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AN EXPERIMENT

The following is part of my university thesis from Lakehead University, Thunder Bay, Ontario, Canada. There is an interesting story that goes along with this thesis because it almost wasn't. It all started back in 1983 when Touch for Health entered my life. It interested me so much that I decided to do an experiment. Dr. Jane Crossman, Dr. Norm LaVoie, Dr. Larry Leith and Dr. Jim Widdop were curious about the subject but not all of the above agreed it was a viable topic for a Physical Education thesis. I proceeded to demonstrate the balancing techniques to a few of them: Dr. Crossman being the most skeptical. She was totally against the whole idea.

One day during swimming class I walked up to her and tested her anterior deltoid muscle. It was strong. Then I touched the alarm point that related to the time of day that would make a muscle "weak". Well, it certainly did go "weak". She could not believe it and exclaimed, "Do it again!" I did, with the same results. She was so mystified that she was sold on Touch for Health. The barrier to do research was gone and I proceeded with my experiment. Thanks Jane!

References

- 1. Unpublished data of the Canadian National Cycling team 1984. Sports Medicine Clinic, Thunder Bay. Personal communication - Dr. Norm LaVoie.*
- 2. Perry, Dr. Leroy Jr.; Sports Medicine for Everybody. In Touch for Health; June 1980.*

TOUCH FOR HEALTH ENERGY BALANCING: DOES IT STRENGTHEN?

DIRECTLY OR INDIRECTLY?

PURPOSE: To determine whether Touch for Health (T.F.H.) balancing has an effect on the strength of muscles: specifically, the quadriceps and hamstrings.

Method:

A cybex machine II made by a division of Lumex Inc. was used to determine the strength of the quadriceps and hamstrings of subject's dominant leg. The subjects were male and female physical education students of Lakehead University in Thunder Bay, Ontario Canada. The strengths of the quadriceps and hamstrings were recorded during a pre-test and post-test which occurred one week apart.

There was a control group (Group A) which had no "balancing" done and was the group that controlled all the variables of the experiment such as consumption of food and drink, not eating breakfast and school stress.

The experimental group also did a pre-test and post-test but before they did their post-test, Lynne MacDonald and I "balanced" the subjects through surrogate testing.

Touch for health balancing uses muscle testing as a means to determine energy blockages in the body and involves various techniques to eliminate those blockages. Techniques used include neuro-lymphatic message points, neuro-vascular holding points, acupuncture holding points, tracing meridian pathways, origin/insertion technique, golgi tendon apparatus and spindle cell technique.

Surrogate testing was used to maintain consistency in muscle testing and guaranteed reliable data.

Results:

1. There was a significant difference in strength for both groups on the pre-test for quadriceps; quadriceps being more significantly different for Experimental Group (Group B).
2. There was no significant difference in strength between pre-test and post-test of control group for hamstrings. Although there was no significant difference for the experimental group, there was a strength increase in the hamstring from pre-test to post-test; post-test being stronger.
3. There was a significant difference at the 0.01 level of significance in the quadricep /hamstring ratio: the post-test having the closer 1:1 ratio.

Discussion:

Does touch for health balancing strengthen directly or indirectly? The answer lies in the results. Touch for Health balancing did not seem to strengthen the strongest muscle of a pair of opposing muscles but it did strengthen the weaker muscle showing an equalization of strength in the opposing muscles.

This experiment measured strength not performance but the optimum performance for cyclists, cross-country skiers, swimmers and defensive football players occurs when their quadriceps and hamstrings are at a 1:1 ratio.¹ In all the sports mentioned above, the hamstring plays a major part in performance. Therefore it stands to reason that these

sports would benefit from a "balancing" experience.

Not only would "balancing" have a benefit but also an awareness of good posture to keep the energy flowing.²

In this experiment, quads and hams were measured for strength individually as well as together as a ratio. Individually the quadriceps were stronger in the first test in both Groups A and B but the quads of Group B decreased more than Group A. The hamstrings of the Group A stayed the same while that of Group B increased. The results illustrated a true balancing effect. Fig. 1

If endurance was measured, there might have been a significant difference in pre-test/post-test results.

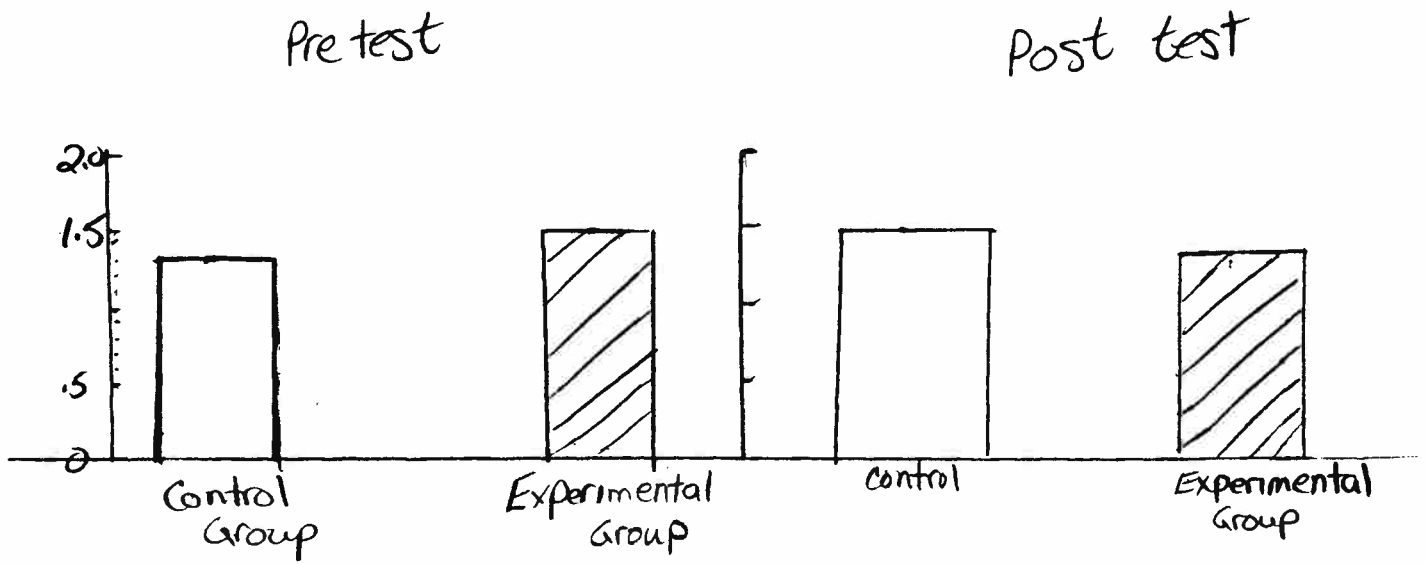
If Touch for Health balancing occurred on a regular basis over a period of time (two - three months, for example) there may have been direct strength increase as a ratio for both quads and hams at a 1:1 ratio. Recommendations & conclusions:

Future experiments could measure performance as it relates to strength by measuring the distance of a ball throw, a football punt or a soccer kick, each time using a cybex machine test and each time using balancing techniques.

Endurance can also be measured on a cybex machine. As it stands, this experiment proved that there is an indirect strength improvement made through the balancing/equalization of antagonistic muscles through T.F.H. techniques: quadriceps and hamstrings. Therefore, T.F.H. techniques could be beneficial to sports or other activities having hamstrings as the major muscle.

Figure 1

RATIOS



Relative Differences

