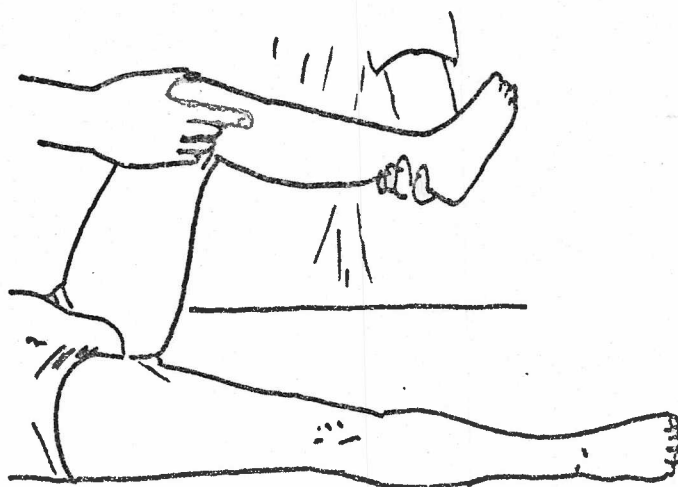
QUADRICEPS MUSCLE

Origin: Side of hip, upper thigh bone.

Insertion: Area of knee and upper leg bone.

Action: Extends the knee joint.



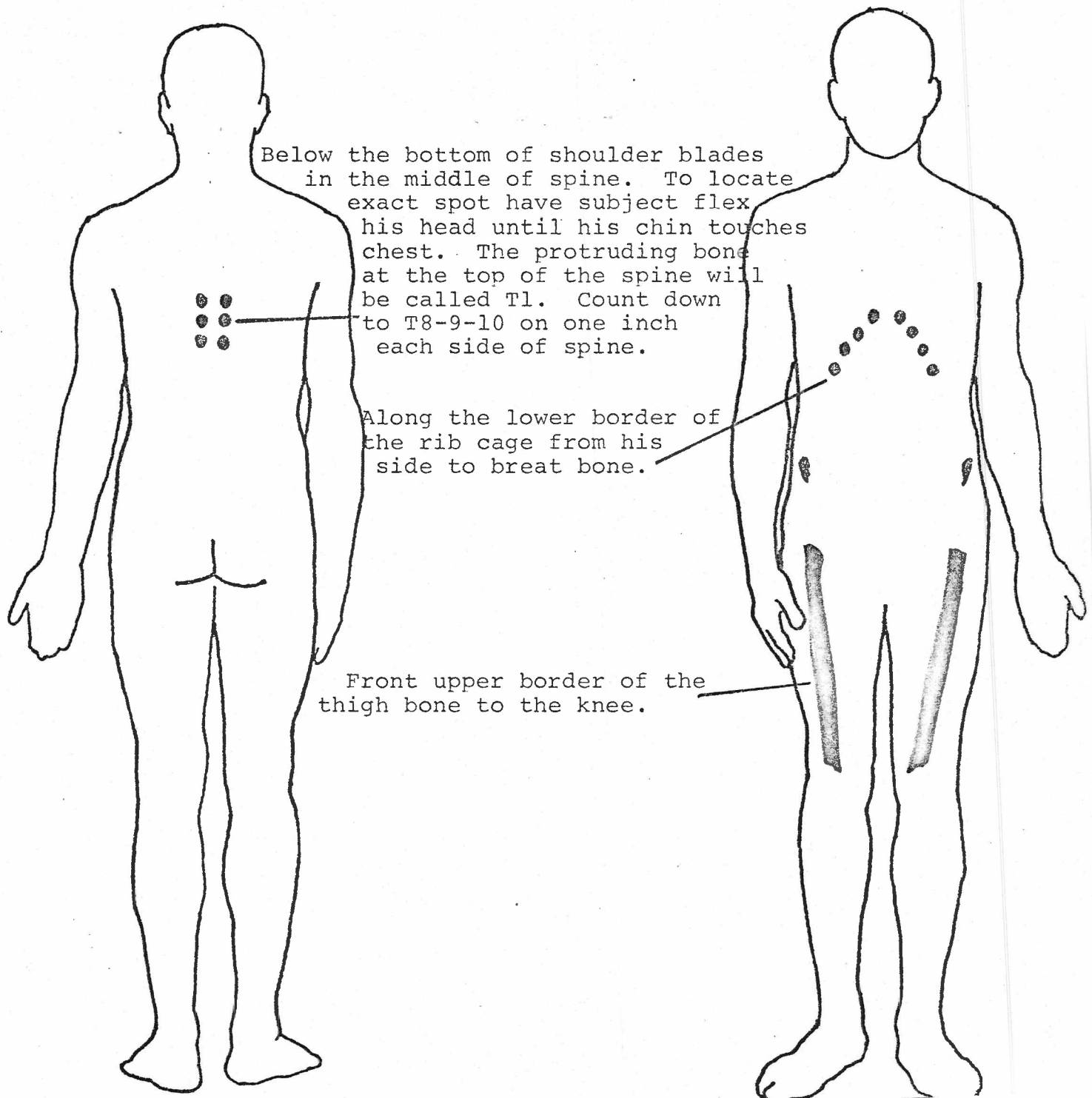
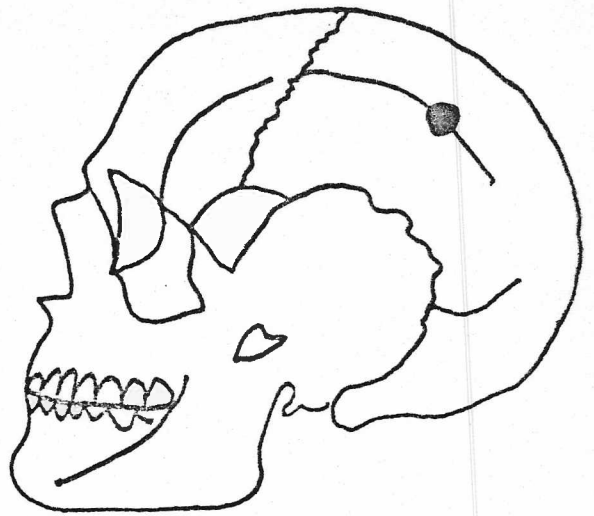
QUADRICEPS MUSCLE TEST

Subject: Lying on floor, thigh flexed at 100° from body
with leg flexed at 45° upon thigh.

Tester: Apply pressure on the thigh above the knee, pushing
toward the subjects feet, trying to extend his leg.
Subject should resist while being tested.

REFLEX POINTS-QUADRICEPS

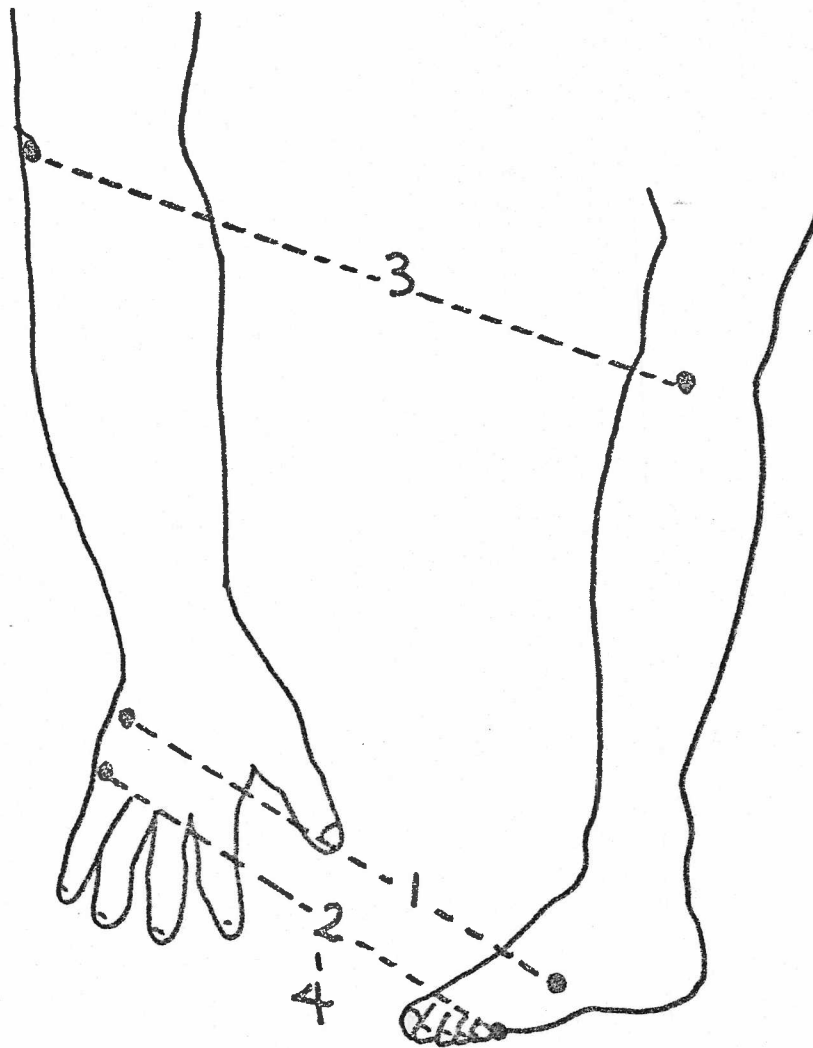
Function: Extends leg.



ACUPUNCTURE CIRCUITS-QUADRICEPS

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or relax a contracted muscle, make double contact at points 3 then double contact at points 4.



Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

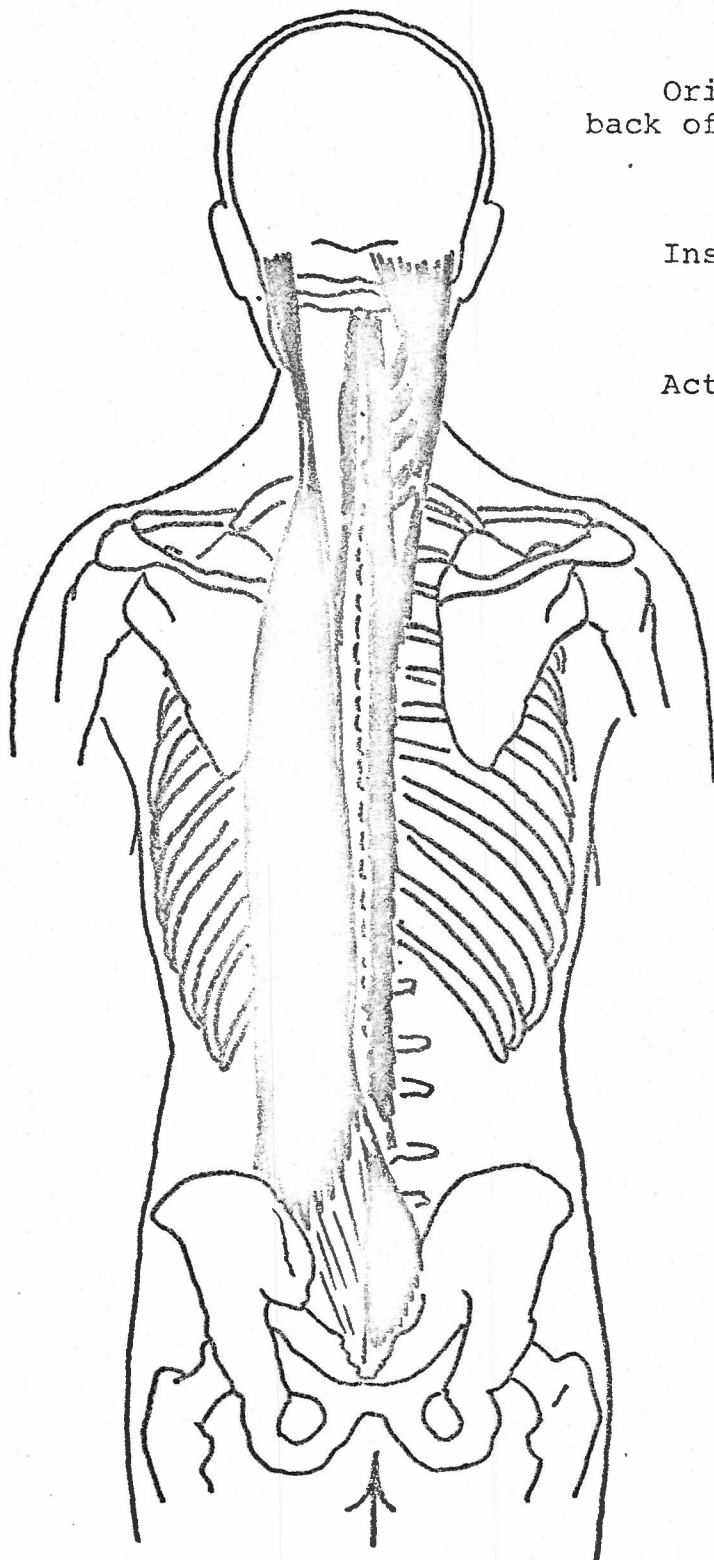
On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

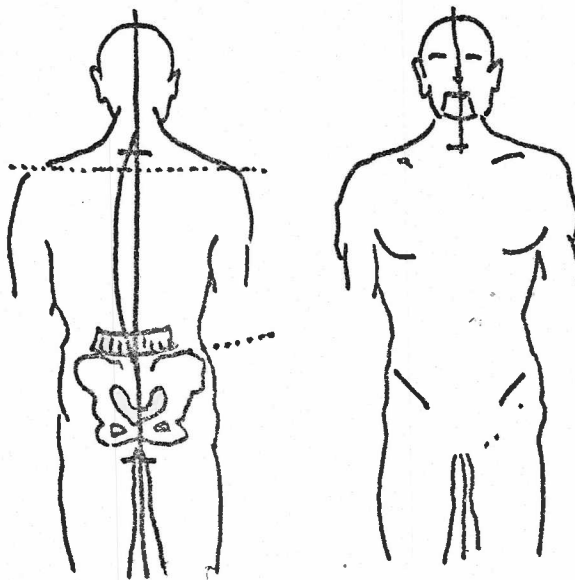
SACROSPINALIS MUSCLE

Origin: Back of spine of neck,
back of upper spine.

Insertion: Lower spine and low back.

Action: Supporting body, erect.



SACROSPINALIS MUSCLE TEST

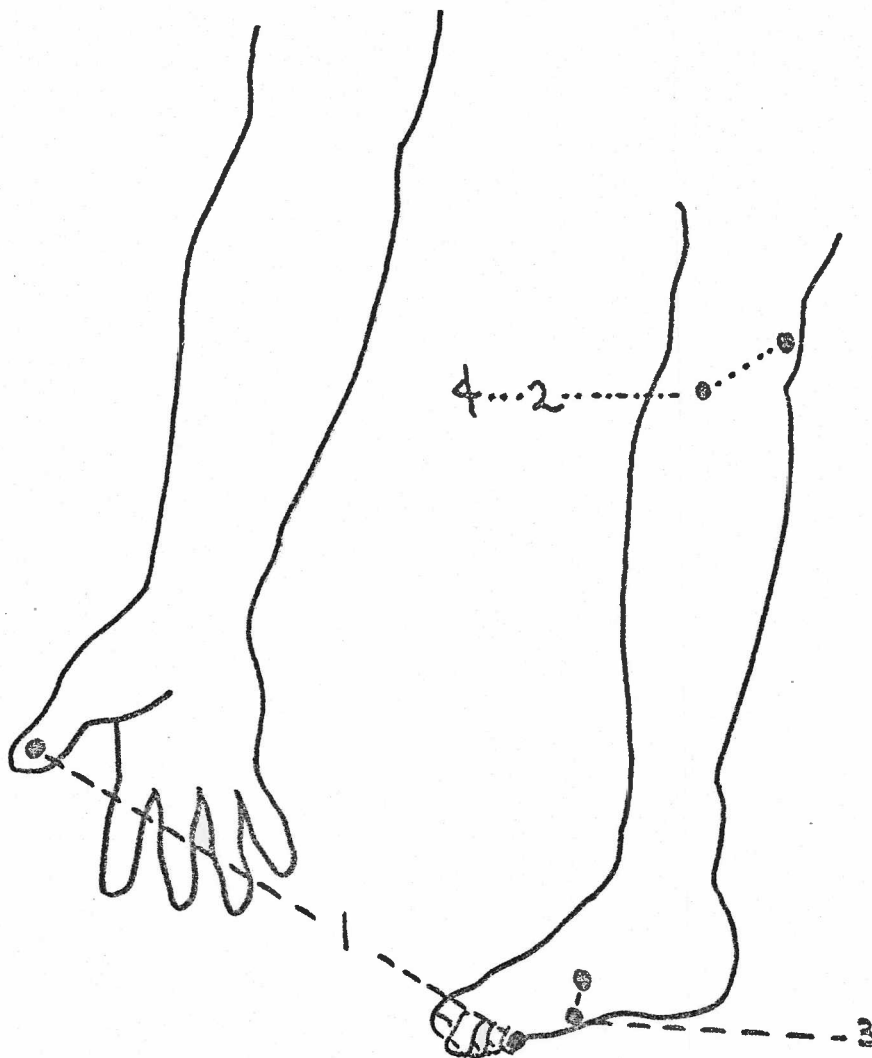
Subject: Standing or lying face down.

Tester: Feel the back muscles, test is positive if a rope like pattern, head tilt, and sideward bending is present.

ACUPUNCTURE CIRCUITS-SACROSPINALIS

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

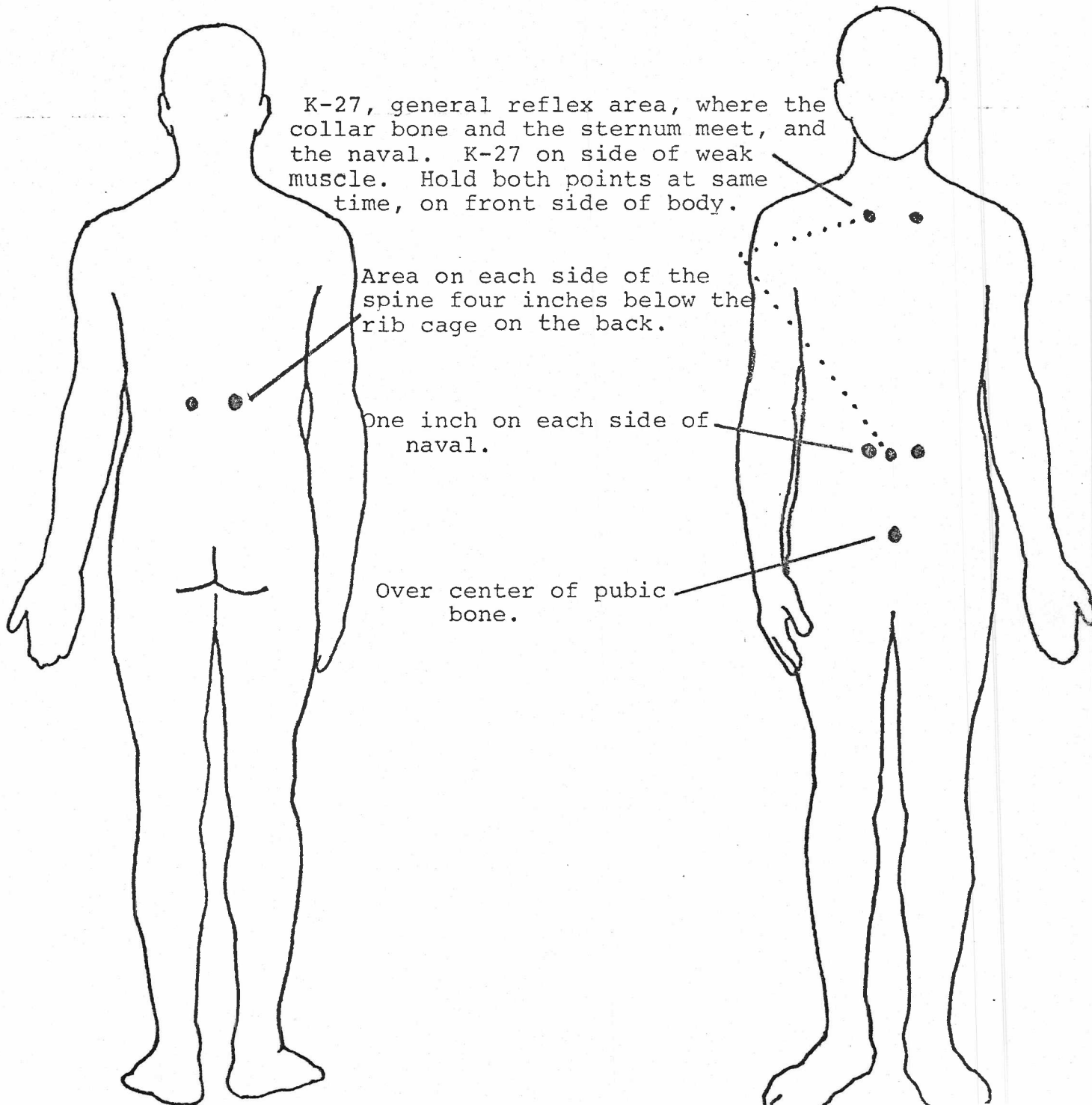
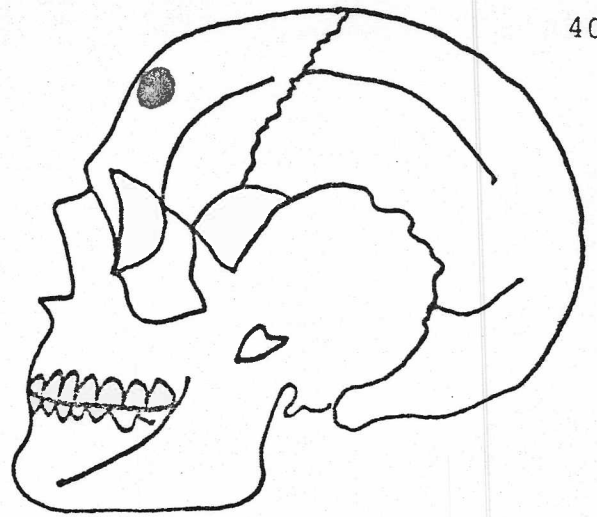


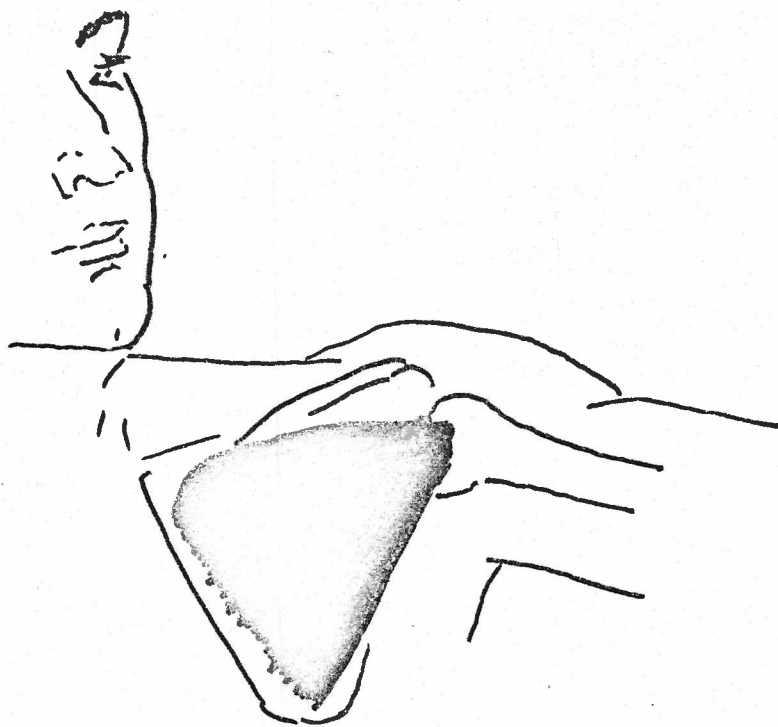
Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-SACROSPINALIS

Function: Supporting body, erect.

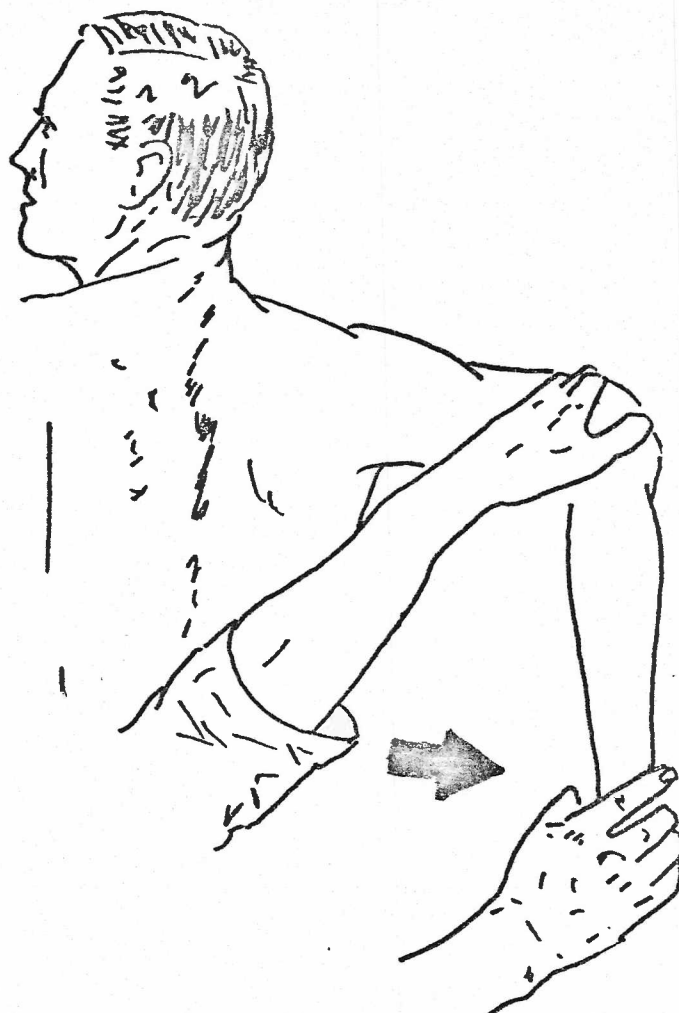


SUBSCAPULARIS MUSCLE

Origin: Inner area of shoulder blade.

Insertion: Upper front side of arm bone.

Action: Rotates the shoulder joint inwardly toward the body and stabilizes the upper arm in the shoulder socket.



SUBSCAPULARIS MUSCLE TEST

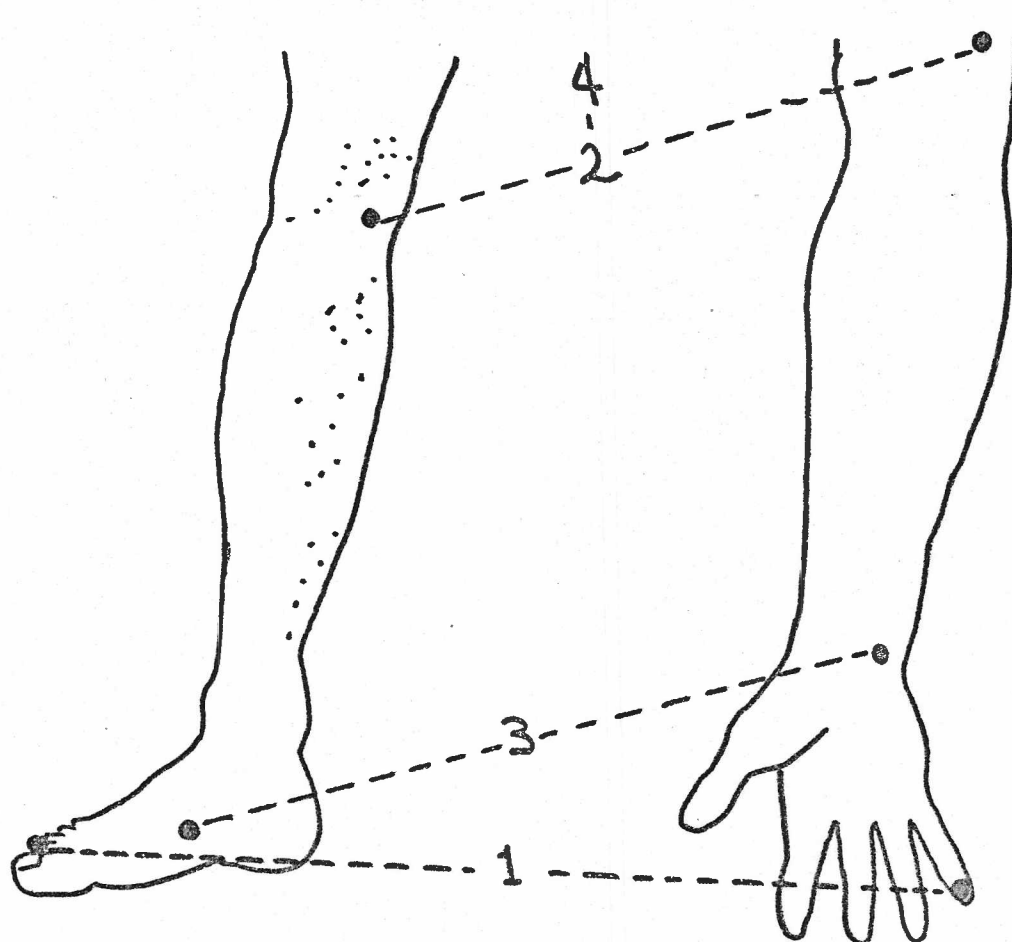
Subject: In sitting position, arm extended at shoulder, forearm bent at 90° toward feet.

Tester: Testing subject's right arm, using your right hand hold his arm above the elbow firmly. Apply pressure with your left hand at his wrist away from body outwardly. Subject should resist while being tested.

ACUPUNCTURE CIRCUITS-SUBSCAPULARIS

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

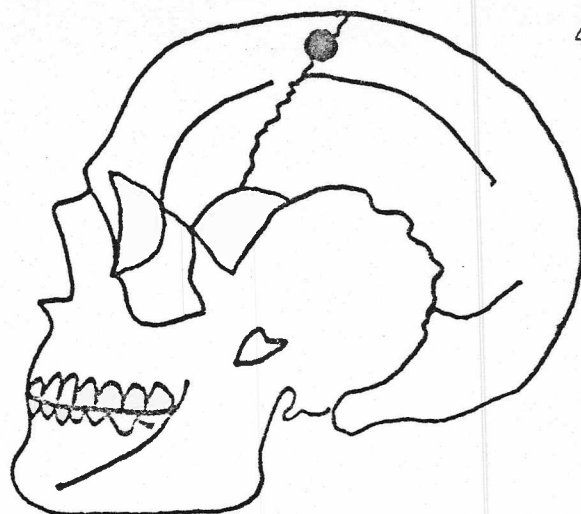
To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.



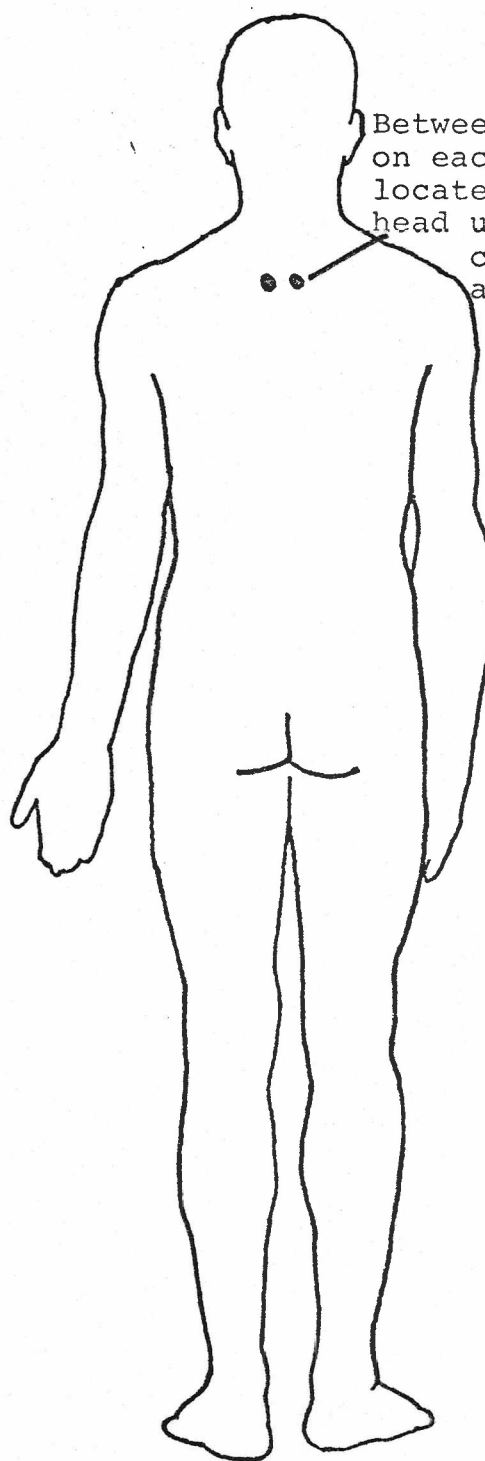
Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-SUBSCAPULARIS



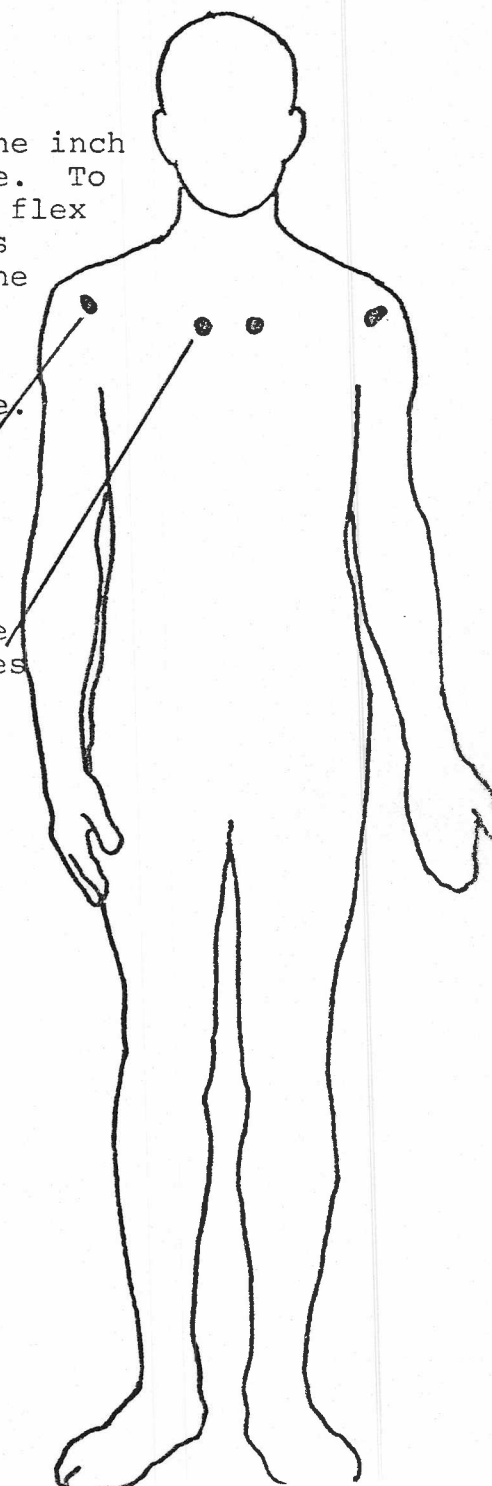
Function: Rotates and lowers arm.

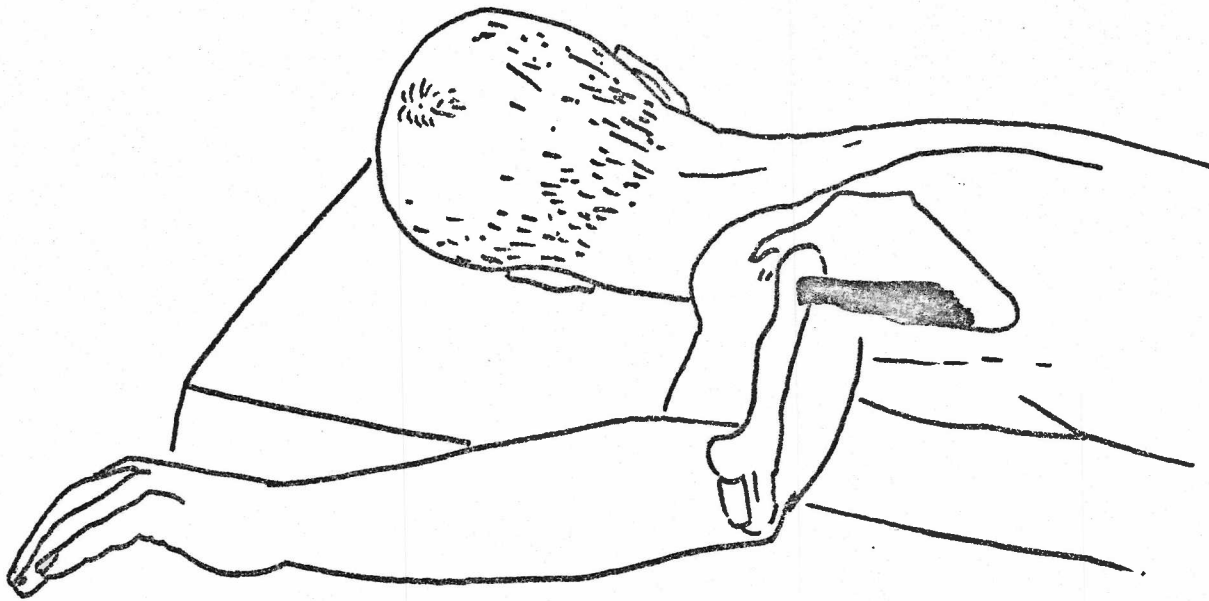


Between the shoulder blades, one inch on each side of the upper spine. To locate exact spot have subject flex head until his chin touches his chest. The protruding bone at the top of the spine will be called T1, count down to the area on each side of T2-3 of the spine.

Front upper surface of the arm.

Each side of breast bone on the 2-3 ribs $3\frac{1}{2}$ inches below collar bone.

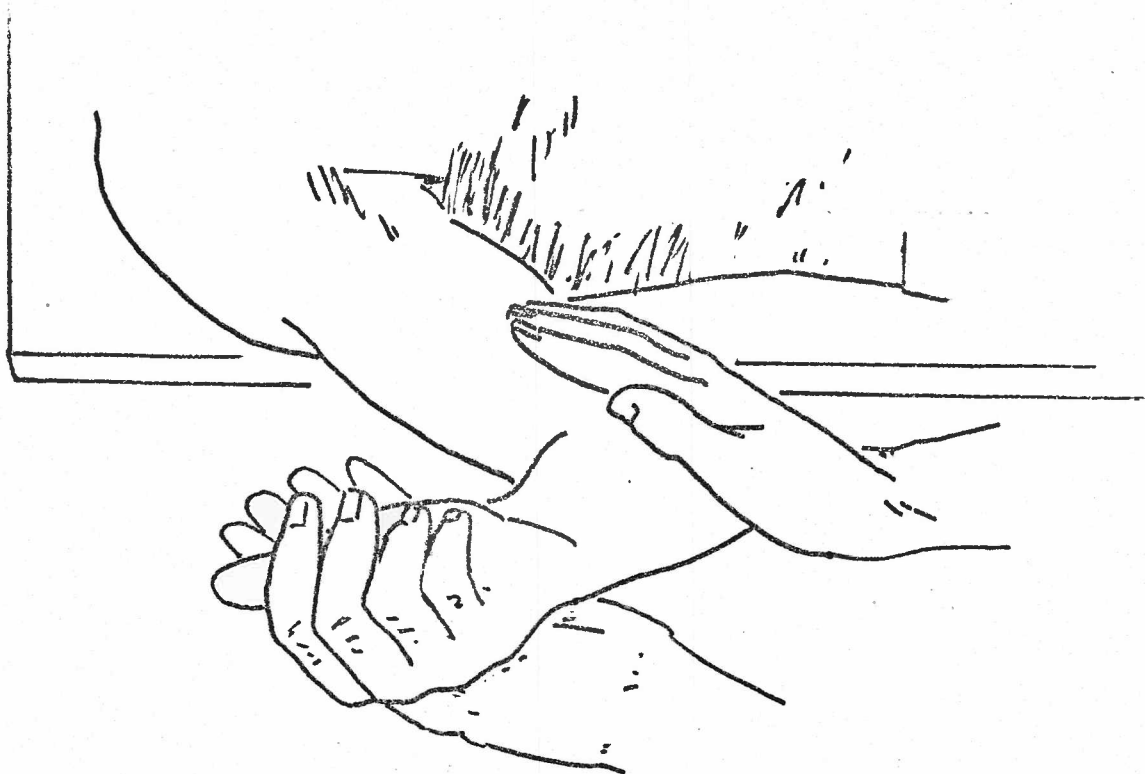




Origin: Middle 2/3 of back surface of shoulder blade.

Insertion: Upper arm bone and shoulder joint capsule.

Action: Rotates the shoulder joint outward, and stabilizes the arm bone in the shoulder joint during movements of this joint.

TERES MINOR MUSCLE TEST

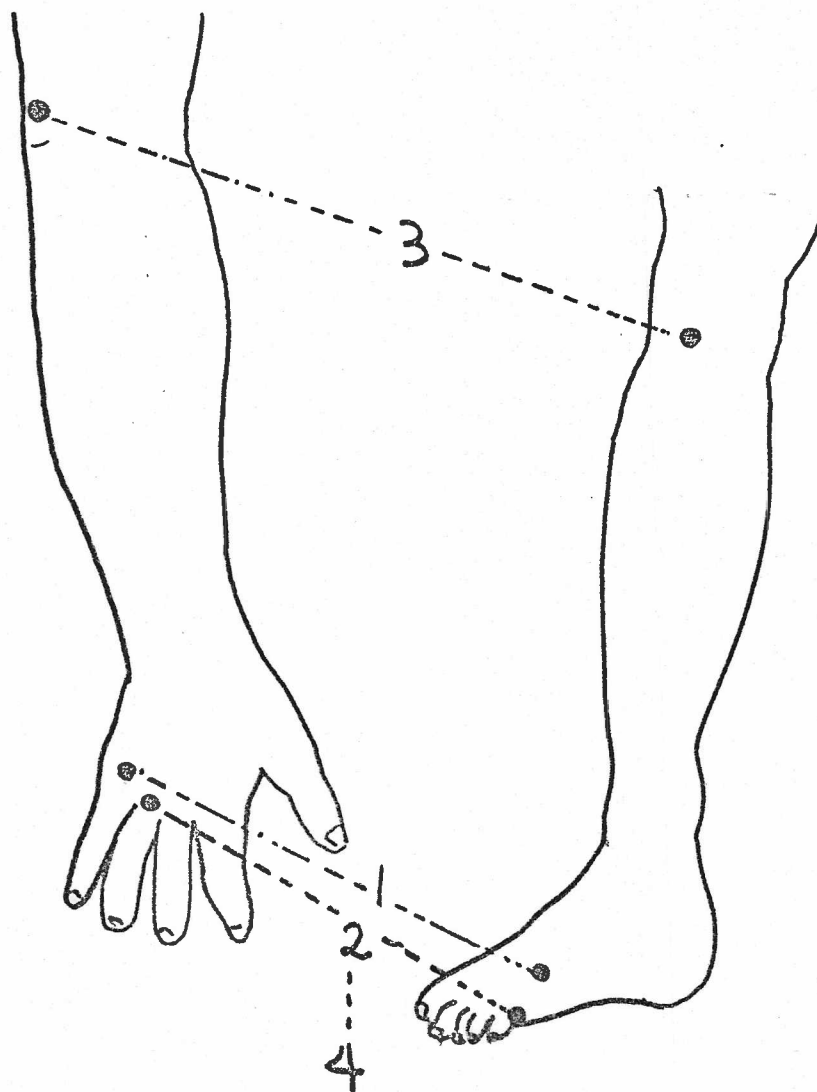
Subject: Lying on your back flat on floor, arm extended laterally 45° from body, forearm 100° from arm to side outwardly with hand at level of shoulder in height.

Tester: In checking the right teres minor, counter pressure is applied against the inner aspect of the arm, above the elbow with your right hand. Using the forearm as a level pressure is applied to the back side of the wrist with your left hand stabilizing the elbow. Subject should resist while being tested.

ACUPUNCTURE CIRCUITS-TERES MINOR

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

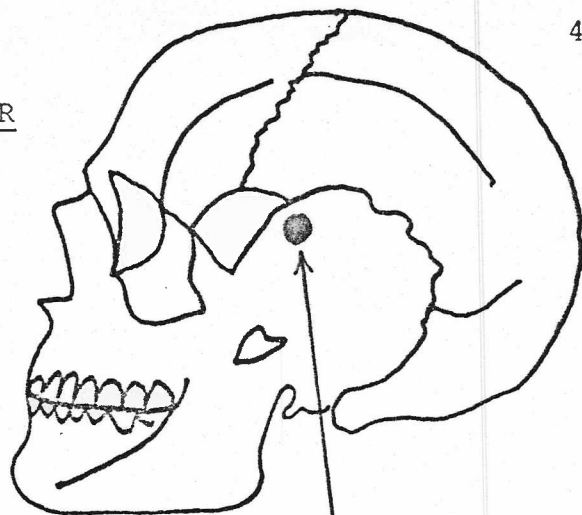


Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

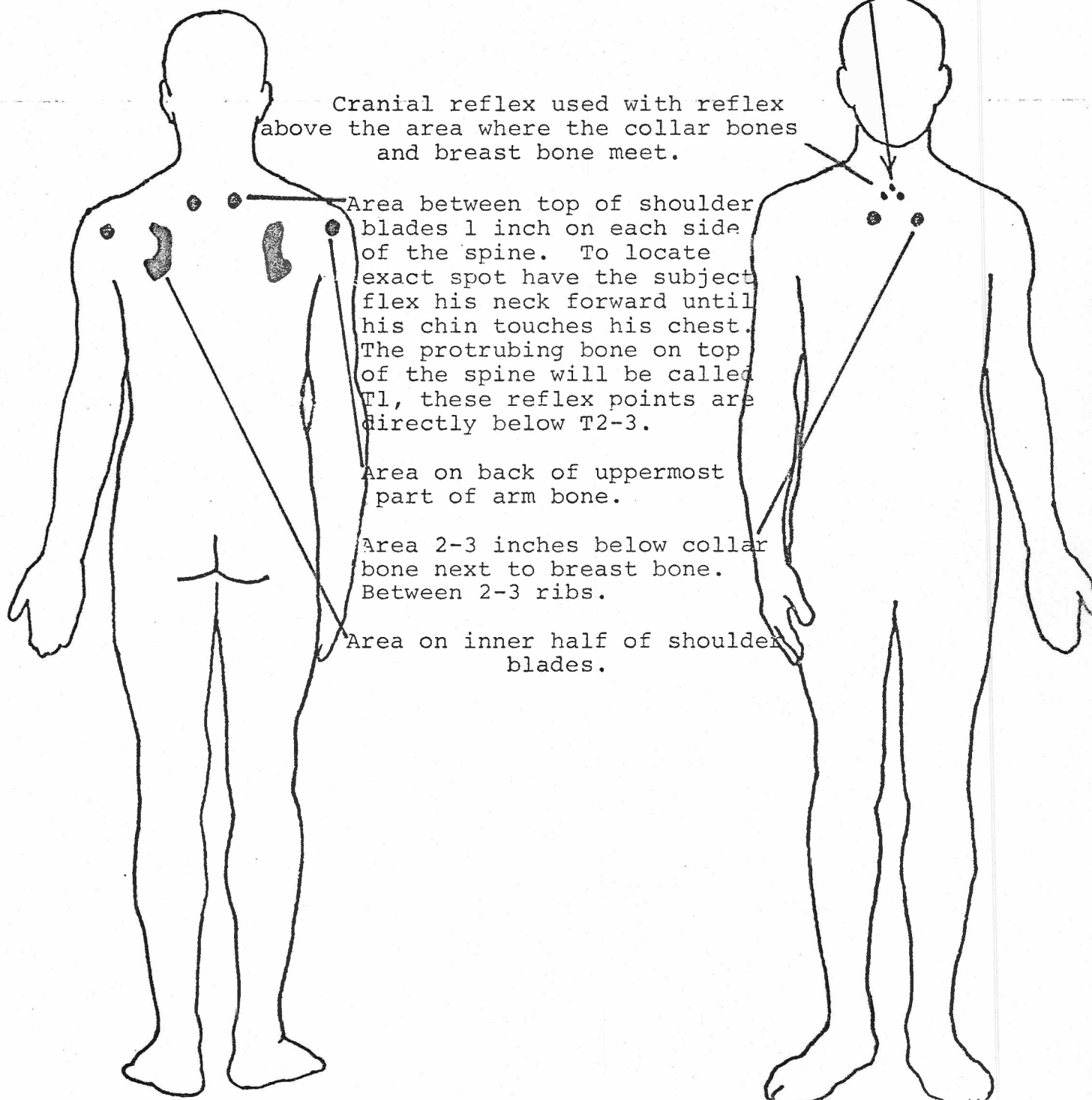
On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-TERES MINOR

Function: Draws the arm bone away from the body and rotates it on its axis.



Cranial reflex used with reflex above the area where the collar bones and breast bone meet.



Area between top of shoulder blades 1 inch on each side of the spine. To locate exact spot have the subject flex his neck forward until his chin touches his chest. The protruding bone on top of the spine will be called T1, these reflex points are directly below T2-3.

Area on back of uppermost part of arm bone.

Area 2-3 inches below collar bone next to breast bone. Between 2-3 ribs.

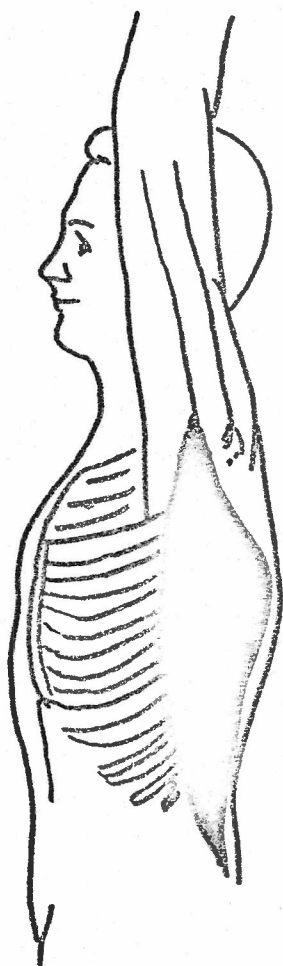
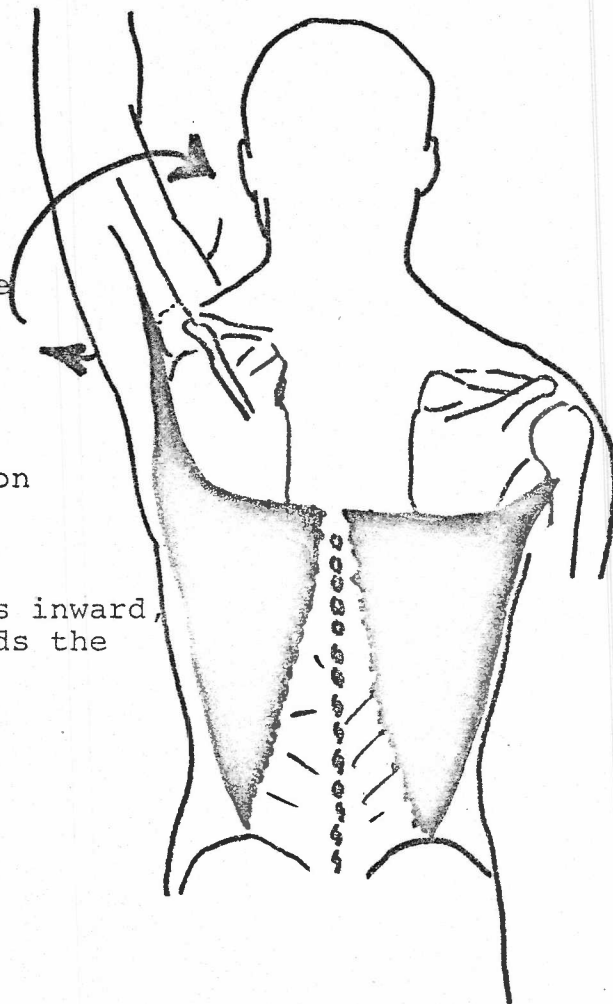
Area on inner half of shoulder blades.

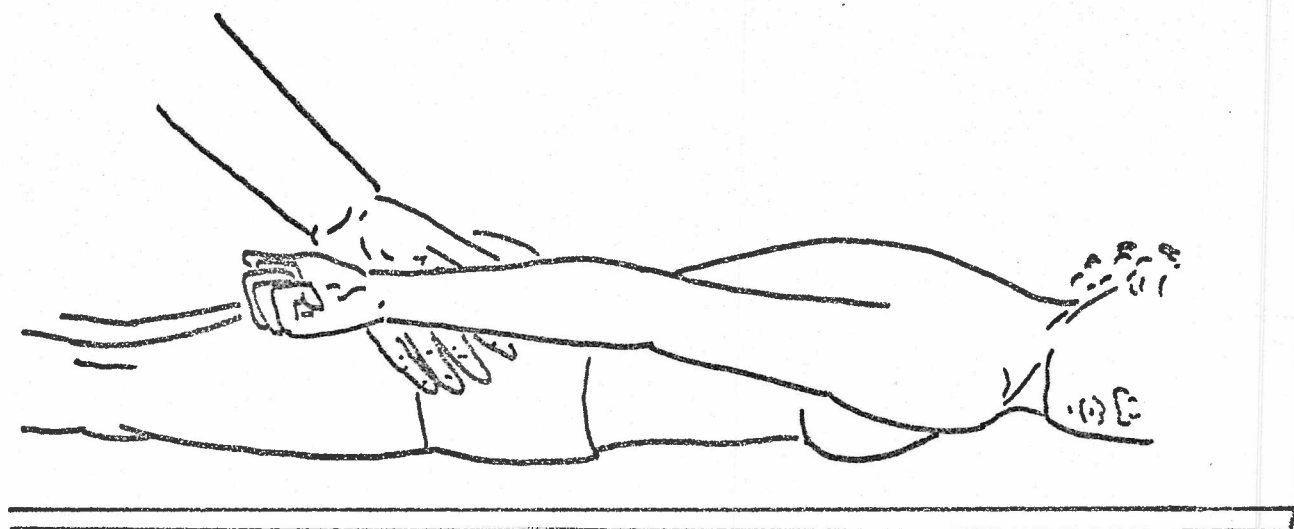
LATISSIMUS DORSI MUSCLE

Origin: Last 6 vertebrae of the back, last 3 ribs, sheath of low back, lower angle of shoulder blade.

Insertion: Upper inner groove on arm bone.

Action: Rotates arm on its axis inward, draws arm toward body and extends the shoulder joint.



LATISSIMUS DORSI MUSCLE TEST

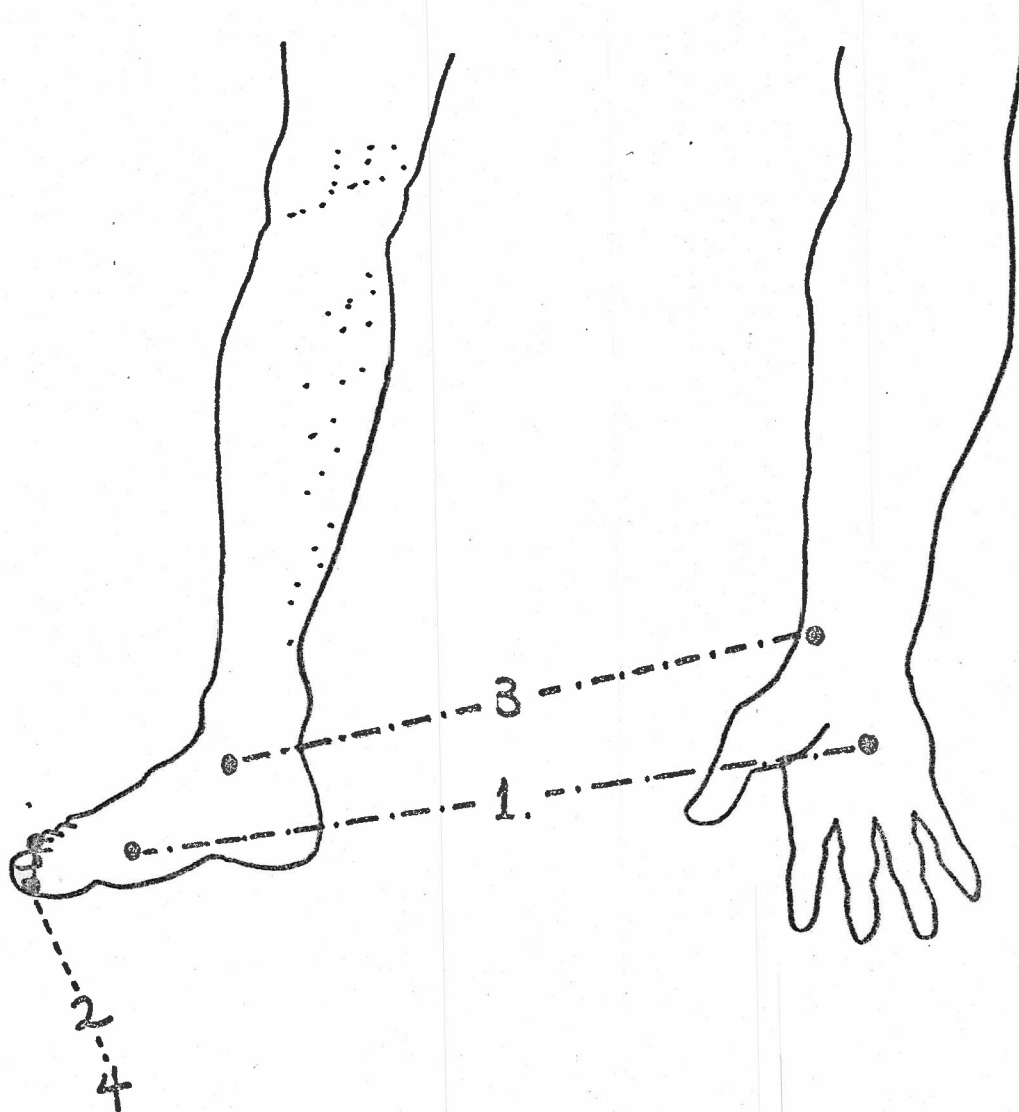
Subject: Standing, lying or sitting, arm extended flat against his side, thumb facing into side.

Tester: Testing subject's right arm, apply pressure using your left hand at the level of the subject's wrist, outwardly away from his body. Subject should resist while being tested.

ACUPUNCTURE CIRCUITS-LATISSIMUS DORSI

To strengthen a weak muscle make double contact at points 1 then double contact at points 2.

To reduce remaining tension or sedate a contracted muscle, make double contact at points 3 then double contact at points 4.

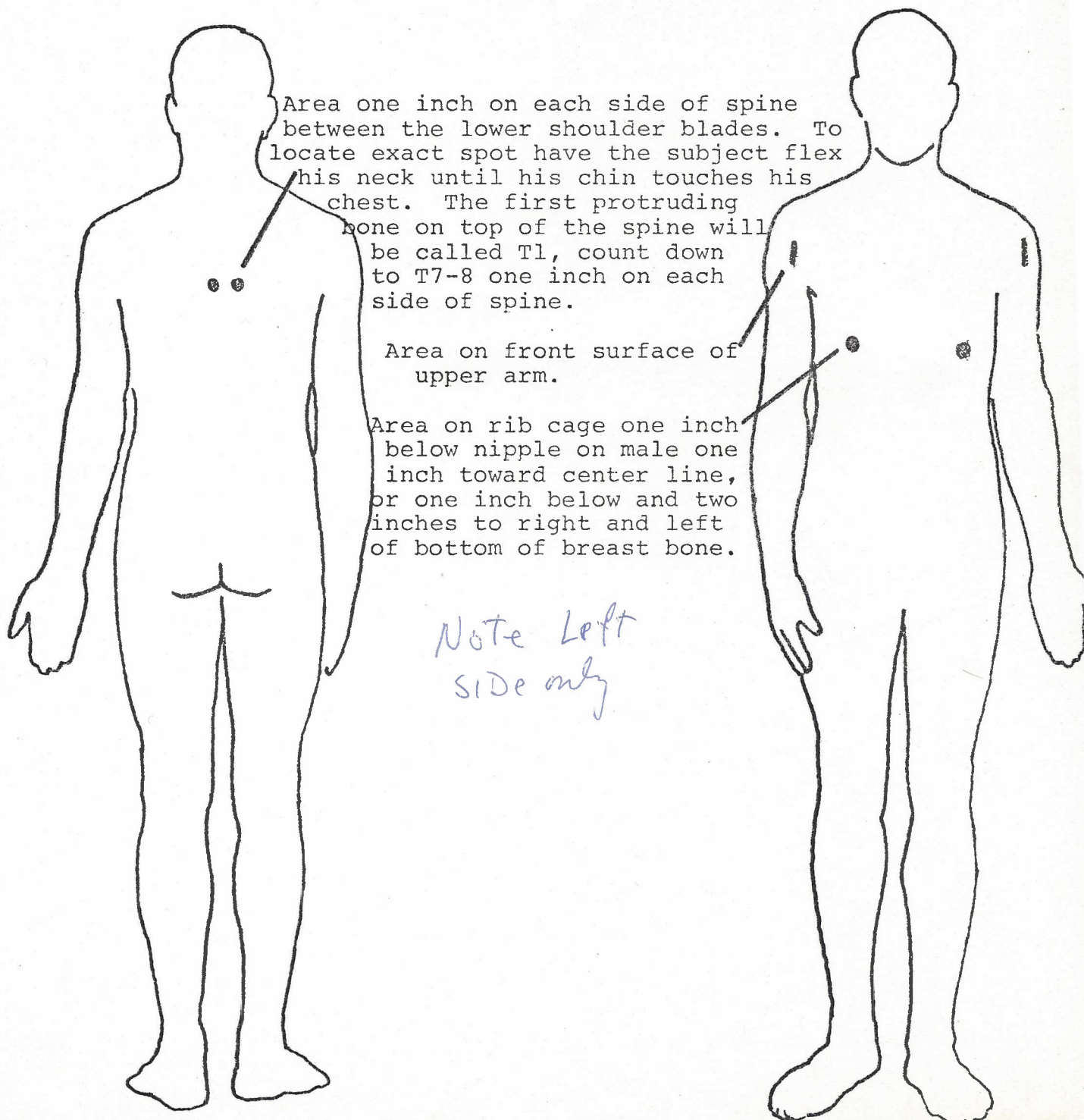
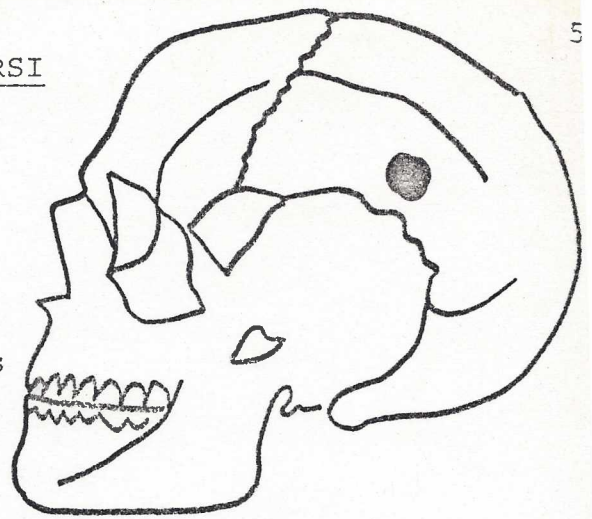


Note: Points 3 and 4 should be used routinely on tense side as well as points 1 and 2 on weak side.

On foot or leg hold for pulsation. On hand or forearm use contact only; pulsation not required.

REFLEX POINTS-LATISSIMUS DORSI

Function: Draws the arm toward the central plane or to the body, also rotates the shoulder arm inward on its axis.



Area one inch on each side of spine between the lower shoulder blades. To locate exact spot have the subject flex his neck until his chin touches his chest. The first protruding bone on top of the spine will be called T1, count down to T7-8 one inch on each side of spine.

Area on front surface of upper arm.

Area on rib cage one inch below nipple on male one inch toward center line, or one inch below and two inches to right and left of bottom of breast bone.

Note Left side only