

## TWO FURTHER MUSCLE TESTS FOR THE HEART MERIDIAN

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Two further muscle tests for the heart meridian are presented, Serratus Anterior #8 and Latissimus Dorsi, and quick methods to confirm their relationship to the heart meridian are described.

In Touch for Health we have used a single muscle test for the heart meridian — subscapularis. However, there are at least 54 tissues (muscles, tendons, and ligaments) known by biokinesiologists to be related primarily to the heart meridian. They do not all lend themselves well to muscle testing. The two described here do, however, and can be easily added to your repertoire of muscle tests.

The first of these, Serratus Anterior #8, is the eighth portion (counted from the top downwards) of the Serratus Anterior muscle group. The Anterior Serratus muscle test as used in Touch for Health is correlated with Serratus Anterior #3 of biokinesiology usage. It is related to the lung meridian and has also been used by many biokinesiologists as a quick and reasonable sensitive test for air quality.

To better isolate the lower portions of the Serratus Anterior muscle group we take the arm progressively further out to the side. By the time the arm is located about 65 degrees from the forward position, we are, in effect, testing primarily the eighth portion, i.e., Serratus Anterior #8.

The second muscle test described here for the heart meridian is the Latissimus Dorsi muscle. Most of the time when the Latissimus Dorsi muscle test fails it is actually the tendon that is out of balance. The tendon is associated with pancreas blood sugar function and does respond positively to the correction techniques we associate with the Latissimus Dorsi muscle test of Touch for Health. However, if these correction

techniques don't respond then there is a strong possibility that the muscle is out of balance rather than the spleen meridian.

Our experience with clients clearly shows a relationship between the Serratus Anterior #8 and Latissimus Dorsi muscle tests and heart-related imbalances. However, when the Latissimus Dorsi muscle (not tendon) fails to lock the client's major symptoms will usually relate to indigestion. This is caused by forcing open of the pyloric valve of the stomach, permitting uncontrolled digestion, fermentation, and acid build-up in the small intestine.

Information concerning these two muscle tests and various correction techniques is at the end of this paper. During this presentation I shall be demonstrating the correction procedures. If you are only reading this account I would suggest that you read the earlier sections in my book, "Balancing the Body's Energies" for an explanation of how to test for the correct nutrition, how to apply the biokinetic exercise, how to work with the emotions, etc.

Quick Ways To Confirm That These Muscles Are Out Of Balance.

### A.

1. Test the relevant muscle — Serratus Anterior #8, or Latissimus Dorsi.
2. If it fails to lock, the tester points the fingertips of one or both hands directly into the top of the head (on the midline above the ears) and says slowly and clearly to the testee "You feel forgiveness".
3. If the muscle now locks you have confirmed that the muscle imbalance is related to the heart meridian (the Latissimus Dorsi Tendon would remain unlocked on forgiveness and would lock on "accepted").

**B.**

Alternatively, point your fingertips perpendicularly into the possible imbalanced muscle. State "You feel forgiveness". Retest the muscle. If it locks, you have confirmed its relationship to the heart meridian.

**Serratus Anterior #8 / Heart**

**Muscle Test:** Arm horizontal, thumb up, 65 degrees lateral of the forward position. Press forearm down gently while stabilizing the shoulder.

**Therapy Localize:** Under armpit, just above the 7th rib.

**Massage Direction:** Across side of torso, along 7th rib toward scapula.

**Biokinetic Exercise:**

1. Reach under your left armpit and grasp your shoulder blade with your right hand.
2. Pull the shoulder blade forwards and down. Rest for at least 30 seconds.
3. Repeat for the right side of the body.

**Action:** Assists the other five low segments of the Serratus Anterior muscle group in upward rotation of the scapular.

**Antagonist:** Under research.

**Symptoms:** Pain in shoulder, especially under the shoulder blade radiating forward near the breast. Difficulty and pain with breathing. Throat plexus (chakra) imbalance.

**Nutrition:** Calcium, Manganese, Passion Flower, Solaray (or PHI) #10

**Emotions:** Forgiveness, Bitter

**Heart Meridian:** Trace down only, from the armpit, down the inside of the arm to the end of the little finger.

**Origin:** Outer surface and upper border of the 7th rib.

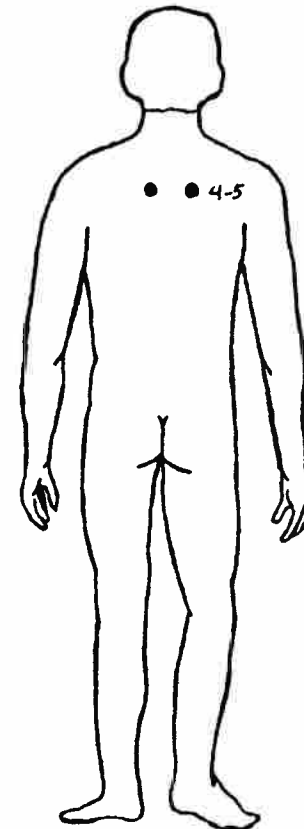
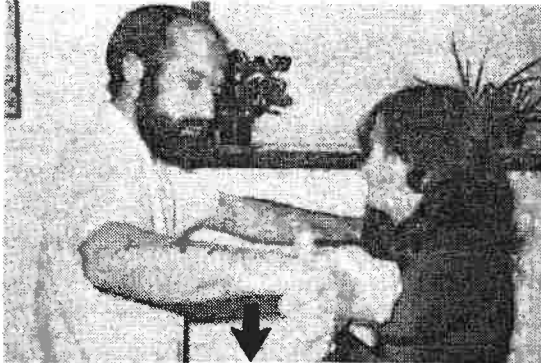
**Insertion:** Ventral surface on inferior angle of scapula.

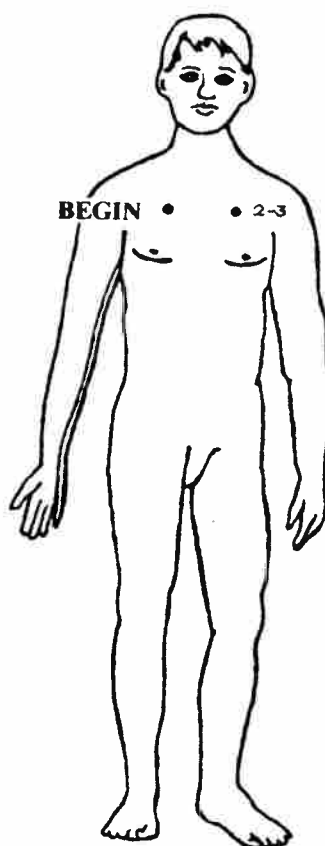
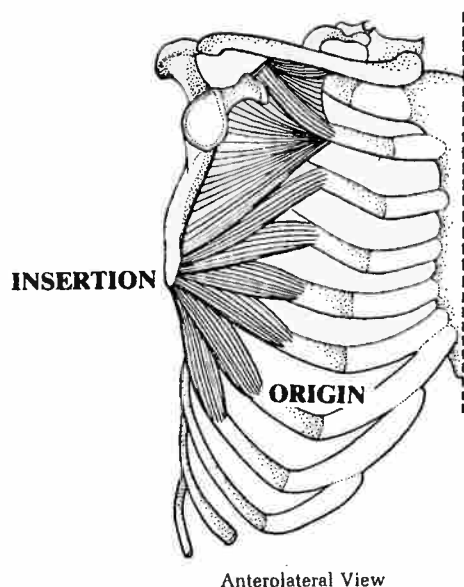
**Front Neuro-Lymphatic Points:** Between ribs 2-3, about 3 inches from midline.



**Back Neuro-Lymphatic Points:** Between T 4-5, one inch to each side of midline.

**Neuro-Vascular Holding Points:** Bilateral points half an inch superior to and half an inch lateral to the posterior fontanel (baby's soft spot on the back of the head).





### Latissimus Dorsi Heart

#### Method of Testing:

Muscle Test: As in Touch For Health: Test with arm straight down at the side, wrist turned so that palm is facing away from the body. Be sure elbow is straight and torso has not changed position. Stabilize the shoulder. Pressure is at the forearm to pull the arm straight out to the side, away from the body.

Therapy Localize: Grasp the muscle just under the rib cage.

Massage Direction: Up and outward from the low back toward the shoulder.

#### Biokinetic Exercise:

1. Kneel upright, bring your right foot up behind you and grasp it with your left hand on the

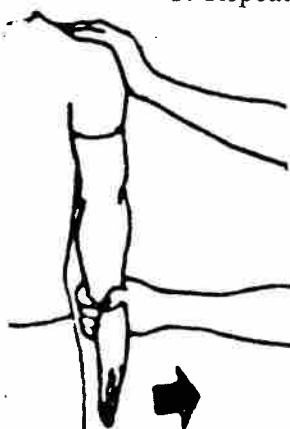
outside of the right foot.

2. Arch back, turning far to the left, pull your shoulder down and back with your right foot. Rest for at least 30 seconds.
3. Repeat for the right side of the body.

Action: Adducts, extends, and hyperextends the shoulder joint. Holds the shoulder down and helps keep the back straight. In rope climbing, the latissimus dorsi acts to draw the trunk up towards the humerus. It is powerfully involved in rowing and swimming.

Antagonist: Longus Coli Vertical C6

Symptoms: Shoulder and low back pains. High shoulder on weak side. Gas pains in abdomen shortly after eating. Swelling and gas in the upper abdomen area (stomach) just



under the breast bone. Pyloric valve malfunction. Sensitivity ("allergy") to PABA. Temporal headache (just above ears). Malaise.

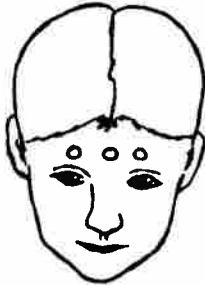
Nutrition: B-3, Lecithin, Pancreatin Complex (5 gr. whole, raw dessicated pancreas tissue, 1 gr. dessicated duodenal tissue), Chickory Root, Nitric Acid, Plumb. Met., Silicea.

Emotions: Forgiveness, Bitter.

Heart Meridian: Trace down only, from the armpit, down the inside of the arm to the end of the little finger.

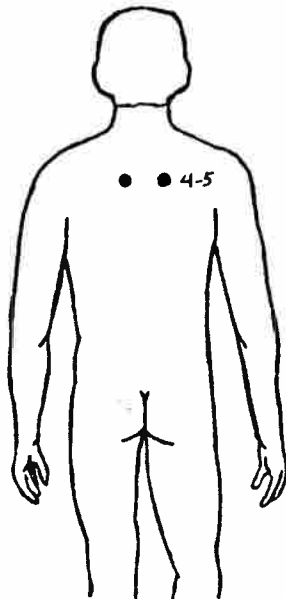
Origin: The spinous processes of the six lower thoracic and all the lumbar vertebrae, the back of the sacrum, the crest of the ilium, and the lower three ribs.

Insertion: Inside surface of the humerus just below the shoulder.



Front Neuro-Lymphatic Points: Between 4-5 ribs, 3-4 inches from midline of sternum, 1 inch inside of the nipples.\*

Back Neuro-Lymphatic Points: Between T 4-5, one inch to each side of the



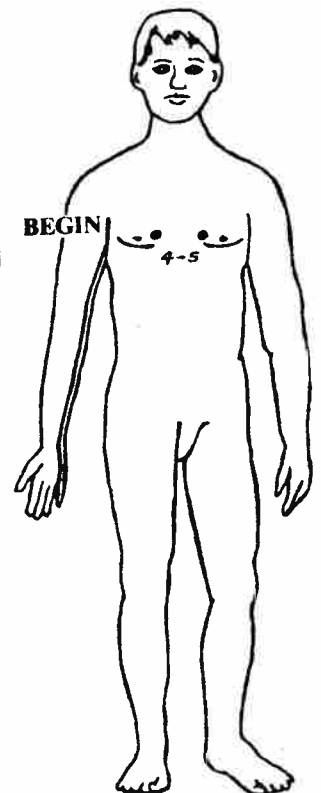
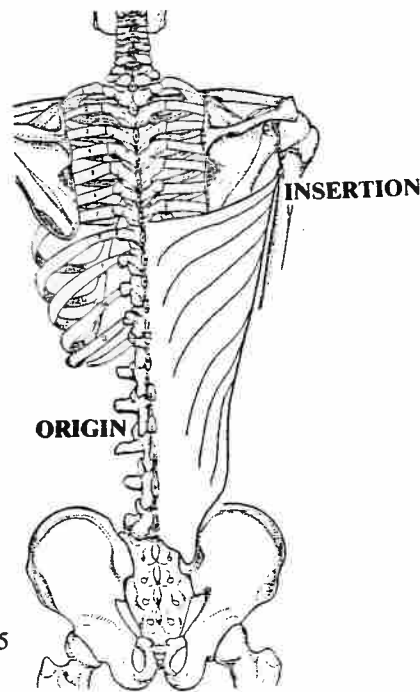
spine.

Neuro-Vascular Holding Points: Just below the frontal eminences and on the midline of the forehead at this same height.

\*If it is not appropriate to massage this reflex, you could use a method that I discovered in 1980 that is very effective for stimulating points that, for some reason, should not be massaged. Point the fingers or either hand directly into the reflex (neuro-lymphatic point) while holding the palm of the other hand over the occiput. 30 seconds is usually sufficient time.

References

1. Biokinesiology Institute. Muscle Testing Your Way to Health. U.S.A., 1982
2. Biokinesiology Institute. The Atlas. East Longmeadow, Massachusetts: Celecom, 1981
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4. Topping, Wayne W. Balancing the Body's Energies. Bellingham, Washington, 1983



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