

Gleb Kirdoglo: Manual muscle testing, Clinical Atlas [Review]

Scott Cuthbert

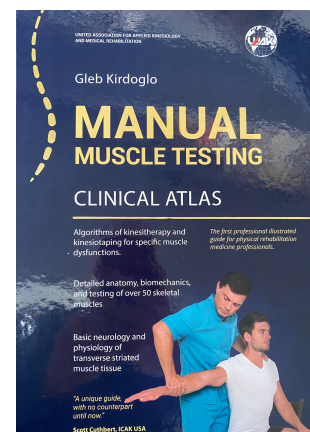
Narrative: This new Clinical Atlas for the specialist skill of Applied Kinesiology practitioners is a miracle from a war zone.

It is strongly written and beautifully illustrated showing the detailed anatomy, biomechanics, and testing of over 50 skeletal muscles.

The author includes algorithms kinesitherapy and kinesiotaping for specific muscle dysfunctions.

It is a 'must have' for every AK practitioner.

Indexing Terms: Chiropractic; AK; Applied Kinesiology; Kirdoglo Atlas.



Review

This user-friendly and well-designed book is meant to assist the general public and chiropractic practitioner in understanding and practicing the detailed approaches developed in chiropractic Applied Kinesiology (AK).

Applied Kinesiology chiropractic developed from the work of George J Goodheart Jr (1918-2008) who evolved many of his original concepts from the works of Kendall, DeJarnette, Travell, Mann, and many other chiropractic, osteopathic, manual medical, and acupuncture innovators.

Goodheart's work has flourished around the world within the chiropractic, dental, kinesiology, massage, acupuncture, and osteopathic professions. This exciting new text from Dr Kirdoglo is one of the most detailed attempts at explaining the anatomy, physiology and pathophysiology and treatment modalities of AK ever published in Europe.

This book is recommended for practitioners who use chiropractic manual muscle testing (MMT) in their work. Its author, professional medical manipulative physician Gleb Kirdoglo, has used his many years of pioneering experience to present us with a unique guide, the likes of which has never been seen before. Kirdoglo's thorough and scientifically based approach to the optimal physiological functioning of the motor nervous system has brought

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together under one cover all the aspects necessary to understand the structure and functioning of the neuromusculoskeletal system. Only a fundamental study of the basics of anatomy, physiology and biomechanics allows you to achieve success in mastering chiropractic manual muscle testing.

A major feature of the book is the presence of numerous extremely clear colour illustrations which accompany almost everything described in the text. The book is certainly worth purchasing for its illustrations alone. Clearly this is an ideal text for those studying or working with AK.

Today, more than 1 million clinicians around the world use Applied Kinesiology's chiropractic approaches in their practice. In the near future AK should become an integral part of allopathic medicine, as Kirdoglo demonstrates in this work. The book brings this perspective much closer to realisation by providing the fundamental anatomical, neurological, and physiological relationships that underlie Applied Kinesiology. The professional vocabulary and the graphic beauty of Kirdoglo's book make it accessible for study by specialists and the public all over the world.

Manual muscle testing is a unique diagnostic tool, changing the world of diagnostic chiropractic and medical science. But not all specialists are able to correctly and effectively use it in practice due to a poor understanding of the execution of this invaluable tool and technique. Testing requires much more than just pressing on the body and observing the resistance of a particular muscle.

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With unqualified muscle testing, the diagnostician cannot get the correct result with his diagnostic tool and thereby make an adequate correction. Often MMT acts only as an additional tool in diagnostics, although our experience suggests that the muscle test can become a key tool for specialists of various profiles.

The *Ukrainian Association of Applied Kinesiology and Medical Rehabilitation* (UAAK) was established in 2012. Today the Association has its own scientific and practical centre, one of the largest clinics in Europe for Applied Kinesiology chiropractic. The practical developments of the centre's specialists are presented in this book.

This masterpiece was published from a country ravaged by war after a brutal invasion as the Russians attempt to sweep along Ukraine's southern coast, claiming it all the way down to Odessa and beyond. This fact sets a sad background to the successful publication of this important text. The passion of this group of AK practitioners should be admired by us all

Through the synthesis of chiropractic Applied Kinesiology and fundamental knowledge of anatomy, neurology, and orthopaedics, this book surpasses many others, and this is a major step forward for all of us. Dr Kirdoglo's Atlas is a welcome addition to the experienced Applied Kinesiologist's library and a unique source for aspiring professionals desiring to reach greater heights of excellence.

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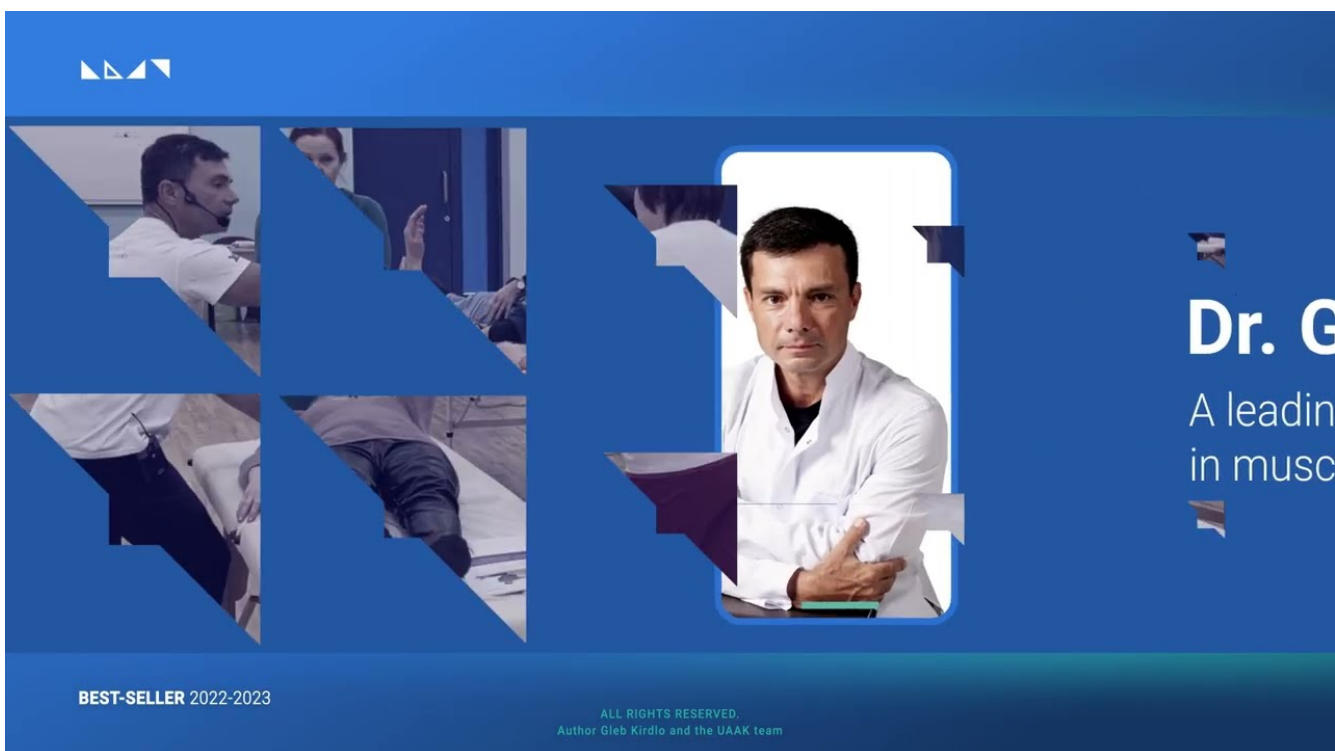
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Note from Maksym Malynov, CEO of the United Association of applied kinesiology: Today, the Book is presented in three languages: Russian, English and German. In addition, a publishing house in Poland received the rights to publish the book in Polish.

The book is published in Russia by Phoenix Publishing House (the publishing contract was concluded before the start of the war).

The book is published in English and German by our association in Ukraine. That is why we continue to look for publishing partners in Europe and the USA to publish the book on a global level.



About the author of this review

Scott Cuthbert, BA, DC practices in the city of Dauin on the island of Negros Oriental in the Philippines and is an Associate Editor with the *Journal*.

He has served on the Board of Directors of the *International College of Applied Kinesiology USA*. Dr Cuthbert is the author of three textbooks on applied kinesiology (in addition to 15 *Index Medicus* and over 50 peer-reviewed research papers) on chiropractic approaches to functional health problems. *Images courtesy of David S. Walther, DC, with permission.*

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