

A chiropractic history of Applied Kinesiology in France

Chloé Blanchard and Richard Meldener

Narrative: This paper is based on phone and written exchanges with Thérèse Belline, Katharine Conable, Brice David, Gilles Duteil, Philippe Fleuriau, Florent Fournier, François-Xavier Fournier, Geneviève Gagné, Charles Héroux, Didier Jouffrieau, Alain Liny, Donald McDowall, Alain Marchand, Jay Marienthal, Jean-Pierre Meersseman, Daniel Nicolle, Jean-Philippe Pialasse, Laurent Picard, Claude Portal, David Rajkumar, Alexis Ryan, Yann Schmitt, Joseph Shafer, Anne-Eugénie Simard et Anne-Marie Yvroux. We extend our warmest thanks to them.

With sincere acknowledgments too for the valuable contributions of Marine Angles d'Auriac, Manon Blanchard, Sébastien Duijndam, Tidiane Dumoulin, Mathias Herr, Anne-Karine Parra, Anne-Eugénie Simard et Louis-Marie Tinthoin. And particularly to Garry Gill for the English translation's correction.

Indexing Terms: Chiropractic; Applied Kinesiology; History; France.

An overview of the beginnings of Applied Kinesiology

Among the techniques for analysing the neuro-musculoskeletal system, today the assessment of muscle tone is practiced by more than a million practitioners worldwide. (1) Developed from the work done by Daniel, William, Worthingham, Kendall and Kendall, Applied Kinesiology (AK) excels in this area.

From the 1960s onward, the clinical questions of Chiropractor George Goodheart expanded the study of the muscle test for functional analysis of the central nervous system, which complements standard diagnostic tools. This functional muscle analysis has contributed to an understanding of physiology and its dysfunctions. Developed in the 1960s, today AK is practiced by approximately 40% of the chiropractors in the USA. (2)

Later, in France, then Italy, it next experienced rapid development in Europe, and International College of Applied Kinesiology (ICAK) local associations were

... through many hours of exchanges and collaboration between practitioners of the same and different medical professions that AK has been able to prosper across Europe'



1. CUTHBERT S. A history of professional Applied Kinesiology around the world (Part I) », Asia-Pacific Chiropractic Journal, 2021.
2. JENSEN A.M. Estimating the prevalence of use of kinesiology-style manual muscle testing: A survey of educators, Advances in Integrative Medicine, vol 2, August 2015, p. 96-102.

created in Great Britain, Austria, Germany, Russia, the Baltic countries, Switzerland and the Benelux. Its founder, George Goodheart, comes from a French family well versed in the Alsatian 'Va de bon Coeur', which emigrated to the USA at the beginning of the 20th century. George was born on August 18, 1918, in Detroit, Michigan, where he spent his childhood. He studied chiropractic at the National Chiropractic College and graduated in 1939. (3)

His father was also a Chiropractor, then he went to join him at the end of his studies to practice in Detroit. However, World War II quickly forced him to serve in Europe. As a US Air Force officer in France and Great Britain from 1941 to 1946, he had the opportunity to express his creativity in Normandy. It was a war of duels that was won by the airplane control stick. However, an abnormally high number of pilots from the Allied forces were shot down by the Germans. During combat, Allied aviators pushed the control sticks of the aircraft until they exceeded the limits established by the engineers. The fuselage would become twisted, rendering the Allied machine guns ineffective. He discovered this problem and reported it to his superiors.

His intervention made it possible to restore the advantage to the pilots of the Allied forces. This observation earned him the appointment of Major Officer, and he became the youngest soldier of such a rank in his class. He was also awarded the Bronze Star, the fourth highest distinction for bravery, heroism and merit. In 1946, after the war, he returned to Detroit to work with his father as a Chiropractor. (4)

To understand the period, it is important to remember that polio epidemics were still very common, causing the death or disability of nearly 500,000 people worldwide each year, and affecting the United States since the end of the nineteenth Century. Poliomyelitis is an infectious disease that affects the nervous system, more specifically the spinal cord, and causes neuromusculoskeletal dysfunctions. There were 27,000 cases and 6,000 deaths linked to polio in 1916 in New York City alone. During the 1942 epidemic, there were 2,720 deaths and 42,173 cases across the United States. Thus, campaigns to combat the disease were launched.

From 1915, an orthopaedic surgeon, Dr Lovett, and a physiotherapist named Martin, were studying the consequences of this disease. They developed a test to measure the evolution of orthopaedic pathologies in relation to the treatments given to patients. In this test, the subject maintained a muscle contraction, while the examiner tried to overcome it by stretching the muscle, and a spring scale recorded the maximum force exerted. For the first time, muscle testing was described in the literature. (5)

The researchers Daniels MA, PT, Marian William PhD and Catherine Worthingham PhD published the first work on muscle testing in 1946: '*Muscle testing - Techniques of manual examination - A manual muscle test for each major muscle*'. This publication was used in the work of thirty-eight physiotherapists who participated in a study measuring muscular strength. The aim of the test was to objectivise the preventive action of the Salk vaccine against polio paralysis that was developed in 1947. (6)

It is in that context that Raymond Koshay, a chiropractor from Port Huron, Michigan, gave George Goodheart the second published book on muscle testing, Kendall and Kendall's 'Muscle's testing and function, A muscle test manual for each major muscle', published in 1949. George Goodheart then used this muscle testing technology, adapting its use, which until then was

3. MELDENER R., Historique de la Kinésiologie Appliquée », ICAK Int Congres, Toulouse 2024.

4. MELDENER R., op. cit.

5. MELDENER R., op. cit.

6 \. DANIELS W. et WORTHINGHAM, Muscle Testing. Techniques of Manual Examination. A Manuel Muscle Test for each Major Muscle, sd, p6 OU AVERS D. et BROWN M., Daniels and Worthingham"s Muscle Testing: Techniques of Manual Examination. A Manual Muscle Test for each Major Muscle, 2018 (10e édition).

reserved for paralysed patients only and extending it to patients who came for consultations with him for various health problems. He used the Break test, already validated by The Institute of Sports Medicine and Athletic Trauma. This allowed him to analyse the existing links between neurology and physiology. (7)

At the origin of the birth of the International College of Applied Kinesiology

In his publication prepared for the sixty-year anniversary of AK, Richard Meldener reports that George Goodheart was a particularly friendly man who had the habit of offering medical works to colleagues in his entourage. He began to spread his knowledge within a group of coworkers, called '*the Dirty Dozen*' in reference to the film of the same name released in 1967.

Katharine Conable explains that these group members were allowed to teach and were given the Charter diplomate, according to the grandfather clause. This clause comes from the history of voting rights in the United States. When a new law is adopted, it allows the conditions of the old law to apply to those who already benefited from them. This is why when ICAK was formed, this rule was enforced and those who formed the Dirty Dozen group were allowed to teach and were awarded the founding teaching qualification, *Charter Diplomat*. This status, obtained after assisting teachers during their courses, authorised the teaching and issuing of diplomas to new students. Walter Schmitt, Jerry Morantz, Katharine Conable and a few others were among the first to obtain this status based on the grandfather clause in 1975 or 1976.

Donald McDowall allows us retracing ICAK's birth. He began studying AK in 1972 and was part of the first group to take the ICAK exam. He graduated from Palmer Chiropractic College (PCC) in 1974 and obtained his DIBAK in 1976. He later continued to study at *RMIT University* in Australia for a Master of Applied Science (MAppSc) which he validated in 2008, by researching AK publications. In 2023 he completed a PhD at *Southern Cross University* (SCU) working on the concept of Tone as the basis of chiropractic. He is the main author of the article '*Tone as a health concept: An analysis*'. (8) He interviewed Sheldon Deal and George Goodheart to establish a list of colleagues present at the time of the Dirty Dozen. This group met regularly and informally in Gaylord, Michigan between the 1960s and 1970s.

During the ICAK USA annual conference in 2006, Donald McDowall discussed this list again with George Goodheart. He establishes that Sheldon Deal, Otis Thomas, Paul White, George Coffman, John Stoutenberg, Gerry Deutsch, John Thie, Orval Ladd, Karl Hawkins, Alan Beardall, Emil Morlock, Ed Evans, Dale Evans, John Hughes, John Bernzott and Bert Hanicke were part of this first team which studied and developed the work of George Goodheart.

George Goodheart introduced AK to the Chiropractic profession at a 1964 conference in Denver, Colorado, organised by the *American Chiropractic Association*. His work was then distributed in different ways: conferences, videocassettes, paper formats, etc. (9)

Katharine Conable tells us more about ICAK beginnings. Graduated from Logan Chiropractic College in 1975, she then received the founding teaching qualification, Charter diplomate, from ICAK in 1975. In 2008, she obtained a Master of Applied Science in Musculoskeletal Management at the *RMIT University* during which she researched muscle testing. She has been a member of the ICAK Board of Examiners since 1979 and currently teaches AK in the Chiropractic curriculum at Logan University. Thanks to her, we know that one hundred and thirty-seven research videotapes, recorded since 1964, were transcribed by Cecilia Duffy and John Heidrich. Each cassette ended with a ritual phrase '*Good night to you Gerry Deutsch, wherever you are*'. Gerry Deutsch was a close

7. MELDENER R., op. cit.

8. McDOWALL D., EMMANUEL E., GRACE S., CHASELING M., *Tone as a Health Concept: An Analysis*, Complementary Therapies in Clinical Practices, 2017.

9. MELDENER R., « Historique de la Kinésiologie Appliquée », ICAK Int Congress, Toulouse 2024.

friend of George Goodheart, he was one of the first graduates. Thus, after his death in 1980, he paid tribute to him at the end of each recording. (10)

Donald McDowall allows us to read a document written by John Thie. Another emblematic personage, he graduated from the *Los Angeles College of Chiropractic* in 1956, met George Goodheart in June 1965 during an AK course given by the *American Chiropractic Association* in Los Angeles. The following year, when George Goodheart was invited by the *Californian Chiropractic Association*, John Thie assisted him during the two days of presentations. They developed a friendly relationship and worked together to develop the teaching of AK. It was in 1973 that the first Leader Study Group was held in Detroit, Michigan. To be part of it, you had to be personally invited by George Goodheart and present a written document on the content of the courses given. This first meeting was a success and a meeting was planned. During this event, a plan was developed to make the organisation formal. The name *International College of Applied Kinesiology* was chosen, and it was decided that conference participants should present their research.

John Thie wanted to teach the public while George Goodheart wanted to teach only to practitioners whose training allowed diagnosis. Goodheart, along with Victor Frank, asked Thie to write a book for the public. The book, titled '*Touch for Health, A practical guide for natural health*', was published in 1973 and quickly became a bestseller. In 1974, John Thie was authorised by the group to draft the bylaws of the Touch for Health (TFH) *Foundation* based in Pasadena, California. A little later, he discovered that George Goodheart and Dan Duffy, a new member of the organisation, had doubts about letting ICAK participate in the organisation of TFH. (11) In 1975, at the convention held in Gaylord, Michigan, it was decided that the statutes would be amended to exclude ICAK. It was also agreed that fifty percent of the revenue generated would be allocated to research. (12) *Touch for Health* and ICAK diverged in 1975., however, George Goodheart remained in the TFH executive office for a few years as vice-president, while John Thie served on the International Examining Board until January 2002. (13)

Transmission was thus achieved through seminars, but also through the writing of books. Alan G Beardall, a 1968 graduate of *Los Angeles Chiropractic College*, followed many athletes during his consultations. He individualised the testing of each muscle into sections. His first work, '*Clinical Kinesiology*', was published in 1975, thus contributing to the diffusion of the technique abroad. David S Walther, who graduated from Palmer Chiropractic College (PCC) in 1959, published two major works in AK: '*Applied Kinesiology - The advanced approach in chiropractic*', followed by the seminal '*Applied Kinesiology*' Volumes I and II (2 Books) (*Basic Procedures and Muscle Testing* and *Head, Neck, and Jaw Pain*). This was followed by his '*Applied Kinesiology: Synopsis*', 2 editions, which was purchased by over ½ of the chiropractic profession. He was the first to publish the course syllabus of a 100-hour course of AK basics. He produced more than 10,000 lesson pages, as well as audiovisual productions that AK teachers used around the world. (14)

During the 13th *Winter Olympic Games* in Lake Placid in 1980, George Goodheart joined the medical committee of an Olympic team as a professional not belonging to a medical profession. In 2001, a Times article was dedicated to him, '*The man with magic fingers*', in which he is mentioned as being '*one of the most innovative and original thinkers on natural therapies in the*

10. McDOWALL D., Communication by email, February 2025.

11. McDOWALL D., op. cit.

12. KEATING J., Chronology of George J. Goodheart, D.C. & the I.C.A.K, https://chiro.org/Plus/History/Persons/Goodheart/Goodheart_Chronology

13. KEATING J., ibid

14. MELDENER R., op. cit.

world'. In the waiting room of his clinic, there was a commemorative plaque from the White House, celebrating the service he had provided there. (15)

Because George Goodheart opened his practice after leaving his father's in Dearborn, Michigan, the *International College of Applied Kinesiology* conference was organised every other year at the *Hyatt Regency Hotel* in that city. The following year, the congress was held abroad, demonstrating the interest chiropractors in AK had for sharing their work at the international level. (16)

Over the years, Chiropractors who have taken AK courses would give birth to other techniques based on muscle testing. For example, Victor Franck and *Total Body Modification*, Carl Ferreri with *Neural Organization Technique* and Scott Walker with *Neuro Emotional Technique*. However, they did not stay within ICAK, preferring to create their own education system.

The Chiropractic Team

In the 1970s, around a hundred chiropractors practiced in France. (17) The Chiropractic profession was not legally recognised in the country and the *Franco-European Institute of Chiropractic* (IFEC) did not yet exist. As the practice was not regulated in France, they regularly risked being sued for the illegal practice of medicine, due to a law reserving spinal manipulations for doctors only. Many practitioners experienced the harshness of criminal trials, but at the time a certain passion animated them.

Here again, the game of networking has largely contributed to the development of the discipline. Claude Portal graduated in 1974 from *Palmer Chiropractic College* (PCC). The same year he settled in France, in the city of Tours. In the early 1970s, while studying in the United States, he met one of his classmates who was struggling to finance his studies and was making and selling chiropractic tables. Claude Portal came one day to buy a table from him, and he told Claude about a course by George Goodheart that he had attended. Claude Portal then joined the meetings that were being held by around ten students who worked on AK courses together.

Jean-Pierre Meersseman obtained his diploma from the PCC in 1971. His first contacts with AK date from his studies, more precisely from his discussions with Claude Portal. While he was a student, Jean-Pierre Meersseman went to Dearborn several times to meet George Goodheart. Back in Europe, he worked for a few years in Cannes in the office of Jean Belaval. Later, one of his patients, Mirta Mantero, the wife of one of the most famous silk industrialists, convinced him to come and settle in Italy. There, he founded the San Rocco clinic in Como in 1972. His work allowed for the dissemination of AK in Italy. In the years 1972-1973, Jean-Pierre Meersseman began giving Sacral Occipital Technique (SOT) courses in Charbonnières-les-Bains, near Lyon. This location was chosen because it was quite central and therefore easy to reach for French-speaking chiropractors. (18) These courses were an opportunity for him to introduce AK to French chiropractors and his SOT courses prepared and facilitated the arrival of AK courses in France.

Friendly ties also played a role. Thus, Alain Liny graduated from the *Anglo-European College of Chiropractic* (AECC) in Bournemouth in 1970. At the end of his studies, he bought Paul Pressman's practice at 17, *place de la Madeleine* in Paris and started his career. His practice was close to that of Richard Meldener who graduated from the PCC in 1972 and moved to Paris at 49, *rue des Mathurins* in 1973. Having an inquisitive mind, he loved learning and developing his clinical skills. After returning from the United States and launching his practice in Paris, he

15. MELDENER R., op. cit.

16. MELDENER R., op. cit.

17. DUTEIL G.- Communication by phone, September 2024

18. MEERSSEMAN J.P. - Communication, December 2024

quickly began studying SOT. (19) Major Bertrand DeJarnette was also one of the mentors of George Goodheart and his father. (20)

In 1974, Richard Meldener and Alain Liny launched The Chiropractic Team. It was a group of French chiropractors who met for clinical exchanges and the organisation of seminars. Alain Liny explains the development of The Chiropractic Team by the surge of curiosity that carried the Chiropractors of that time. Since there was no post-graduate training in France, they wanted to offer some, 'If only for the pleasure of meeting up again', commented Alain Liny.

Jean-Pierre Meersseman, Xavier Gillet, Alain Jouffrieau, Bertrand Faucret, François Bourgarel, Guy Lambert, Daniel Nicolle, Daniel Rafine, Franck Smislaert, Pick Martin, the Lambrecht cousins, Woutels, among others attended these courses.

At the time, Richard Meldener and Alain Liny wondered about what the cutting-edge topics in Chiropractic were. They invited Henri Gillet for Motion palpation and ML Rees, who came to teach SOT in 1976. *The Chiropractic Team* then invited various instructors to teach in France, including Helen Delue and Cleo Bloodworth.

Daniel Nicolle, a 1973 graduate of PCC, heard about AK during his studies. He had assisted DeJarnette during SOT courses given in Omaha (Nebraska). Authorised to teach SOT by Major Bertrand DeJarnette, he was present for the arrival of ML Rees. He also followed the teaching of George Goodheart for a long time. He has wonderful memories of this time and the tennis games they played together at the *Châtaigneraie* in *Rueil-Malmaison*.

Alain Liny says that their business was supported by Swiss chiropractors. In Switzerland, the profession has been recognised in the canton of Zurich since 1939. This was the first recognition of the profession outside of North America.

Given the legal context of the profession in France, *The Chiropractic Team* remained a de facto association. This situation is explained by the existence of the risk of being sued for the illegal practice of medicine, of which Chiropractic was sometimes the subject. Richard Meldener was also found guilty of this offence on November 16, 1979, and sentenced to pay a symbolic fine of one franc. Alain Liny and Richard Meldener, both very active, tried to take part in the attempts to legalise Chiropractic. They sent a written request for recognition of the profession to the *European Parliament* in Strasbourg, relying on the political connections of Jehan Gillès de Pellichy.

Despite the momentum created by *The Chiropractic Team*, the enterprise was not without its pitfalls. Foreign teachers would only travel for a minimum of twenty-two participants. Although information about the courses was transmitted through European mailing lists, they sometimes struggled to reach the necessary number of participants. (21) This initial enthusiasm therefore had to be regularly revived and revitalised so as not to run out of steam.

In 1974, during a SOT seminar, Claude Portal spoke to Richard Meldener and Alain Liny about the AK teachings that George Goodheart was beginning to develop. (22). Claude Portal recounts that in 1975, he was invited by *The Chiropractic Team* to give an introductory AK course at the *Charbonnières-Les-Bains* casino hotel.

To this day, Claude Portal remains marked by the humility of George Goodheart. He said George always cited the origins of his clinical innovations, paying tribute to those who discovered them. He relates the following anecdote: George Goodheart followed a patient who had been cheated by a real estate developer. However, this developer also happened to be one of

19. CUTHBERT S., A history of professional Applied Kinesiology around the world (Part I) », *Asia-Pacific Chiropractic Journal*, 2021.

20. DUTEIL G., *ibid*

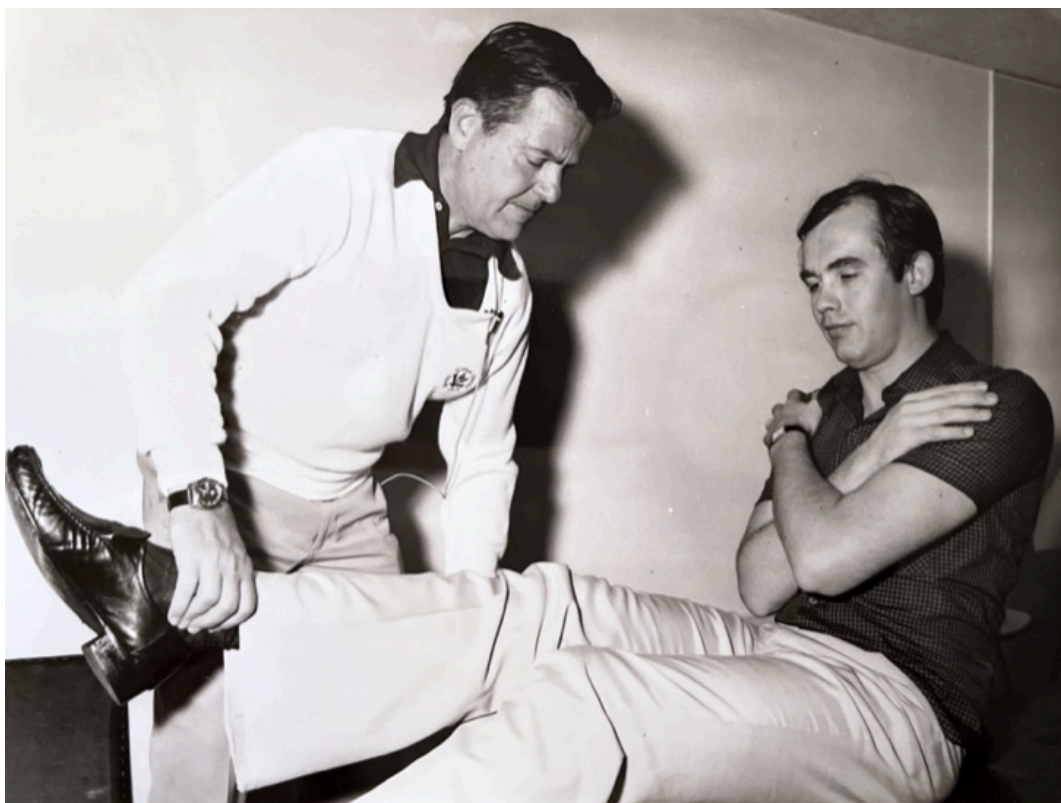
21. LINY A., Communication by phone, September 2024

22. MELDENER R., *op. cit.*

Goodheart's patients. At the end of the developer's next consultation, he was asked to pay an exorbitant fee. The real estate agent said he refused to pay that amount. George Goodheart then replied that he would undo the work just completed and return the patient to his previous state. The developer therefore signed a check, which George Goodheart gave to the patient who had been cheated. Thanks to Goodheart's intervention, she was able to sue the real estate developer and won her case.

Following the course given by Claude Portal, Richard Meldener sent a letter to George Goodheart inviting him to come and teach in France. He came to give a three-day seminar in 1976 which marked the beginning of the teaching of AK in Europe.

On September 23rd, 24th, and 25th 1976, the first AK seminar officially took place, given by George Goodheart at the *PLM Hotel* in Orly. A demonstration was carried out on Henri Schmoukier, one of the first Parisian Chiropractors and president at the time of the *French National Chiropractic Association (ANFC)*. (23) The course was of such high quality that *The Chiropractic Team* decided to invite him to come and teach in France every three months. He came ten times to teach in Paris and Charbonnières. That same year, 1976, Jean-Pierre Meersseman and Pierre Gontard gave an introductory course in SOT and AK for the ANFC. One of the following courses organised by was held on the first floor of the Orsay train station, the ground floor of which was still in disrepair, since the building had retained the scars of the Second World War²⁴. Then, Mario Sabella came from Australia to teach in Paris in 1977.



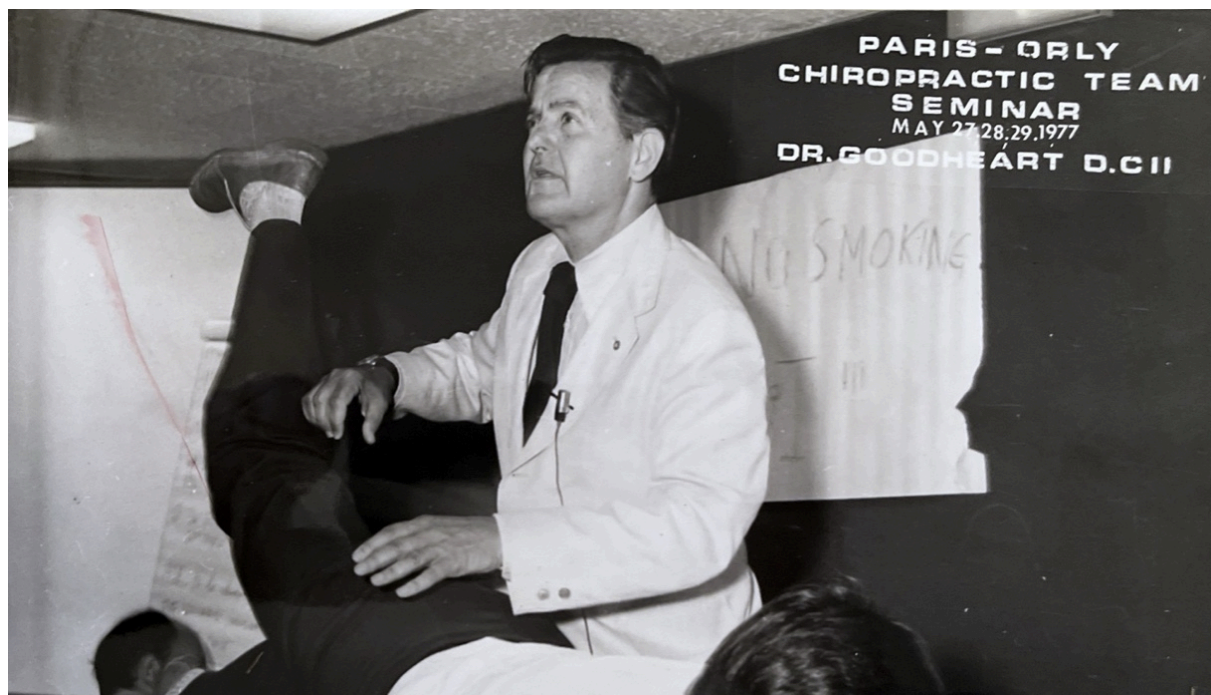
Courtesy of MELDENER R. GOODHEART G. demonstrating AK with MEERSSEMAN JP.

23. MELDENER R., op. cit.

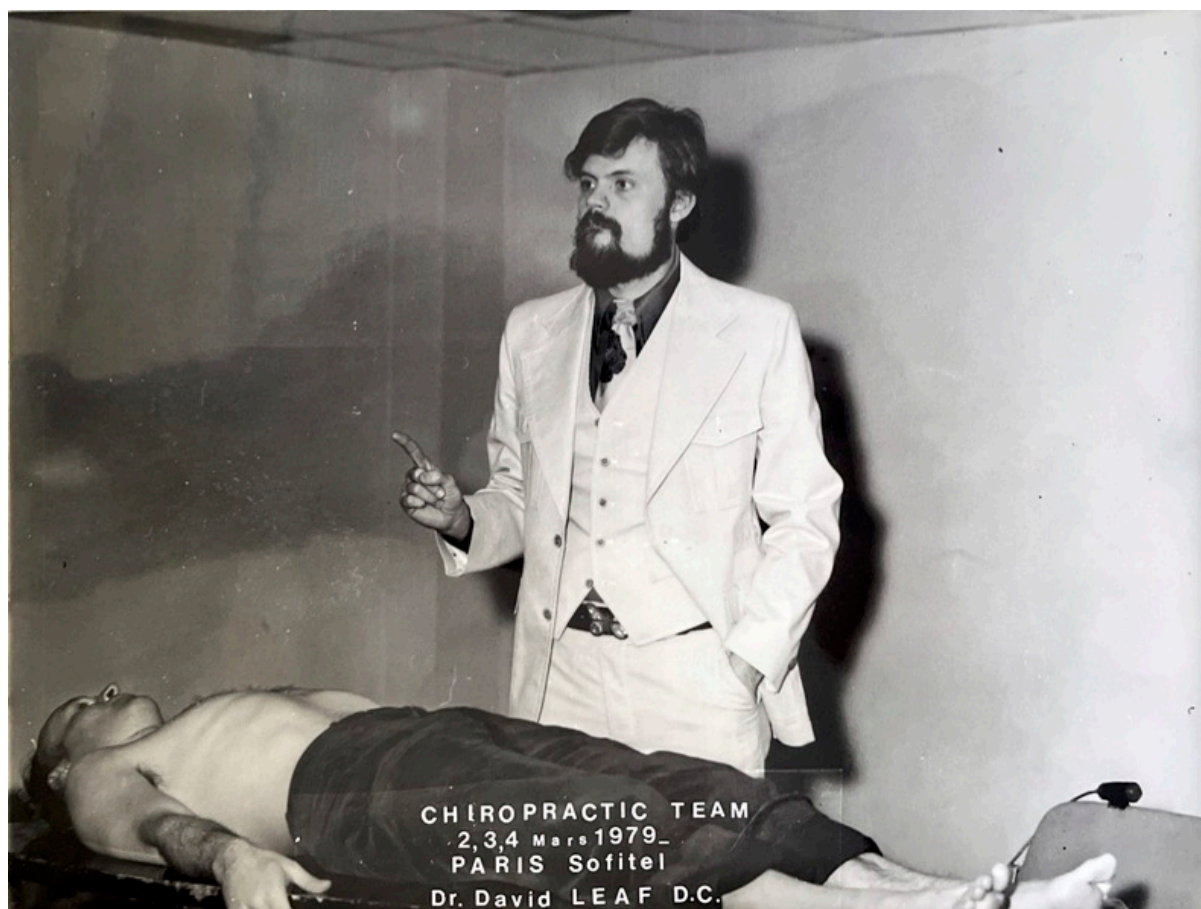
24. LINY A., op. cit.



Courtesy of MELDENER R. GOODHEART G. demonstrating AK with SCHMOUKLER H.



Courtesy of MELDENER R. GOODHEART G. demonstrating AK. 'He used to have that particular look when looking for inspiration as if he was looking toward the sky', says MELDENER R.



Didier Jouffrieau graduated from the *National Chiropractic College* (NCC) in 1976. During his studies, two students from a previous year before him would become AK pioneers: Gerry Morantz and Wally Schmitt. Both organised practice sessions at the AK student club that they had formed. Didier Jouffrieau had the opportunity to participate in the NCC's annual Homecoming during which he heard George Goodheart speak at the AK club. Back in France, his attraction to AK meant that he naturally joined *The Chiropractic Team*.

In 1977, *The Chiropractic Team* invited David S Walther, author of the AK reference books, (25) and Paul White to teach in France. In addition, in 1978 Mario Sabella returned from Australia and Sheldon Sinett came from New York to give a course in Paris. (26)

The establishment of regular education in France

In 1978, Richard Meldener began traveling to the USA to the annual ICAK conferences. He had not yet passed the DIBAK, an exam which officially gives one the right to provide AK lessons according to ICAK standards. At the following congress, he asked George Goodheart to advise him by recommending a teacher to maintain regular teaching in France. The latter suggested David Leaf. (27) The latter graduated in 1971 from the *Texas Chiropractic College*. In 1975, he was the first to receive the DIBAK diploma and became the author of the textbook, '*Applied Kinesiology Flowchart Manual*'.

David Leaf came to teach first in Paris, then in the *Alpes*, in *Courchevel*, from 1982. During these seminars, participants skied in the morning and classes were held from 4 p.m. to 8:30 p.m. Anne-Marie Yvroux (1971 graduate of AECC) was a childhood friend of Monique Chardounaud (1974 graduate of PCC). After Anne-Marie Yvroux completed her initial training as a Chiropractor, she returned to Marseille and spent the summer with Monique Chardounaud, then a gymnastics teacher. She then decided to resume her studies and went to study at the PCC. Years later, while attending a David Leaf seminar in *Courchevel*, she twisted her ankle, and her future husband began to take care of her. Their love story meant that David Leaf kept a close link with France. Monique Chardounaud organised the seminars and assisted her husband during the courses. They came regularly to her native country until her death in 2012.

Jean-François Garrigues (graduated from PCC in 1974) worked for Jean-Pierre Meersseman for some time. He met Monique Chardounaud during his studies and thus met David Leaf. He was impressed by his knowledge in Applied Kinesiology and suggested David Leaf's name to Jean-Pierre Meersseman, who wanted to organise a 100-hour course in Italy. This took place in Milan in 1983.

Richard Meldener obtained the DIBAK in 1980. He took his exam with Gleeson, Stentenburg and Kampbell. He was the first in Europe to obtain this diploma and created the site www.icak.com with Donald McDowall. (28) He taught in France, assisted by the Belgian chiropractor Piet Matin, and then in Denmark, Norway, Great Britain, Switzerland and Belgium. The 100-Hour Course was one of the classes he taught at the AECC in Bournemouth, and later at the *British School of Osteopathy* in London. The dissemination of Chiropractic techniques in the medical and osteopathic world began in this manner in Europe. (29) Richard Meldener also introduced AK to the dental profession. He gave courses in London at Harley Street, and in France at the *University of Reims* with Professor Nahmani, at the *University of Lille* with Professor Dupas

25. D.S. Walther – Applied Kinesiology Volumes 1, 2 and Synopsis

26. CUTHBERT S., op. cit.

27. MELDENER R., op. cit

28. MELDENER R., op. cit

29. CUTHBERT S., op. cit. (Part I)

and at the *University of Garancière* with Professor Jeanmonod. In September 1982, David S. Walther was invited to give the 100-Hour Course for the first time in Europe, in Paris and in Switzerland at Interlaken. (30)

Institut Franco-Européen de Chiropraxie (IFEC) was created in 1984. Alain Marchand (graduated in 1979 from NCC), who assisted Richard Meldener at his office on rue des Mathurins in Paris, gave the first AK lessons there. Richard Meldener then gave approximately 10 hours of AK lessons per year at IFEC from 1984 until 1989. They both taught AK there alternating every other week.

After ten years of teaching in France and across Europe, Richard Meldener took a well-deserved rest. A few years later, Daniel Rafine also came to present AK at IFEC, which lasted until 2003. Philippe Albertini (graduated from PCC in 1980 or 1981, then certified in Neural Organization Technique, NOT) (31) and Laurent Picard (graduated in 1992 from PCC, certified NOT instructor in 2000, holder of DIBAK since 2008), invited David Leaf to return to give the 100-hours of AK in 2002. These courses were held at IFEC until 2020. (32) Many Chiropractors, at least 500 according to our estimates, attended his courses. (33)

Applied Kinesiology and Inter-professional collaborations

At the beginning of the 1980s, during a seminar held in Geneva, Thérèse Belline (1972 graduate from the AECC) attended a presentation on the temporomandibular joint (TMJ) given by George Goodheart. Among those in the audience were: Richard Meldener, Franck Smislaert, Jean-Pierre Meersseman, Didier Jouffrieau, Monique Chardounaud, Daniel Nicolle, Piet Seru, Michele Cantova, Gérard Belline, Gérard Yvroux, Xavier Gillet, Brice David and many others. Until then, the clinical relationships between TMJ and posture were poorly developed in the training of the Chiropractic profession.

Subsequently, Jean-Pierre Meersseman suggested to a small group of French Chiropractors a way to clarify this complex subject by communicating to them his own simple and effective approach, thus opening an exciting period of collaboration with dentists. This meeting was kindly proposed by Jean-Pierre Meersseman to present his technique for diagnosing bottom-up/top-down problems. It was held in the office of Daniel Nicolle, Place Saint Sulpice in Paris. The meeting was of invaluable help to his colleagues and marked the beginning of a series of invitations from Jean-Pierre Meersseman to the largest occlusodontology conferences. (34)

Indeed, during the eighties, several teachers had already been received in Dan Nicolle's office, such as George Goodheart, David Walther, Paul White, ML Rees, Stark, Cleo Bloodworth and David Leaf. Daniel Nicolle's patient and friend, Louis Nahmani, president of the Société Française d'Occlusodontie, and François Servière, vice-president of the Société Française d'Occlusodontie, were present during an introductory meeting at AK. This meeting was a success and Daniel Nicolle was invited to make a presentation in the amphitheatre of the Thenon hospital in Paris to present AK in 1979. Professor Louis Nahmani published in 1990 a scientific work intended for dentists and other professionals, '*Kinesiology - Dental, occlusal cranio-mandibular and vertebral functions and dysfunctions*'. (35)

30. MELDENER R., op. cit.

31. SCHMITT Y., Communication by phone, January 2025

32. PICARD L., Communication by email, November 2024

33. RAJKUMAR D., Communication by phone, January 2025

34. BELLINE T., op. cit.

35. NICOLLE D., Communication by email, January 2025

Several courses were then organised by Jean-Pierre Meersseman with Gian Mario Esposito, Professor at the *Universities of Chieti and Palermo*, and then with Pierre Couderc at the Concorde hotel in Paris, as well as in Manosque with Professor Cardonnet. (36) In 1987, Gian Mario Esposito along with J.P. Meersseman wrote the first article in the history of medicine, illustrating the correlations that exist between dental occlusion and posture. (37)

Brice David, graduated from PCC in 1978 and was invited in 1988 by Jean-Pierre Meersseman to join him to work in Como. Piet Seru, who graduated from *Sherman College of Chiropractic* in 1980 was already working there. For years, the three enthusiasts met from 7:30 p.m. to 2 a.m. on Tuesday and Thursday evenings to work with four dentists, Enrico Zucchi, Filippo Misitano, Gabriella Guaglio and Gian Mario Esposito on the existing links between occlusion and posture. From 1984 David Leaf also came to work with them several times in Como. Brice David enthusiastically recounts how these opportunities for working together were conducive to exchange and discovery. In his own words: *'Everyone was having fun, had a sense of humour and didn't take themselves seriously'*.

George Goodheart came to Como several times in the 1980s and early 1990s. Brice David reports how he readily answered his questions, '500 answers to the 500 questions I asked him', he says. For example, during one of their meetings, Piet Seru asked him what the neuro-lymphatic reflex of the extensor of the big toe was. George Goodheart instantly pointed to the reflex with a pen *'Here!'*. When Piet Seru asked him why he didn't teach it, George Goodheart replied most naturally, *'Because no one had ever asked it before'*.

Thérèse Belline tells us that around 1990-91, Professor Pierre Couderc organised a course for dentists in Paris. He invited Jean- Pierre Meersseman to explain the importance of the interactions between occlusion and posture, as well as the benefits of a close collaboration between the Chiropractic and dental professions using AK. Jean-Pierre Meersseman had to be absent due to a family emergency, and for the first time asked Brice David to teach the next day's class in his place.

Later, during another course, this time given in Italy, Jean-Pierre Meersseman was unable to teach at the last moment due to a sore throat. He again asked Brice David to give the course in his place. However, Brice David had only lived in Italy for barely a year and the course had to be given in Italian. Still, he decided to give the course and from then on was cured of his anxiety of speaking Italian in public, so much so that Jean-Pierre Meersseman then sent him to appear on 35 television shows in total, some of which were live (38)

In Marseille, Thérèse Belline had the opportunity to collaborate and exchange clinical skills with a dentist interested in the consequences of occlusion problems. In the 1990s, a group of dentists from Marseille were interested in the clinical demonstration of what such a pairing with Chiropractic could do. To be clear and convincing, Thérèse Belline asked for help from Jean-Pierre Meersseman, who had already accumulated numerous course elements to illustrate her notes. He generously offered her the use of all his teaching materials.

Jean-Pierre Meersseman was officially invited to participate in a congress of the *College National d'Occlusodontie* held at the *Palais des Congrès* in Paris. He had to refuse the invitation of participating due to professional disagreements with Professor Nahmani, who threatened to have him charged with the illegal practice of medicine. To avoid this threat, he asked Gian Mario Esposito, dental surgeon, to replace him and Thérèse Belline to read part of his course, since Gian

36. MEERSSEMAN J.P, Communication by phone, January 2025.

37. MEERSSEMAN J.P et ESPOSITO G.M, Évaluation de la relation entre occlusion et posture. *Le dentiste moderne*, 1988.

38. DAVID B., op. cit.

Mario Esposito did not speak French. She accepted, even though her participation was decided upon at the last minute.

In 1991, Richard Meldener published the first AK article referenced on *Pubmed* with Professor Goubel and Professor Perot of the *University of Technology Compiègne*. This university department had manufactured an ankle ergometer, allowing the muscle tone of the anterior leg to be assessed. (39) It was a protocol for the inhibition of this muscle, obtained by the approximation of its neuromuscular spindles, the consecutive measurement of this muscle and the evaluation of the *triceps surae* by EMG. At that time, he shared his office with Serge Collin, who knew Professor Goubel through personal connections. Richard Meldener arranged a meeting with him and gave him a quick overview of the state of knowledge in AK at the time. The teacher, Goubel, asked him 'What do you want?' 'I want you to validate what we do in practice', replied Richard Meldener. The work lasted two years. A first summary article was written, then it was decided to produce a second. The volunteers for the study were chosen from among the students. As George Goodheart was the initiator of this study's protocol, Richard Meldener invited him to the *University of Compiègne* to evaluate his work and measure the effects of the inhibition of the *anterior tibialis* on the *triceps surae*. (40)

ICAK European Chapter

In the early 1980s, internal tensions within *The Chiropractic Team* increased, leading to its dissolution in the early 1980s. At ski seminars given by David Leaf, the possibility of forming a European chapter was discussed, but nothing concrete happened. After listening to these fruitless discussions, David Leaf, who was tired of waiting, placed a traveller's check for 100 American dollars on the table and said in short, 'Here is 100 dollars, stop talking and start a chapter'. And that was how ICAK-Europe began.

Joseph Shafer (PCC graduate in 1980, DIBAK holder since 1990) and Xavier Gillet were present. The composition of the first board of directors reflected the tensions which led to the dissolution of *The Chiropractic Team*, and it was then decided that the presidency would not be held by any of its former members. Xavier Gillet did not wish to be president, which left Joe Shafer in a better position to assume that role. His English being of better quality than the others, would also encourage exchanges. Xavier Gillet was elected secretary/treasurer. Richard Meldener, who wanted to be part of the association's office, was given the position of vice-president. Later this group was joined by a dentist name Harry Stassen, who took the position of treasurer.

Joseph Shafer wrote the first statutes of ICAK-Europe, based on those of the American section. The European section of ICAK was officially established in 1987. The first international congress organised by ICAK-Europe was held in 1989 in London, largely due to the efforts of Marc Mathew, an osteopath who graduated from the *European Osteopathic School in Maidstone* (1987). George Goodheart and David Leaf attended, as did many doctors from across Europe, making it a great success.

At the time, the creation of ICAK-Europe was important because interest in kinesiology was growing, but only the *Touch for Health* organisation based in Fribourg was actively teaching. Additionally, they taught Applied Kinesiology to almost everyone, regardless of professional status. Among practitioners using AK, many felt its use by non-professionals was in opposition to the professional use of AK and were dissatisfied. Without an organisation to structure teaching, the professional use of AK in Europe risked being left behind. (41)

39. PEROT C., MELDENER R., GOUBEL F., Agressologie. Objective measurement of proprioceptive technique consequences on muscular maximal voluntary contraction during manual muscle testing. PMID: 1844106, 1991;32(10 Spec No):471-4.

40. MELDENER R., op. cit.

41. SHAFER J., communication by email, february 2024

Joseph Shafer had noticed that in Europe, AK was not being taught to osteopaths and physiotherapists because they were not allowed to participate in Chiropractic seminars. These professionals then turned to *Touch for Health*. By not accepting them, ICAK-Europe would be weakened, leaving the possibility of alternative groups to develop. Shafer believed that to develop and secure ICAK, the European section needed to find a way to assimilate a wider variety of healthcare professionals. Thus, when adapting the American statutes to create the statutes of ICAK-Europe, Shafer suggested that a clause be added which would allow osteopaths and physiotherapists to be members without the right to vote. This would both limit the decline in other professions, while calming the entire group. As non-voting members, they would not be seen as a threat or have the power to influence the organisation in a negative way. (42)

To increase acceptability, Joseph suggested that the chapter have an editor for its newsletter. For this position he suggested Chris Smith (Astill-Smith), a 1970 graduate of the *British School of Osteopathy* (BCO) in London and DIBAK winner in 1988. The fact that he was an osteopath caused some consternation, but he was elected to the position even though he did not have the right to vote and did an excellent job. Additionally, it was decided that no profession would lead the board and that representatives from each profession would be allowed to sit on it. Professions that did not have the right to vote would also not have the right to vote on the board of directors. Over time, fears subsided, and these restrictions were lifted. (43)

Linguistic differences between European nations remained an obstacle for the new English-language chapter and this was felt to limit the growth of AK learning. Many professionals with very different, even contradictory, cultures, backgrounds, practices and needs were attracted to AK but lacked the effective communication skills of using their own language. Unlike the United States, where most of ICAK-USA members were Chiropractors, ICAK-Europe was made up of Chiropractors, osteopaths, doctors and dentists, each with a different clinical background. Combined with the language barriers, it became more difficult to find operational consistency. In 1992, the board decided to work towards the dissolution of ICAK-Europe so that each country could create its own chapter in its own language. (44)

Joseph Shafer was tasked with working with ICAK-USA to allow for a smooth transition. The model used by the American association was not easily adaptable to European professional diversity. Each new European section was authorised to adapt its statutes according to the needs of the country in which it was created, provided that the basic principles of the organisation of ICAK-USA were respected. By 1996 there were sections in Germany and the United Kingdom as well. AIKA, the AK organisation in Italy, was already being operated in parallel with ICAK-Europe, but never attempted to be recognised by ICAK-USA. (45)

The German chapter was opened by doctors Hans Garten (graduated in 1975 and winner of the DIBAK since 1992) and Wolfgang Gerz (graduated in 1987 and holder of the DIBAK since 1991). Both had taken AK lessons with Richard Meldener when he taught at the BCO. (46) After a few years, due to differences of opinion, they separated, and Wolfgang Gerz left to teach and help train the Austrian section. The Austrian Minister of Health, a doctor, learned and used AK and steps were taken to have AK accepted by the government. They succeeded, but Austrian law made it a postgraduate major reserved for doctors and prohibited to other professions. Shortly

42. SHAFER J., *ibid.*

43. SHAFER J., *op. cit.*

44. SHAFER J., *op. cit.*

45. SHAFER J., *op. cit.*

46. MELDENER R., *op. cit.*

afterwards, the AK organisation in Austria was no longer allowed to be linked to the international organisation ICAK and disassociated itself completely. (47)

The British chapter was largely formed in the 1990s by two osteopaths, Chris Smith and Tracy Gates (1986 graduate of the BCO and holder of the DIAK since 1994). It was mainly the two of them who enabled the growth of AK in Britain. The birth of the Benelux chapter is mainly due to the efforts of Geert Drenth, also an osteopath who graduated in 1987 from the *European College of Osteopathy* in London. He devoted many years to organising AK seminars for the Netherlands. Many doctors and physiotherapists were trained during these years, and it was mainly thanks to his efforts that the ICAK-Benelux chapter was born. The Italian chapter began as *Associazione Italiano di Kinesiologia Applicata* (AIKA) in the 1980s, although it was never recognised by ICAK International. The main force that allowed for its existence is Jean-Pierre Meersseman. This charismatic Chiropractor organised seminars with international speakers, who convinced many Chiropractors, doctors and dentists to adopt AK in Italy. At its peak, AIKA had between 300 and 400 members, the largest number of members for a chapter outside of the United States. (48)

As of today, there are the following chapters in Europe: Ukraine, Italy, the Baltic States, Germany, France, Switzerland and Benelux.

ICAK France Chapter

In France, the Chiropractic profession was legalized in 2002. During the first AK seminar held at IFEC in 2002, David Leaf and Laurent Picard discussed the development of AK and David Leaf told him that since George Goodheart had given the first seminar in Europe at Orly in 1976, no real structure had yet been put in place to represent the AK in France. Laurent Picard then suggested that he would gladly take charge of creating the French chapter of ICAK. During the *ICAK International Congress*, which took place in 2005 in Toronto, Laurent Picard made the decision to follow the complete DIBAK course after meeting and discussing matters with George Goodheart. This also allowed him to teach the 100-Hours of AK in French and participate in the development of the French chapter.

In 2005, Daniel Rafine (graduated in 1974 from the PCC) was president and Laurent Picard was vice-president. Along with them was Jean-Philippe Pialasse (graduated in 2004 from the IFEC), the treasurer, who then studied AK with David Leaf and began writing the statutes of the association. They endeavoured to adapt the statutes of ICAK-International and were helped in this task by Philippe Albertini. (49) The ICAK-France chapter was registered on December 18, 2005, as a 1901 law association. (50)

The management of IFEC asked Jean-Philippe Pialasse to go to Toulouse in 2006, with the mission of launching the opening of a second teaching site. In 2007, again at the request of the IFEC, he went to Quebec to do a master's degree in physical activity sciences at the *University of Quebec at Trois-Rivières* (UQTR) and to train in research by completing both a master's and a doctorate degree. The objective was to return and establish a research program at IFEC. He then had to cease his activities within the chapter due to his involvement with other projects.

Laurent Picard was elected president in 2007, and Florent Fournier (graduated from IFEC in 2004, who attended his first AK class while still in his mother's womb, Thérèse Belline) succeeded Jean-Philippe Pialasse as treasurer. Furthermore, Jacques Blanchard (1979 graduate of

47. SHAFER J., op. cit.

48. SHAFER J., op. cit.

49 PIALASSE J.P, Communication by phone, december 2024

50 PICARD L., op. cit.

AECC, NOT instructor since 1989) became secretary. The chapter then had 23 members. (51) Later, in 2008, Laurent Picard obtained his DIBAK and taught the 100 Hours of AK in Toulouse and Paris. For around ten years, Laurent Picard and David Leaf taught regularly in France.

In 2009, Jacques Blanchard was appointed vice-president and Chloé Blanchard (2006 IFEC graduate) became secretary, while Laurent Picard and Florent Fournier remained in their positions. The ICAK France chapter website was created and ICAK-International validated the proposal made by ICAK France to host the annual congress in 2011. (52)

In 2010, the number of members doubled to reach 44. After the death of Jacques Blanchard, the position of vice-president was not renewed. Florent Fournier suggested that an AK club be organised for IFEC students, and this decision was ratified by the association. (53)

The annual *ICAK International Congress* took place in Bordeaux in 2011, with 130 participants attending. On this occasion, Charles Héroux (graduated in 2002 from the UQTR and who was a holder of the DIBAK since 2005) taught for the first time in France. (54)

In 2012, the chapter had only 12 members. To continue to promote teaching in France and convinced by the quality of Charles Héroux's performance during the Bordeaux congress, the ICAK France office wanted to offer him the opportunity to come and teach regularly in France. This was voted on and accepted unanimously by the members of the association. He gave his first lesson in 2013 on a barge in Paris. (55) He would give the first series of 100-Hours classes later in 2019, in Toulouse and Paris. He came accompanied by Frédéric Rancourt (graduated in 2011 from UQTR and holder of the DIBAK since 2018) who was able to obtain his first teaching experiences. (56)

Forty members made up the chapter in 2013. At that time, a report from the *Interministerial Mission for Vigilance and Combating Sectarian Abuses* (MIVILUDES) was published on sectarian abuses in health matters. This report was brought to the ICAK France office by Philippe Fleuriau (graduated from IFEC in 1989), then president of the *French Chiropractic Association*, so that the chapter could write a document intended to differentiate itself from Kinesiology. (57) The report mentioned kinesiology and cited:

'A case judged in June 2005 by the *Quimper Assise Court* illustrates this observation. Parents, in the name of ideological conceptions inherent to the practice of kinesiology and the biological laws of Doctor Ryke Geerd Hamer, had adopted a vegan diet for themselves and their children in their quest for a healthier diet. This selection of food, deficient in animal proteins and vitamins, along with their extreme distrust of a medical world judged in theory as dangerous, caused the death of their baby, who had been breastfed since birth, in a state of major, long-standing and chronic malnutrition, in the opinion of a medical expert which was given before the court'. (58)

51. Compte-rendu AG ICAK-Fr 2007.

52. Compte-rendu AG ICAK-Fr 2009.

53. Compte-rendu AG ICAK-Fr 2010.

54. Compte-rendu AG ICAK-Fr 2011.

55. Compte-rendu AG ICAK-Fr 2012.

56. HÉROUX C., Communication by email, October 2024.

57. FLEURIAU P., Communication by phone, December 2024.

58. Miviludes. Guide Santé et dérives sectaires, 2013.

The office worked on a response file that would clarify the differences between kinesiology and Applied Kinesiology, as taught by ICAK, in order to eradicate a persistently perceived similarity between the two. That same year, a suggestion was made to increase the level of training of accepted members from 3500 to 4000 hours of diploma training. This modification would be validated by ICAK-International in 2016. (59)

In 2014, the chapter had 53 members. Laurent Picard left the ICAK France office and Florent Fournier succeeded him as president. Pierre-Henri Champaud (graduated from IFEC in 2011) became treasurer, Chloé Blanchard remained secretary and Annabelle Gaudinot (graduated in 2008 from IFEC) became vice-secretary. (60)

The number of members rose to 94 in 2015, and that year saw Florent Fournier participate in a video produced to differentiate Applied Kinesiology from other forms of kinesiology. It was broadcast as part of the Kinesiology Fair in Marseille and presented on the website of the Kinesiologists' Union. The designated leaders of the office remained unchanged. To continue to keep teaching alive, Anne-Eugénie Simard (graduated from UQTR in 2002, obtained her DIBAK in 2008) was asked to come and teach that year, then again in 2016, 2017 and 2019.⁶¹

The chapter had 117 members in 2016. The office participated in the drafting of an *Institut National de la Santé et de la Recherche Médicale* (INSERM) report aimed at defining the different kinesiology practices. The largest Chiropractic practice course ever organised in Europe brought together 300 chiropractors around Jean-Pierre Meersseman, who generously left all the revenue generated by the course to ICAK France. This ensured that the association could organise numerous courses in the years that followed. Meersseman then received, in gratitude for his good-heartedness and generosity, the status of honorary member of the association. (62)

In 2017, the association had 106 members. The office was composed as follows: Florent Fournier, president, Chloé Blanchard, vice-president, Annabelle Gaudinot, secretary and Élodie Pires (graduated from IFEC in 2005), treasurer. (63)

The number of members in the association went down by one to 105 in the year 2018. David Leaf was elected honorary member to thank him for his years of teaching in France. He was moved to tears and said on this occasion that the French chapter was the '*Best chapter in the world*.' (64). He also represented France on the ICAK Education Council. In addition to the 100-Hours still taught by Charles Héroux, two other courses were organised: Retained Neonatal Reflexes (RNR) with Geneviève Gagné (graduated in 2008 from UQTR, holder of the DIBAK since 2014)⁶⁵ and Neuro Emotional Technique (NET) with Nathalie Massé (graduated in 1988 from *Canadian Memorial College* in Toronto), courses which welcomed 149 participants. (66)

The association included 107 members in 2019. François-Xavier Fournier (graduated from IFEC in 2010, brother of Florent Fournier and therefore the son of Thérèse Belline) was elected president and Florent Fournier vice-president in place of Chloé Blanchard, who left the office. Elodie Pires and Annabelle Gaudinot retained their positions as treasurer and secretary

59. Compte-rendu AG ICAK-Fr 2013.

60. Compte-rendu AG ICAK-Fr 2014.

61. Compte-rendu AG ICAK-Fr 2015.

62. Compte-rendu AG ICAK-Fr 2016.

63. Compte-rendu AG ICAK-Fr 2017.

64. RAJKUMAR D., op. cit.

65. GAGNÉ G., Communication by email, December 2024.

66. Compte-rendu AG ICAK-Fr 2018.

respectively. That year, the question of opening AK teaching to other health professions arose. (67)

Indeed, Alain Bruno Judicq, DO, DIBAK, began teaching French osteopaths. (Author's note: in 2019 France had around 40,000 osteopaths and 1,300 chiropractors in practice). During the *ICAK International Congress*, it was suggested that France once again host the annual congress. The 100-Hours continued to be taught by Charles Héroux and Frédéric Rancourt, while Laurent Picard, who organized his courses independently of ICAK- France, gave a series of eight AK modules. (68)

The 2020 general meeting was held by videoconference, given the exceptional conditions linked to the confinement during Covid 19. The association had 134 members. The office was modified as follows: Pierre Guire (graduated in 2013 from IFEC) became president and Déborah Torrina da Silva (graduated in 2018 from IFEC) vice-treasurer. Florent Fournier, Annabelle Gaudinot and Elodie Pires kept their positions as vice president, secretary and treasurer. A proposal was made to call on a mediator, Jean Batsere, to think about how to integrate other professions into the chapter. It was accepted with 52 votes for, 11 votes against and 40 votes not expressing an opinion. However, since the 60% quorum was not obtained, this decision could not be ratified. Still, the mediator Jean Batsere came to work for the association for a year with this goal in mind. (69)

In 2021, ICAK-Fr had 141 members, with Alexis Ryan (graduated in 2008 from IFEC) becoming secretary in place of Annabelle Gaudinot. (70)

Then in 2023, the association had 60 members, who worked on holding the annual ICAK International congress, that was scheduled for the following year in Toulouse. (71)

In 2024, the French chapter hosted the international congress for the 60th anniversary of Applied Kinesiology. Organised in Toulouse in sumptuous historic buildings, this anniversary edition aimed to retrace '60 years of Good Hearts' while presenting the future of technology. The event brought together 145 participants from June 6th to 9th, and offered twenty presentations in English, as well as ten in French. During the opening, an honorary DIBAK was awarded to Jean-Pierre Meersseman for all his work and his numerous contributions to the development of Applied Kinesiology, particularly in Europe. Also, during the ceremonies, two of the three French-speaking chiropractors who took the DIBAK exam passed all the tests and obtained their diploma. On this occasion, three other Chiropractors were able to take a remedial session and validate their DIBAK. The gala evening took place at the *Aviation Museum in Toulouse*, in tribute to the years that George Goodheart had spent in the American aviation during the Second World War. (72)

Since the start of AK teaching in France, nine DIBAKs have been trained: Richard Meldener, graduated in 1980, Laurent Picard in 2008, Jo Adriaenssen in 2022, Koray Draman and Timothy Vom Scheidt in 2023, Vincent Boige, Yoni Chikli, Quentin Marginier, Thibault Nercam and Anthony Real, along with Romain Boissard and Dries Lambricht in 2024. (73)

67. FOURNIER F.X, Communication by email, December 2024.

68. Compte-rendu AG ICAK-Fr 2019.

69. Compte-rendu AG ICAK-Fr 2020.

70. Compte-rendu AG ICAK-Fr 2021.

71. Compte-rendu AG ICAK-Fr 2023.

72. RYAN A., Communication by phone, November 2024.

73. FOURNIER F., Communication by phone, October 2024.



Courtesy of DUIJNDAM S. ROBINO B., who works in Como with MEERSSEMAN JP, lecturing about ascending/descending postural issues.



Courtesy of DUIJNDAM S. The 2024 ICAK International newly welcomed DIBAKs: from left to right : Hugues Lesimple, Yoni Chilkri, Timothy Vom Scheidt, Clara Hunter Poelman, Marie-Josée Dufresne, Thibault Nercam, Koray Draman, Vincent Boige, Anthony Real.

Conclusion

By its vitalist nature and its elemental principal of using the touch of the hand on the patient, the Chiropractic profession is centred on the observation of patients, when it is applied according to the proper rules and practices of the discipline. With the passing of time and the influence exerted by different socio-political contexts, chiropractic has generated various approaches

attempting to analyse the patient as closely as possible, in relation to their clinical status and according to the feedback observed by the practitioner and reported by patients. Adventurous and observant minds have based their efforts on this feedback to offer new working hypotheses trying to get closer to the patient's clinical state to help them recovering better use of their ability to heal.

The creative mind of George Goodheart is credited with giving birth to Applied Kinesiology. Nevertheless, it should be noted that it is through many hours of exchanges and collaboration between practitioners of the same and different medical professions that this discipline has been able to prosper across Europe. We hope that this text will help contribute to maintaining and strengthening the pleasure of clinical exchanges between chiropractors and medical professionals for the good of all patients.

Richard Meldener
DC, DIBAK
Private practice of chiropractic

Chloé Blanchard
DC
Private practice of chiropractic

Cite: Blanchard C, Meldener R. A chiropractic history of Applied Kinesiology in France. Asia-Pac Chiropr J. 2025;5.4. www.apcj.net/papers-issue-5-4/#BlanchardAKFrance

About the authors

Chloé Blanchard DC was introduced to applied kinesiology by her parents, both chiropractors who attended Richard Meldener's classes during their studies at the AECC. During her Chiropractic studies at IFEC, she attended several times the 100-hour course given by David Leaf, whose manual teaching she translated upon his demand. Together with her father, Jacques Blanchard, she translated DD Palmer's *The science of chiropractic; its principles and adjustments*. Later, she translated DD Palmer's 1914 book, Heidi Haavik's book *The Reality Check*, and several articles about AK. Since 2012, she has been teaching Whiteson, a technique derived from NOT. She also lives and practices in Paris. With Faustine Germe, DC, she recently published a book in French, '*Si on parlait de suction-déglutition*'.

<https://sionparlaitchiro.wixsite.com/website>

Richard Meldener DC, DIBAK currently practices and lives in Paris. He was the first practitioner in Europe to graduate from the *International College of Applied Kinesiology*. He created the leading research and teaching unit in kinesiology. He initiated and coordinated the research team that first quantified and objectified muscle testing at the Biomechanics & Medical Instrumentation Laboratory in Professor Goubel's department at the *University of Technology of Compiègne* in 1984-87. He has organised more than 40 international continuing education seminars. He has published more than 35 articles in the medical and scientific press. He is the author of the book '*Vaincre la douleur*', self-published in 1998. He has taught Applied Kinesiology to health professions since 1980 throughout Europe and the USA.