

# **Biokinetic Exercises: Another Tool To Make Your Work More Effective**

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## **Abstract**

For clients with chronic problems biokinetic exercises are an additional tool to help maintain balance. These passive exercises are effective for eliminating hypotonicity or hypertonicity in muscles, tendons, ligaments, and fascia.

Biokinetic exercises have been used for many years as part of biokinesiology's wholistic approach to balancing the body. Over 180 of these exercises are described in *Be Your Own Chiropractor Through Biokinetic Exercises* by the Biokinesiology Institute. However, the basic principles are simple enough to be described here. Once understood, you'll have an additional physical technique to supplement your Touch for Health skills.

Biokinetic exercises are passive exercises that use position-releasing to balance kinetic tissues that are either too weak (hypotonic) or too tense (hypertonic). The aim of each exercise is to shorten the distance between the origin and the insertion of the muscle, tendon or ligament. External pressure or gravity is used to hold the position rather than working the tissue. This allows the tissue to relax fully and return to balance.

In some cases it may be wise to have a friend hold you in the relevant position. Don't strain! Don't do the exercise if it creates pain! Relax into the position, breathing deeply, and come out of it slowly. Then repeat the exercise for the other side of the body.

The positions are held for different lengths of time depending upon the nature of the tissue: thirty seconds for muscles, one minute for tendons, two minutes for ligaments and five minutes for fascias.

## **How to Know Whether You Have the Optimum Position**

1. If you are **by yourself**, remember that in the correct position there should be minimal soreness in the tissue.

2. If you are working **with a client or friend**, circuit localize the tissue while he or she puts the tissue into a shortened form.
  - a) A previously **weak** tissue should now test overstressed, i.e. it will muscle test strong until you run your hand up the central or governing meridian whereupon it will unlock. If the position is not even close to being correct, the tissue will test as being weak. If the position is close, but not the optimum position, it will test as being strong.
  - b) A previously **overstressed** tissue should test weak in the desired position, strong when close, and overstressed if not even close.

## **How To Use Biokinetic Exercises**

1. Find a sore muscle and attempt to find a position of contraction that will release the tension. Hold.
2. Identify the weak tissue and locate it in the index at the front of the *Be Your Own Chiropractor Through Biokinetic Exercises* book. Turn to the relevant page and read off a description for that particular biokinetic exercise.
3. If you cannot name the particular tissue that is sore or painful, identify a muscle on the charts on page 19 or 20 of *Be Your Own Chiropractor Through Biokinetic Exercise* that appears to be in a similar position. Locate that muscle in the index, then elsewhere in the book because the described biokinetic exercise may be close enough to be effective for your particular imbalance.

4. Remember that in Touch for Health and the Specialized Kinesiology, we usually test a muscle from its contracted position. What we need to do is duplicate this positioning, or take it further away from the contraction-to-extension direction without actively using the particular muscle.

### **Two Biokinetic Exercises to Illustrate the Procedure**

#### **1. Psoas**

**Structural Symptoms:** Difficulty in standing upright. Low backache. Lower back mal-alignment. Hip pains. Desire to curl up when in bed.

**Exercise:** Lie on your back, pulling your left knee up towards your right breast with both hands. Rest while breathing deeply.

#### **2. Rhomboid Major**

**Structural Symptoms:** Sore upper back and shoulders. Shoulders hunched forward.

**Exercise:**

1) Get on your hands and knees and place your hands about three or four feet apart (depending upon your size) and straight out from your shoulders keeping arms straight.

2) Try to sag down in the area between your shoulder blades. This causes a winging back of your shoulder blades and a compression of them towards your spine. Rest in this position breathing deeply.

### **References**

1. Biokinesiology Institute, *Be Your Own Chiropractor Through Biokinetic Exercises*, Celecom, East Longmeadow, MA, 1979
2. Topping, Wayne W., *Biokinesiology Workbook*, Topping International Institute, Bellingham, WA., 1985