

Kinesiology with McTimoney Chiropractic For Humans and Animals

by Kay McCarroll, DC

McTimoney Chiropractic, as with Kinesiology, is a "whole body treatment" — which was one of the basic principles that attracted me to study this form of Chiropractic back in 1985. I have often found that when analyzing what the body needs by use of a muscle check, i.e. McTimoney chiropractic, TFH Balance, Edu-K Balance, Stress Management, Hyperton-X work, etc, the first choice the client's body will make is McTimoney Chiropractic — then followed by one of the other principles. In the early days I would check out the client with a TFH assessment before administering the Chiropractic treatment. On rechecking the assessment I would find that only one or two things needed to be done, i.e. and ICY correction, a Hypertonic Muscle correction, or just one acupressure holding point. It was so simple. Now I practise the other way around, first the McTimoney treatment and then check what the body may need to complete the healing process.

This works wonders for the sporting person as well, and gives me more time to train people to use a good general stretching programmes before and after competing, together with a monthly McTimoney treatment. With a very busy clinic, I had to find a quick way to enter the system so that the client could benefit from McTimoney and Kinesiology in the same session. This is the ever faithful Alarm System. By tapping into the over-energies of the body after the Chiropractic I can find if there are any underlying sources to the problem.

One of the system that comes up constantly for the sports person is the Psoas & Piriformis syndrome, which shows up as a pelvic tilt or rotation to the Chiropractic eye. This creates an imbalance for the athlete when running, causing unconscious jarring down the legs leading to foot problems and, in some cases, quite a lot of sciatic pain for both sporting and non sporting people. In women particularly, I find this particular muscle problem (especially a very tight Piriformis) will

effect the balance of the pubis symphysis, thus displacing the pelvic floor muscles, which in turn has a knock-on effect through the pelvic muscles and the lumbar spinal muscles and can result in sciatic pain. Using a gentle adaption of a Kinesiology Hypertonic technique directing the knee from the inferior pubis side towards the opposite hip from the pubis symphysis three times, keeping up the contact and pressure and while client breathes out at the same time, the whole pelvic area can be relieved of stress. The pubis symphysis can be moved back into place and the sciatic pain can be released. There are of course other causes and symptoms of sciatic pain and this technique is not a "cure all" for this problem.

What happens with this Pelvic Release? The first movement enables the inner pelvic muscles to extend, the back pelvic muscles to contract; the second movement enables both inner and back pelvic muscles to contract; and the third movement enables the deep inner pelvic and back pelvic muscles to contract and the lower abdominals to extend, thus all the relative structures can be moved gently and stretched to relieve tension and pain. This is a much more gentle way than even the McTimoney Chiropractic adjustment for the pubis symphysis, and can be taught to the person as a method of self help.

Now how does Chiropractic and Kinesiology relate to an animal, especially when the skeletal structures, although basically the same, differ in various sizes, numbers of bones, flexibility and the fact that animals do not have a collar bone (rudimentary in cats and animals that climb) to support the shoulder, neck muscles and head, which is the heaviest part of the the anatomy. The hind quarters have more support from the more solid structure of the Pelvic girdle. As it is not supporting the rest of the body, this can be free to be the "motor" of the animal for propulsion.

The muscle structure of a horse is very similar in relation to the human. Taking into account the fact that they walk on four legs and, therefore, using human terms, their elbows, knees, ankle, wrist and toes-fingers fall into different planes than the human. It is not known however, if a horse, dog or cat suffer from sciatic pain, or from the psoas & piriformis syndrome. These muscles do exist, but are very deep in the body, it is not easy to hold a horse's leg in a position to find out if these muscles are causing a pelvic displacement. A Chiropractic adjustment can be administered to realign any tilt or rotation, which has a follow on effect to the muscle structures of the spine, neck, fore and hind legs, etc. With Kinesiology, via a surrogate, we can find out what muscles we work on or what Stress Points can be massaged that will release muscle hypertonicity and enable the pelvis to remain in its proper place.

When we look at the Meridians they too follow the same pattern as the human, relate to the same muscles, and are subject to the same symptoms such as fatigue, accident, stress, trauma, diet sensitivities, and so on. However, treating an animal with Chiropractic or Kinesiology is difficult on your own, so an assistant and/or surrogate is a necessity. Employing the owner can help the situation as well.

In Chiropractic we are taught to assess the animal walking, trotting, standing and generally by watching its movements to see where the problems may be coming from. In addition to palpation of the skeletal system, we are taught to feel and sense all muscle tissue and be aware of every little detail of the animal. While I have trained only recently as an Animal Chiropractor, I have been able to use the Kinesiology deep tissue work on horses with the Stress Point Therapy work by Jack Meagher of Massachusetts, with quite some success. I also find that these stress points relate to points on the meridians, and therefore, can be used to an even greater advantage.

In the U.K McTimoney Chiropractors work with horses from Racing, Jumping, Long Distance — Endurance, dressage, polo ponies, etc., right down to the general hacking horse or

pony. Even our Royal Family insist on their horse being treated by our group. However, in the U.K it is illegal to treat an animal without the the owner's Vet's permission, using Kinesiology is often a way to help until this permission is obtained.

How do I use Kinesiology: By using the surrogate's alarm points to locate the muscle that may be out of balance and then determining whether to use Spindle, Golgie, or Origin and Insertion techniques, along with Jack Meagher's Stress Point work or gentle stretching techniques, I am able to work with the priority muscle that may be the seat of the problem. Naturally, as I am not a Vet, I can only treat the animal from an alternative approach, and would recommend that the animal be taken to the Vet to make sure that there were no underlying medical problems. I am as yet exploring the use of the McTimoney Chiropractic with the Kinesiology muscle work and therefore can only relate to you on a very general basis. One success story I would like to share is that of a little pony in Scotland called Christle.

Christle fell down a very icy steep slope and almost did the splits with her forelegs. When she eventually got up from the fall her Nr. foreleg just hung from the shoulder. She could not put any weight on the foot and had to walk on three legs dragging the Nr. foreleg along the ground. This caused a diverse muscle reaction up through the shoulder to the neck right along the spine and the muscles in the crest of the neck completely collapsed and hung over to the Nr. side. She couldn't put her head up or down, and therefore could not eat. A very necessary event for horses as they eat small amounts all the time.

Her owner, Marianne, after being advised to put her down by two Vets, decided to try Alternative Medicine. I was directed to this little pony by means unknown to me, and as I was not, at that point, qualified for animal chiropractic, I decided to jump in and use my Kinesiology knowledge. Penna White, my associate and colleague in Scotland worked with me, and became the surrogate. We worked on the meridian systems, using Jack Meagher's points, At the same time teaching Marianne how to use these

points in our absence, as I am only in Scotland with my clinic every two months, and this little pony needed a lot of work.

Within one week the pony started to improve. I treated her each time I went to Scotland with muscle work and now just 8 months later (at the time of writing) Christle is back on all fours, is limping only very slightly, the crest of her neck is standing as it should and is strong, and she is now able to carry the children for at least 1 hour walking a day. I was able to give Christle a McTimoney chiropractic treatment this last January, and was indeed impressed with her recovery.

Many horses show stiffness in the hind quarters, or their riders say that they are not going forward as they should, which means that something is stopping the horse from putting his full energy into his work. This can be related to an athlete, who is feeling he is not working at his full potential. It is easy to put the athlete on your therapy table, pull and push a few muscles around and ah— there you have it. Putting a horse on the table can conjure up some horrific thoughts. Getting in tune with the meridians, being aware of the muscle structure and how it works for the animal and allowing your inner knowledge to help you, you can administer some degree of healing. It is always a great help to work with a surrogate, even the animal's owner, as this will help educate the owner as to what you are doing.

What are we looking for: 'Freedom of muscle movement' I often use the system where, "when looking at a problem look in the opposite direction or to the further most point from that of the pain and you may find the priority element creating that pain" — For example, with humans I find that many sacrum problems begin in the middle thoracic area where there is a definite tightness in the sacrospinalis muscle, which when worked with you can feel a response in the muscle insertion at the iliosacral level. After working the muscles with Kinesiology or general deep tissue work, quite often the pains in the lower back area disappear. As with humans, adaptable "Feel" is necessary — knowing how much pressure to apply, for how long, and how much can the animal take must be monitored. The therapist must communicate with the horse initially through their

hands, so sensitivity and knowing what you are feeling is of the utmost importance.

A horse may need to have muscle work before and after strenuous activity as well as during training programmes to make sure everything is functioning properly. Prevention is better than the cure. The therapist's hands can stretch the muscle fibres in all directions — not only in the normal direction of the muscle action — they can move bundles away from each other thus preventing small adhesions and can improve circulation within the muscle preventing a muscle tissue from becoming tight and inelastic. Tight muscles reduce the blood circulation and are, therefore, deprived of nutrition, and also subject to accumulating waste products such as lactic acid — as in humans — causing discomfort and pain. using Kinesiology as we do for humans can help animals in the same way.

I hope to demonstrate on an animal at the conference as to what I am looking for as a McTimoney Chiropractor and how we can use our Kinesiology knowledge to help when there is no Chiropractor available. Included in this write up are diagrams of the Jack Meagher Stress Points, a Horse Meridian Chart and a diagram of the basic exterior muscles. Please be aware that there are a lot more muscles than those shown here and it would help if you familiarized yourself with all of them.

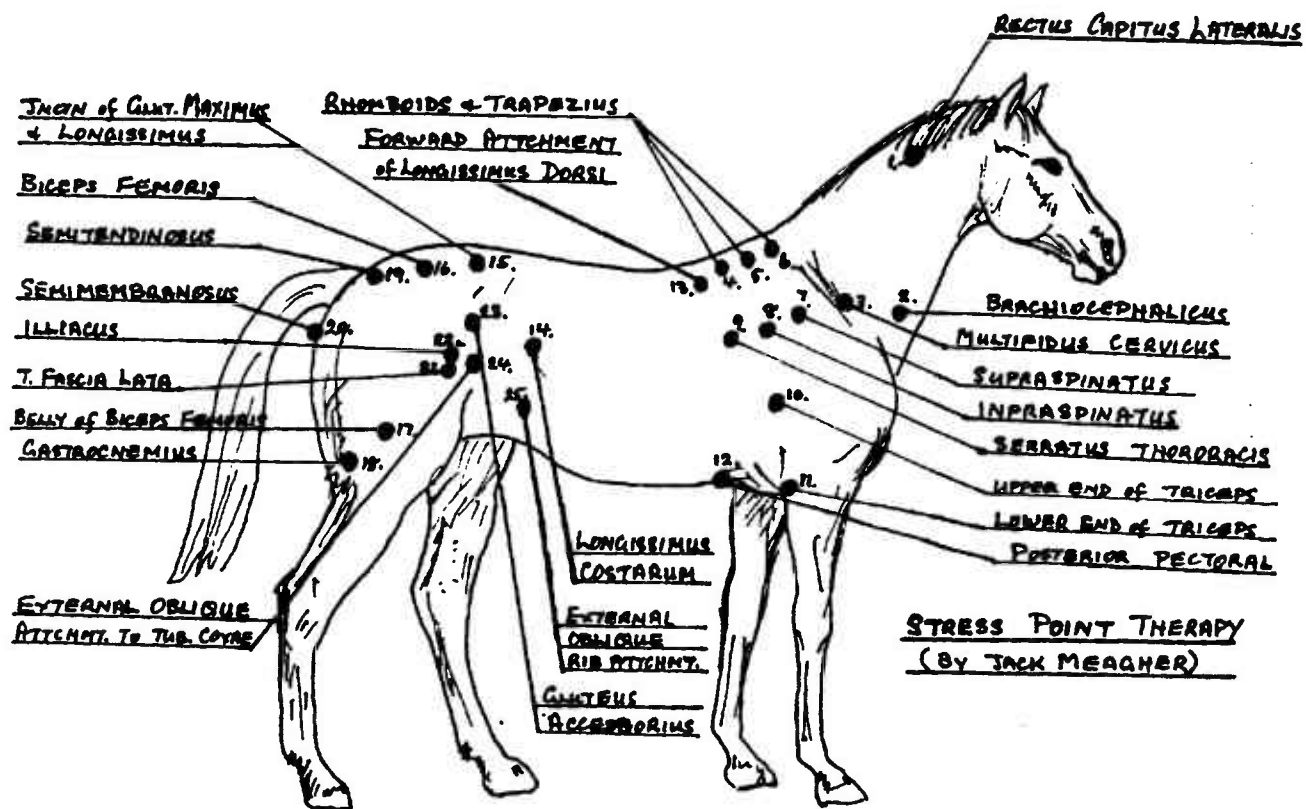
Acknowledgements to Jack Meagher's book "Beating Muscle injuries for horses". If you should wish to contact him, please write to:

Jack Meagher,
P.O. Box 713, Rowley, MA 019969.

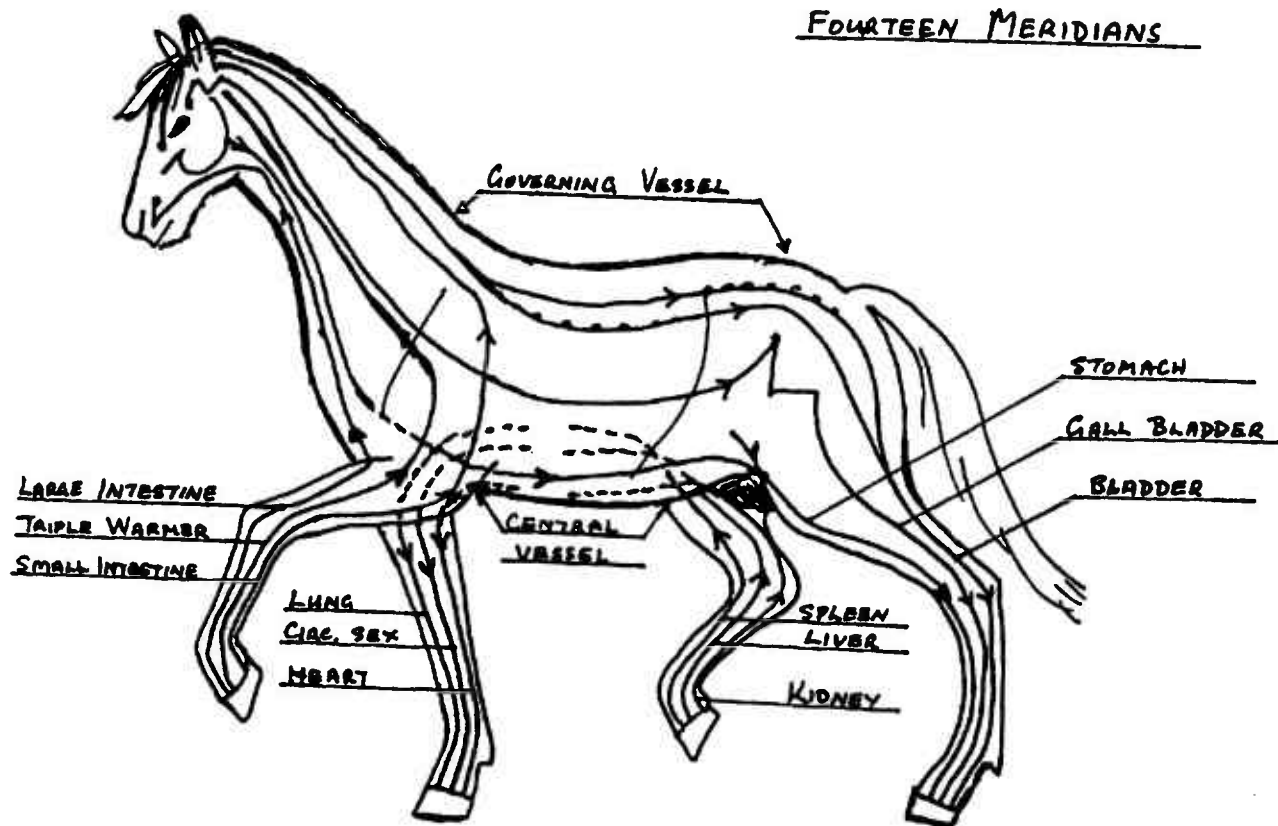
I do feel his work can be used effectively with ours and would welcome feedback from my fellow Kinesiologists with any work they may be doing with horses or humans. Jack Meagher has also written a book relating to athletes, which I feel could also be very beneficial to the Kinesiology world.

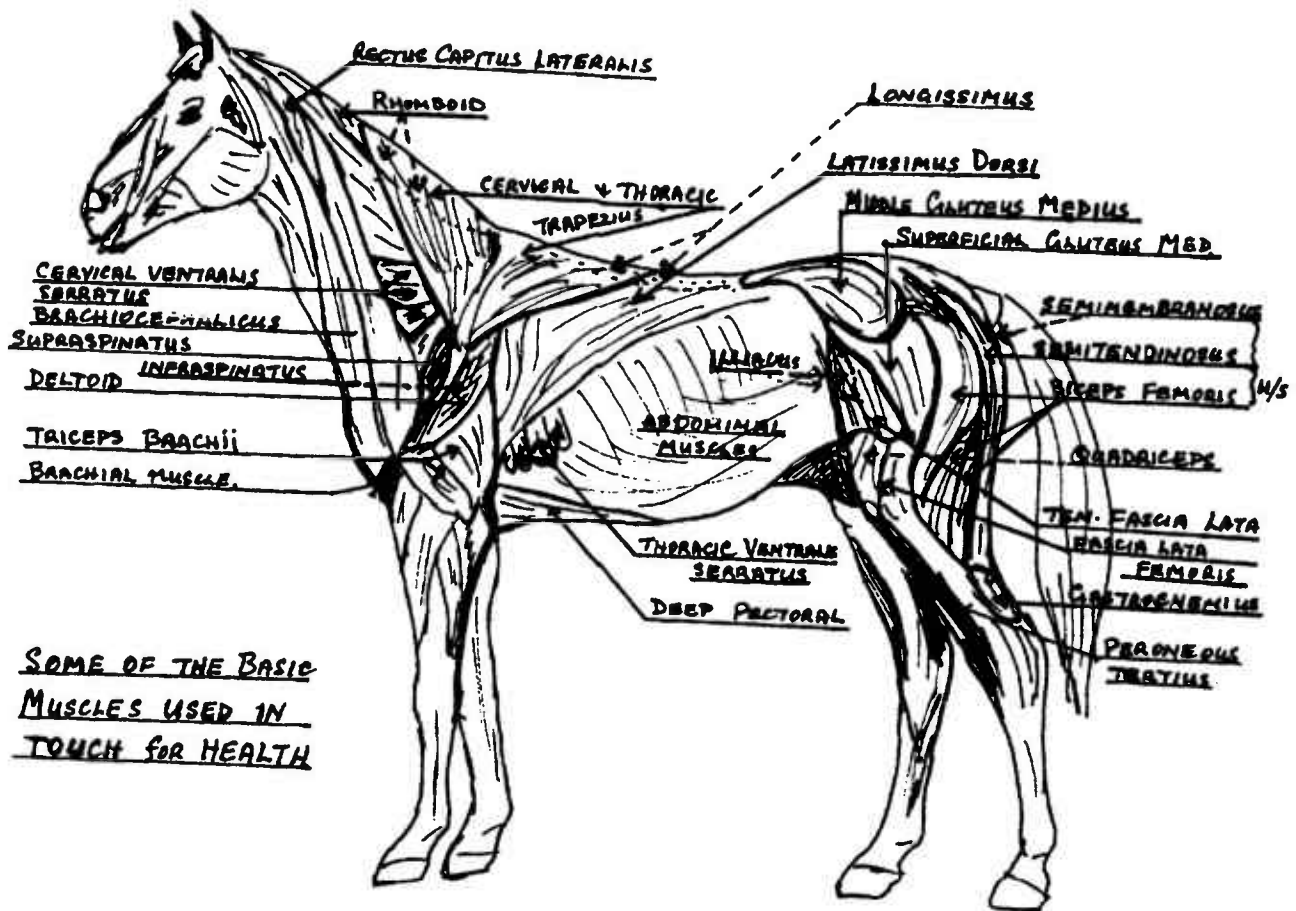
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FOURTEEN MERIDIANS





SOME OF THE BASIC
MUSCLES USED IN
TOUCH FOR HEALTH