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Tightness  
Understanding  
Dysfunctions of the

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Sacroiliac

Decompression for

Gluteus Maximus

Activation prep

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~~Therapy Assesses~~

~~Low Back Pain~~ NKT

~~-~~ Chronic Neck Pain

Resolved

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~~Therapy and~~

~~Chronic Heel Pain~~

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NKT Single Leg  
Stance Assessment  
Resolving Low Back  
Pain - How To

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Results

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--Bruce Rizzo, DC,  
ART, My Chiro  
Care, Berkeley,  
California

"NeuroKinetic  
Therapy is an  
invaluable tool that  
will greatly enhance  
a personal trainer's  
repertoire and level  
of expertise. Clients

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often come to  
trainers with old  
injuries that have  
subsequently  
created  
compensatory  
patterns or  
muscular  
imbalances.

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movement system  
addresses the  
cause of pain –  
dysfunctional  
movement patterns  
stored in the brain.  
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® system is the  
missing link in your  
treatment protocol.  
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Muscle Testing.  
NeuroKinetic  
Therapy is based

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on the premise that when an injury has occurred, certain muscles shut down or become inhibited, forcing other muscles to become overworked. This compensation pattern can create pain or tightness. By applying light pressure that the client then resists,

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the practitioner can  
evaluate the  
strength or  
weakness of each  
muscle, revealing  
the sources of  
injury and  
retraining the  
client ' s body to ...

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“NeuroKinetic  
Therapy clearly and  
thoroughly outlines  
muscle testing  
techniques along  
with related  
anatomy, but it is  
its use with the  
NeuroKinetic  
Therapy protocol  
that makes it a step  
up from massage  
and strengthening  
models more

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traditionally applied.  
I defer to David for  
those difficult to  
unravel pain  
patterns, both  
professionally and  
personally, and  
always with  
success. ”

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corrective  
movement system  
is a sophisticated  
bodywork modality  
that can be used as  
both an assessment  
and rehabilitative  
technique for low  
back pain, neck  
pain, carpal tunnel,  
and other injuries.

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David Weinstock,  
author of  
Neurokinetic  
Therapy, an  
Innovative  
Approach to Manual  
Muscle Testing, co-  
developed this  
technique in the  
mid-1980s, and has  
used it to treat a  
variety of disorders  
that are featured on  
this website.



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corrective

movement system  
is based on the  
premise that when  
an injury has  
occurred, certain  
muscles shut down  
or become inhibited,

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forcing other  
muscles to become  
overworked. By  
applying light  
pressure that the  
client then resists,  
the practitioner can  
evaluate the  
strength or  
weakness of each  
muscle, revealing  
the sources of  
injury and  
retraining the

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client's body to  
remove the  
compensation  
patterns.

## The Book – NeuroKinetic Therapy

Thomas has also  
created the NKT®  
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movement system,  
is a sophisticated  
assessment and  
treatment modality  
that addresses the  
causes of  
dysfunctional move  
ment/coordination  
problems at their  
root in the motor  
control center in  
the cerebellum. The  
motor control  
center stores these

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patterns and directs  
their completion  
through the spinal  
cord and the  
muscles. Muscle

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corrective An  
movement system  
innovative  
that uses manual  
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muscle testing to  
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assess and correct  
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movement  
dysfunctions. This  
technique  
developed by David  
Weinstock is a  
rehabilitative tool  
and an assessment  
technique for low  
back pain, knee

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pain, jaw pain (TMJ dysfunction), balance issues, surgical rehab, other injuries, and postural problems.

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David Weinstock, founder of NeuroKinetic Therapy Seminars, graduated from Johns Hopkins University in 1973, as a pre-med student. David 's book " NeuroKinetic

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was published by  
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Therapy is an  
innovative  
approach to  
muscle testing that  
gives agonist,  
antagonist, and  
synergistic muscle  
groups in an easy to  
understand format.  
It allows a neophyte  
to this form of  
analysis a clearer  
insight into how to

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gain a greater  
perspective about  
the musculoskeletal  
problems with  
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