

Useful Muscle References for the Touch for Health Book

by Donald Plant

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A useful shortcut to finding other muscles involved with any muscle being tested is found under Functions/Indications. This paper shows how you can get the most from this valuable feature.

These references are accurate and very useful in problem situations. Let's use this example:

The Abdominals are not responding well to strengthening procedures. The paragraph on page 56, left column, mid page, refers to nine other muscles that may need strengthening, before the Abdominals will finally stay strong.

To use this reference, read to the first muscle listed, search for the page by muscle name, check the information, and test that muscle. Then go back to page 56, find the paragraph, read thru to the next muscle, repeat the search, and test. Do this for each of the muscles shown.

Sure enough, one or more of the muscles mentioned had proven to be weak. And, after strengthening, yes, the Abdominals stayed strong.

Having used them often, I thought, these references are really great! Why is this not taught in the Touch For Health Synthesis.

Analyzing my own use, I always lost my place in the paragraph since nothing in it seemed to stand out. And, finding a page by muscle name, always took me longer than finding it by page number.

The references were too good to ignore. To overcome these problems, I typed out a line-by-line listing, and pasted it into my Touch for Health Book. This is the format used for the new "Muscle Reference List":

The first line states the PAGE NUMBER to which it is pasted. (Usually there is room somewhere in that leftmost column)

Each following line lists one PAGE NUMBER and a MUSCLE to check. (The sequence is maintained exactly as originally printed.)

Now to work on Abdominals that won't strengthen, I check the LIST of nine muscles, with their pages. (It is pasted into column 3 of Pg 56) I glance at this list, see the PAGE, the MUSCLE, and know where I am. Even though I remember the muscle and the technique, it is useful to share the information with a client or student. The newer student may not yet have learned how to test all muscles, but he can rub Neuro Lymphatics for the other muscles, before retesting the problem muscle.

So, here are the lists. They can be photo copied, cut out, and pasted in, if you too want an easier way of using these valuable references.

For further information contact: Donald Plant 1406 Hall Mines Road NELSON, BC, V1L-1G7 604-352-5858 (250-352-5858 after Oct 19/96)

TFH 1 Ref. On indicated page, apply to leftmost column having space

(Pg 32) Also check:
191 Deltoids
67 Upper Trapezius
91 Popliteus
37 Pec Major Clavicular
93 Pec Major Sternal

(Pg 36) Also check:
45 Latissimus Dorsi
93 Pec Major Sternal
91 Popliteus
57 Abdominals
81 Sartorius

(Pg 44) Also check:
67 Upper Trapezius
51 Triceps
81 Sartorius
83 Gracilis
37 Pec Major Clavicular

(Pg 52) Also check
57 Abdominals
55 Quadriceps
33 Supraspinatus
65 Psoas

(Pg 54) Also check
61 Sacrospinalis
57 Abdominals
101 Hamstrings
91 Popliteus

(Pg 58) Also check
61 Sacrospinalis
75 Piriformis

(Pg 64) Also check
105 Fascia Lata
67 Upper Trapezius

(Pg 70) Also check
65 Psoas
105 Fascia Lata

(pg 78) Also Check
47 Trapezius
95 Rhomboids

(Pg 88) Also check
99 Coracobrachialis
91 Popliteus
102 Deltoids
93 Pec Major Sternal

(Pg 92) Also check
89 Anterior Deltoid
91 Popliteus

(Pg 96) Also check
101 Deltoids
99 Coracobrachialis
103 Diaphragm

(Pg 104) Also check
73 Adductors
55 Quadriceps

(pg 34) Teres Major
Indications:
See Page 126
Difficulty placing
hands behind back.

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TFH 2-3 Ref. On indicated page, apply to leftmost column having space

(Pg 38) Also check:
 95 Rhomboids
 41 Neck muscles
 35 Teres Major
 79 Teres Minor
 37 Pec Maj Clavicular
 45 Latissimus Dorsi

(Pg 50) Also check:
 45 Latissimus Dorsi
 95 Rhomboids
 39 Levator Scapulae

(Pg 62) Also check:
 61 Sacrospinalis
 59 Peroneus
 65 Psoas

(Pg 76) Also check:
 73 Adductors
 75 Piriformis
 41 Neck muscles

(Pg 84) Also check:
 37 Pec Maj Clavicular
 41 Neck muscles
 45 Latissimus Dorsi
 51 Triceps
 73 Adductors
 81 Sartorius
 83 Gracilis
 87 Gastrocnemius

(Pg 86) Also check:
 85 Soleus
 81 Sartorius
 83 Gracilis
 37 Pec Maj Clavicular
 41 Neck Muscles
 45 Latissimus Dorsi
 73 Adductors
 51 triceps

(Pg 100) Also check:
 35 Teres Major
 33 Supraspinatus
 37 Pec Maj Clavicular
 93 Pec Maj Sternal

(Pg 40) Also check:
 37 Pec Maj Clavicular
 81 Sartorius
 83 Gracilis
 85 Soleus
 87 Gastrocnemius

(Pg 60) Also check:
 57 Abdominals
 55 Quadriceps
 107 Hamstrings
 63 Ant. Tibials
 59 Peroneus
 77 Gluteus Maximus

(Pg 72) Also check:
 105 Fascia Lata
 107 Hamstrings

(Pg 80) Also check:
 73 Adductors
 41 Neck muscles
 85 Soleus
 87 Gastrocnemius
 83 Gracilis
 45 Latissimus Dorsi
 37 Pec Maj Clavicular
 If Hand/Foot Swelling
 Also check:
 65 Psoas
 61 Sacrospinalis
 59 Peroneus
 63 Ant. Tibials

(Pg 90) Also check:
 89 Anterior Deltoid
 55 Quadriceps
 93 Pec Maj Sternal

Pg 98) Also check:
 97 Ant. Serratus
 101 Deltoids
 103 Diaphragm

(Pg 102) Also check:
 79 Teres Minor
 65 Psoas
 57 Abdominals
 41 Neck muscles

(Pg 46) Also check:
 97 Anterior Serratus
 95 Rhomboids
 37 Pec Maj Clavicular

(Pg 56) Also check:
 61 Sacrospinalis
 55 Quadriceps
 107 Hamstrings
 65 Psoas
 45 Latissimus Dorsi
 103 Diaphragm
 77 Gluteus Maximus
 37 & 93 Pectorals
 71 Gluteus Medius
 77 Gluteus Maximus

(Pg 74) Also check:
 107 Hamstrings
 71 Gluteus Medius
 73 Adductors

(Pg 82) Also check:
 73 Adductors
 41 Neck muscles
 85 Soleus
 87 Gastrocnemius
 81 Sartorius
 45 Latissimus Dorsi
 107 Hamstrings
 37 Pec Maj Clavicular
 If hand/foot Swelling
 Also check:
 65 Psoas
 61 Sacrospinalis
 59 Peroneus
 63 Ant. Tibials

(Pg 94) Also check:
 39 Levator Scapulae
 89 Anterior Serratus
 47 Trapezius
 89 Anterior Deltoid
 45 Latissimus Dorsi

(Pg 106) Also check:
 45 Latissimus Dorsi
 37 Pec Maj Clavicular
 57 Abdominals
 61 Sacrospinalis
 73 Adductors
 55 Quadriceps