



---

*PAK online course syllabus*

**-Preparatory Module-**

---

*Dr Charles Héroux, chiropractor, DIBAK*

---

*FORMATIONS.AK.COM*

---

**PROFESSIONAL  
APPLIED  
KINESIOLOGY  
CERTIFICATION**

**FORMATIONS AK  
APPLIED KINESIOLOGY**

**Preparatory module**

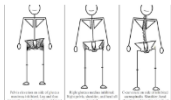
**Total time : 13h 50min**

## Welcome to the preparatory module (18 min)



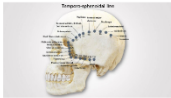
Meet the teacher

## AK charts available for download



### Posture and muscle inhibition

Correlations of the various postural distortions in relation to specific muscle inhibitions



### Temporosphenoidal Line

Discovered by the chiropractor M.L. Rees, it is a rapid analysis method which allows to discover ...

## AK scientific publications

### Manual Muscle Testing



Common errors and clinical guidelines for manual muscle testing: "the arm test" and other inaccurate procedures



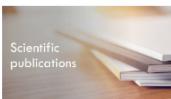
On the reliability and validity of manual muscle testing: a literature review

### Therapy localization (TL)

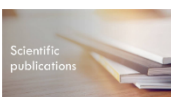


Therapy Localization in Applied Kinesiology: Validation by Means of Blinding in a Cohort Study

### AK neurological model



Expanding the neurological examination using functional neurologic assessment part 1



Expanding the neurological examination using functional neurological assessment part 2

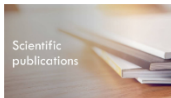
## Case report



**EVALUATION OF CHAPMAN'S  
NEUROLYMPHATIC REFLEXES VIA  
APPLIED KINESIOLOGY: A CASE  
REPORT OF LOW BACK PAIN AND  
CONGENITAL INTESTINAL  
ABNORMALITY**

## Scientific publications - general concepts

### Arthrogenic Muscle Inhibition



**Arthrogenic Muscle inhibition A  
Limiting Factor in Joint  
Rehabilitation.pdf**



**Corticomotor excitability  
associated with unilateral knee  
dysfunction secondary to anterior  
cruciate ligament injury**

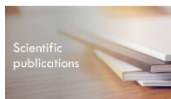


**Quadriceps Arthrogenic Muscle  
Inhibition: Neural Mechanisms  
and Treatment Perspectives**

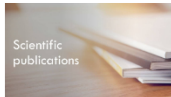


**The impact of chiropractic  
manipulative therapy on chronic  
recurrent lateral ankle sprain  
syndrome in two young athletes**

### Strain Counterstrain



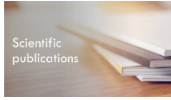
**Strain counterstrain technique to  
decrease tender point palpation  
pain compared to control  
conditions: A systematic review  
with meta-analysis**



**The effectiveness of strain  
counterstrain in the treatment of  
patients with chronic ankle  
instability: A randomized clinical  
trial**



**Strain counterstrain: Current  
concepts and clinical evidence**

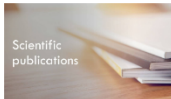


**The effectiveness of strain counterstrain in the treatment of patients with chronic ankle instability: A randomized clinical trial**



**Strain counterstrain: Current concepts and clinical evidence**

## **Chapman reflexes**



**Presence of Chapman Reflex Points in Hospitalized Patients With Pneumonia**

## **Preparatory modules course notes (PDF to download)**



**Course notes**

## **Professional Applied Kinesiology Introduction (VIDEOS) (3h 54m)**



**Chiropractic and Applied Kinesiology definition**



**History of AK**



**Triad of Health**



**Manual Muscle Test**



**Diagnostic and therapeutic procedures**

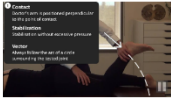


**AK Logo**

## Manual Muscle testing (VIDEOS - 2h 44m)



Demonstration of a manual muscle test in slow motion - Facilitated muscle (1min)



Demonstration of a muscle test in slow motion - Inhibited muscle (1m 14s)

## Lower extremity (muscles innervated directly from lumbar plexus)



Psoas (2m 42s)

## Lower extremity (muscles innervated directly by sacral plexus)



Piriformis (3m 09s)

## Lower extremity (muscles innervated by superior gluteal nerve)



TFL (3m 56s)



Gluteus medius (2m 53s)

## Lower extremity (muscles innervated by inferior gluteal nerve)



Gluteus maximus (3m 44s)

## Lower extremity (muscles innervated by sciatic nerve)



Hamstrings (8m 31s)

## Lower extremity (muscles innervated by femoral nerve)



Rectus femoris (5m 03s)



Vastus group (5m 48s)



Sartorius (5m 27s)

## Lower extremity (muscles innervated by obturator nerve)



Adductors (group) (2m 25s)



Gracilis (2m 21s)

## Lower extremity (muscles innervated by deep peroneal nerve)



Tibialis anterior (5m 10s)



Peroneus tertius (1m 52s)



Extensor hallucis brevis/longus  
(1m 56s)

## Lower extremity (muscles innervated by superficial peroneal nerve)



Peroneal brevis/longus (2m 16s)

## Lower extremity (muscles innervated by tibial nerve)



Popliteus (3m 05s)



Gastrocnemius (7m 45s)



**Soleus (2m 29s)**



**Tibialis posterior (4m 04s)**



**Flexor hallucis brevis/longus (3m 24s)**

## **Trunk muscles**



**Abdominals - Rectus abdominis (3m 10s)**



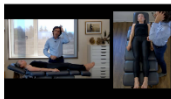
**Abdominals - Obliques (3m 36s)**



**Abdominals - Transverse abdominis (1m 21s)**

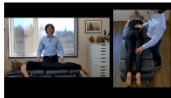


**Quadratus lumborum (1m 40s)**



**Sacrospinalis (2m 24s)**

## **Pelvic floor muscles**

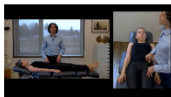


**Pelvic floor muscles (3m 14s)**

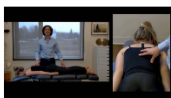
## **Neck muscles**



**SCM (3m 52s)**

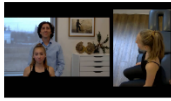


**Scalenes (2m 50s)**



**Neck extensors (3m 53s)**

## Scapular stabilizer muscles



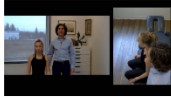
Upper trapezius (3m 21s)



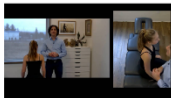
Lower trapezius (2m 03s)



Middle trapezius (2m 39s)



Rhomboids (2m 26s)

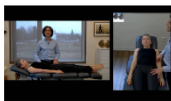


Levator scapulae (2m 43s)

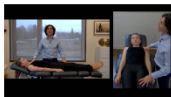


Serratus anticus (2m 33s)

## Pectoralis muscles

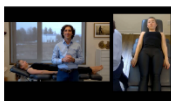


Pectoralis Major (Clavicular and Sternal) (5m 18s)

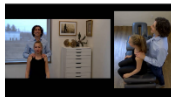


Pectoralis Minor (3m 40s)

## Latissimus dorsii and Subclavius

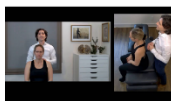


Latissimus dorsii (2m 31s)



Subclavius (1m 30s)

## Upper extremity (muscles innervated by axillary nerve)



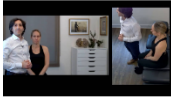
Deltoid (5m 16s)



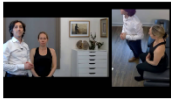
Teres minor (3m 03)



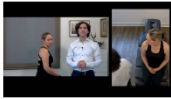
## Upper extremity (muscles innervated by musculocutaneous nerve)



**Biceps brachii (3m 10s)**



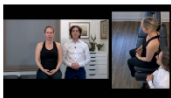
**Coracobrachialis (1m 33s)**



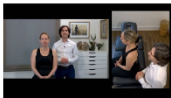
**Brachialis and Brachioradialis (2m 26s)**

Brachioradialis muscle is innervated by radial nerve but is included here because it is very conv...

## Upper extremity (muscles innervated by suprascapular nerve)

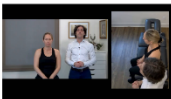


**Supraspinatus (1m 33s)**



**Infraspinatus (2m 50s)**

## Upper extremity (muscles innervated by superior and inferior subscapular nerves)

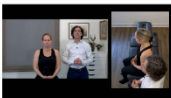


**Subscapularis (Inferior and superior subscapular nerves) (3m 53s)**

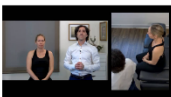


**Teres major (Inferior subscapular nerve) (2m 42s)**

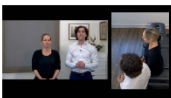
## Upper extremity (muscles innervated by radial nerve)



**Triceps brachii (2m 33s)**



**Supinator (2m 13s)**



**Anconeus (0:57 s)**

## General AK procedures and therapeutic considerations (VIDEOS)

### Structural injuries and strong indicator muscle (9 min)



General informations on structural injuries (7min)



Identification of a Strong Indicator Muscle (SIM) - Demo (2 min)

### Inhibited Muscles (1h 3m)



Origin-Insertion technique - Theory and demo



Proprioceptors - Theory and demo



Arthrogenic Muscle Inhibition (AMI) - Theory



Arthrogenic Muscle Inhibition (AMI) - Demo



Innervation - Theory



Innervation - Demo

### Structural procedures for facilitated muscles (1h 29m)



Strain Counterstrain - Theory



Strain Counterstrain - Demo



Muscle Stretch Reaction - Theory



Muscle Stretch Reaction - Demo



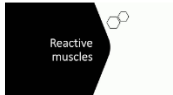
Adhesions

### Adhesions - Theory



### Adhesions - Demo

## Muscular coordination (28 min)



Reactive muscles

### Reactive muscles - Theory



### Reactive muscles - Demo

## Ligaments (29 min)



Ligaments

### Ligaments - Theory



### Ligaments - Demo

## Skin and scars (13 min)



Skin and scars

### Skin and scars - Theory



### Skin and scars - Demo

## Subluxation (vertebral and extremity) (38 min)



### Vertebral challenge - Theory and demo



### Vertebral static challenge - Theory and demo



### Extremity challenge - Theory and demo



### Respiratory adjustment - Theory and demo

A procedure that is useful when high velocity, low amplitude spinal adjustment (HVLA) is contrai...

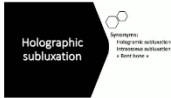


**Shock Absorber Test - Theory and demo**

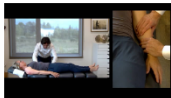


**Lovett Reactor -Theory and demo**

### **Holographic subluxation (9 min)**



**Holographic subluxation - Theory**



**Holographic subluxation - Demo**

### **BONUS - Treatment with explanations (VIDEOS) (2h 16m)**



**AK treatment with a patient - Part  
1**



**AK treatment with a patient - Part  
2**



© 2023 Formations AK



---

*PAK online course syllabus*

**-Module 1, 2, 3 and 4-**

---

*Dr Charles Héroux, chiropractor, DIBAK*

---

**FORMATIONS.AK.COM**

---

**PROFESSIONAL  
APPLIED  
KINESIOLOGY  
CERTIFICATION**

**Modules 1, 2, 3 and 4**

**Total time : 72h**

## Course Introduction (4h 13min)



Meet the teacher



Definition of Chiropractic and Applied Kinesiology



History of AK



Triad of health



Muscle test



Diagnostic and therapeutic tools



AK logo

## Module 1 **Total time for module 1: 18h 50min**



Course notes

## Welcome Introduction (48 min)

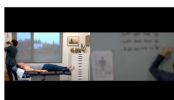


Quick return on the preparatory module



Review of key concepts for the course

## First Workshop (Posture, TS line, AMC) (2h 10min)



Postural analysis



TS line



**Thought process with inhibited muscles**

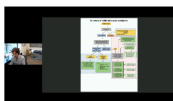


**Return on upper trapezius muscle test**



**TS line clarification**

### **Pelvic evaluation (23 min)**



**Return on thought process with inhibited muscles explained with a chart**



**Introduction and pelvis muscles (viscerosomatic muscle association)**



**Pelvic respiratory movement**



**Categories II, I and III - A brief description**

### **Category II (1h 51min)**



**Category II - Theory**



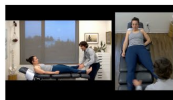
**Cat II PI - Demo and treatment**



**Cat II AS - Demo and treatment**



**Cat II- Subclinical muscle involvement**



**Hidden Cat II**



**Cat II- External / Internal components**

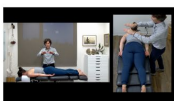


**Cat IIsp (Symphysis pubis) - Theory and demo**

**Category I (38 min)**



**Cat I - Theory**



**Cat I - Demo**

**Sacrum (3h 32min)**



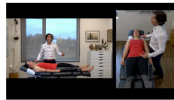
**Sacrum - Types of dysfunction**



**Sacral Respiratory fault (part 1)**



**Sacral respiratory fault (part 2) (correcting muscle imbalances)**



**Sacral respiratory fault (part 3) (patient follow-up)**



**Sacral subluxation - Theory**



**Sacral subluxation - Demo**



**Sacral fixation - Theory**





**Sacral fixation - Demo**



**Sacrum - Holographic subluxation**



**Sacrum and categories - Postural analysis**



**General evaluation of the sacrum - Clinical Approach**

### **Coccyx (22 min)**



**Coccyx Meningeal Release - Theory and Demo**

### **Sacroiliac instability (29 min)**



**Sacroiliac Instability - Theory and Demo**

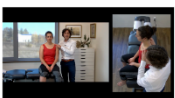
### **Injury Recall Technique (IRT) (3h 48min)**



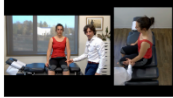
**IRT - Neurologic basis**



**IRT AK evaluation - Theory**



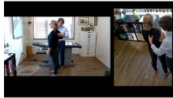
**IRT AK evaluation - Demo 1 (part 1)**



**IRT AK evaluation - Demo 1 (part 2)**



**IRT AK evaluation - Demo 2**



**IRT AK evaluation - Demo 3**

## **HPA axis dysfunction (4h 49min)**



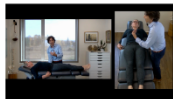
**Adrenal gland - Theory (part 1)**



**Adrenal gland - Theory (part 2)**



**Adrenal gland physical examination - Orthostatic hypotension (Ragland's sign)**



**Adrenal gland physical examination - Rogoff sign**



**Adrenal gland physical examination - Pupille dilatation and Cardiac auscultation**



**Adrenal gland physical examination - Ligament stretch**



**Adrenal gland physical examination - Associated muscles (part 1)**



**Adrenal gland physical examination - Associated muscles (part 2)**



**Adrenal gland - Demo 2 (part 1)**

## Module 2 **Total time for module 2: 20h 8min**

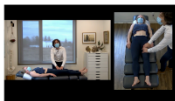


Course notes

### HPA Axis (Return on module 1) (2h 14min)



Return on Adrenal gland - Demo  
(part 1)



Return on Adrenal gland - Demo  
(part 2)



Return on Adrenal gland - Demo  
(part 3)



Pituitary drive - Demo

### Injuries (34 min)



Types of injuries

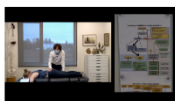


Muscles and ligaments injuries

### Arthrogenic Muscle Inhibition (AMI) (38 min)



Arthrogenic Muscle Inhibition -  
Theory



Arthrogenic Muscle Inhibition -  
Demo

## Pain control (46 min)



### Nociceptor Stimulation-Blocking Technique (NSB) - Theory and demo

The link between AMI and pain control is explained

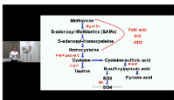


### SET point technique - Theory



### Location-Quality-Memory technique (LQM) - Theory

## Collagen and cartilage synthesis (1h 42min)



### Collagen and cartilage synthesis - Theory



### Collagen and cartilage synthesis - RECAP and thought process

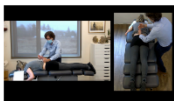


### Collagen and cartilage synthesis - Demo

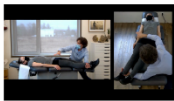


### Summary of all concepts

## Lumbar spine (3h 27min)



### Lumbar general evaluation - Demo



### Lumbar muscles evaluation - Demo (part 1)



### Lumbar muscles evaluation - Demo (part 2)



### Precision on Rakowski's procedure

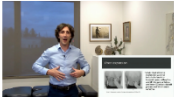


**Lumbar muscles evaluation -  
Demo (part 3)**



**Lumbar muscles evaluation -  
Demo (part 4)**

## **Diaphragm (2h 10min)**



**Diaphragm evaluation - Theory**



**Diaphragm evaluation - Demo**



**Diaphragmatic hernia - Theory**



**Diaphragmatic hernia - Demo (part  
1)**



**Diaphragmatic hernia - Demo (part  
2)**

## **Ileocecale Valve Syndrome (1h 19min)**

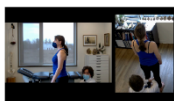


**ICV - Theory**

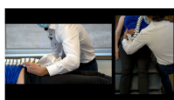


**ICV - Demo**

## **Demonstration of a treatment on a real patient (3h 29min)**



**Treatment 1 (part 1)**



**Treatment 1 (part 2)**



**Treatment 1 (part 3)**



**Treatment 2 (Part 1)**



**Treatment 2 (part 2)**

**Lumbar (other concepts on lumbar spine) (1h 10min)**



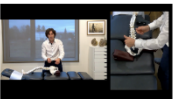
**Lumbar spine - AK evaluation**



**Lumbar facets syndrome (imbrication) evaluation**



**Lumbar discs evaluation**



**Category III**

**Lower limb (2h 39min)**



**Lower limb anatomy**



**Lower limb general concepts - Positive Support Reaction**



**Lower limb general concepts - Magnet Reflex**



**Lower limb general concepts - Gait and Anatomy trains**



### Lower limb evaluation - Case history



### Lower limb physical examination - Observation and Palpation



### Lower limb physical examination - Muscles tests evaluation



### Lower limb physical examination - Conclusion and Reassessment

## Module 3 **Total time for module 3: 17h 16min**



### Course notes

The notes are now available for download.  
Password is PAK-2021 Again we ask for the respect of o...

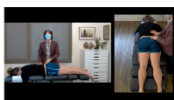


### Introduction

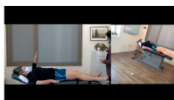
## Compaction injury (1h 29min)



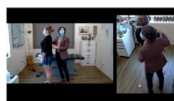
### Compaction injuries - Theory



### Compaction injuries - Demo (part 1)

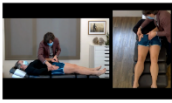


### Compaction injuries - Demo (part 2)



### Compaction injuries - Demo (part 3) (reassessment)

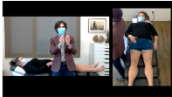
## Lower extremity entrapment syndromes (2h 11min)



Femoral nerve entrapment -  
Theory and Demo



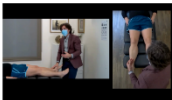
Obturator nerve entrapment  
syndrome - Theory and Demo



Piriformis syndrome - Theory and  
Demo



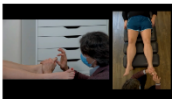
Peroneal nerve entrapment  
syndrome - Theory and Demo



Peroneal nerve entrapment  
syndrome - Theory and Demo



Peroneal nerve entrapment  
syndrome (anterior tarsal tunnel  
syndrome) - Theory and Demo



Tibial and plantar nerve  
entrapment - Theory and Demo

## Temporal tap (54 min)



Temporal tap - Theory and Demo

## Retrograde Lymphatic Technique (1h 58min)



Retrograde Lymphatic - Theory



Retrograde Lymphatic - Demo 1  
(part 1)



Retrograde Lymphatic - Demo 1  
(part 2)





**Retrograde Lymphatic - Demo 1  
(part 3) (précisions)**



**Retrograde Lymphatique - Demo 2**

**Stomatognathic system - Cranial faults (7h 7min)**



**Stomatognathic system - General  
infos (part 1)**



**Stomatognathic system - General  
infos (part 2)**



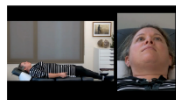
**Stomatognathic system - Cranial  
nerves evaluation**



**Stomatognathic system - Cranial  
faults general evaluation  
principles.**



**Stomatognathic system - Cruciate  
suture (Theory)**



**Stomatognathic system - Cruciate  
suture (Demo part 1)**



**Stomatognathic system - Cruciate  
suture (Demo part 2)**



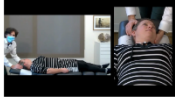
**Stomatognathic system -  
Sphenopalatine (Theory)**



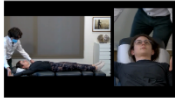
**Stomatognathic system -  
Sphenopalatine (Demo)**



**Stomatognathic system -  
Inspiration assistit (Theory)**



**Stomatognathic system -  
Inspiration assist (Demo 1)**



**Stomatognathic system -  
Inspiration assist (Demo 2)**



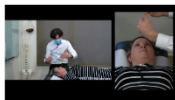
**Stomatognathic system -  
Expiration assist (Theory)**



**Stomatognathic system -  
Expiration assist (Demo)**



**Stomatognathic system -  
Sphenobasilar Inspiration assist  
(Theory)**



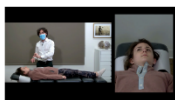
**Stomatognathic system -  
Sphenobasilar Inspiration assist  
(Demo)**



**Stomatognathic system -  
Sphenobasilar Expiration assist  
(Demo)**



**Stomatognathic system - Temporal  
bulge (Theory)**



**Stomatognathic system - Temporal  
bulge (Demo)**



**Stomatognathic system - Parietal  
descent (Theory)**



**Stomatognathic system - Parietal  
descent (Demo)**



**Stomatognathic system - Internal frontal (Theory)**



**Stomatognathic system - Internal frontal (Demo)**



**Stomatognathic system - External frontal (Theory)**



**Stomatognathic system - Universal fault (Theory)**



**Stomatognathic system - Universal fault (Demo)**



**Stomatognathic system - Glabella fault (Theory)**



**Stomatognathic system - Glabella fault (Demo)**



**Stomatognathic system - Complete evaluation (Demo part 1)**



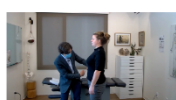
**Stomatognathic system - Complete evaluation (Demo part 1)**



**Stomatognathic system - Nasosphenoid fault (Theory)**



**Stomatognathic system - Nasosphenoid fault (Demo)**



**Stomatognathic system - Reassessment (Demo)**

## **Stomatognathic system - Cranial sutures (27 min)**



**Stomatognathic system - Cranial sutures evaluation**

## **Stomatognathic system - Teeth (1h 20min)**



**Stomatognathic system - Teeth (Theory)**



**Stomatognathic system - Teeth (Demo 1)**



**Stomatognathic system - Teeth (Demo 2)**

## **Stomatognathic system - TMJ (1h 50min)**



**Stomatognathic system - TMJ (general infos)**



**Stomatognathic system - TMJ AK evaluation (Theory)**



**Stomatognathic system - TMJ (Demo 1)**



**Stomatognathic system - TMJ (Demo 2)**

## **Module 4 *Total time for module 4: 15h 46min***



**Course notes**

The password for all presentations is: PAK-2021

## **Neurologic disorganization (2h 48min)**



**Neurologic disorganization - General infos**



**Neurologic disorganization -  
General infos**



**Ocular lock evaluation - Theory**



**Ocular lock evaluation - Demo**



**K-27 evaluation - Theory**



**K-27 evaluation - Demo**



**Crossed K-27 evaluation - Theory**



**Crossed K-27 evaluation - Demo**



**Crossed K-27 evaluation (with  
dorsal surface of fingers) - Theory  
and Demo**



**Neurologic disorganization with  
CV-24 or GV-27 - Theory and Demo**



**Hidden neurologic disorganization  
- Theory and Demo**

## **Cervical Spine (1h 11min)**



**History, observation and palpation  
- Theory**



**Observation and palpation - Demo**



**Cervical spine muscle evaluation -  
Demo**

### **Fixations (42min)**



**Fixations - Theory**



**Fixations - Demo 1**



**Fixations - Demo 2**

### **Acupuncture Meridian Connectors (AMC) (5h 27min)**



**AMC - Theory (part 1)**



**AMC - Theory (part 2)**



**AMC - Theory (part 3)**



**AMC - Demo 1**



**AMC - Demo 2**



**AMC - Demo 3**



**AMC - Demo 4**



**AMC - Demo 5**



**AMC - Demo 6**

## **Pineal (1h 57min)**



**Pineal - General infos**



**Pineal - Indications**



**Pineal AK evaluation - Theory**



**Pineal AK evaluation - Demo 1**



**Pineal AK evaluation - Demo 2**

## **Upper extremity (27 min)**

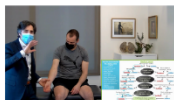


**Upper extremity nerve entrapment syndromes - General infos**



**Upper extremity observation and palpation on a real patient - Demo**

## **Median nerve entrapment (27 min)**



**Median nerve entrapments - Demo**



**Pronator teres syndrome - Theory**



**Struther's ligament - Theory**



**Bicipital aponeurosis - Theory**

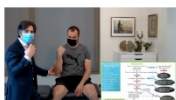


**Flexor digitorum superficialis - Theory**

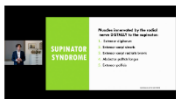


**Carpal tunnel syndrome - Theory**

### **Radial nerve entrapment (17 min)**



**Radial nerve entrapments - Demo**



**Supinator syndrome - Theory**

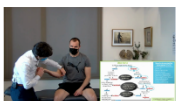


**Sulcus of the radial nerve - Theory**



**Triangular interval - Theory**

### **Ulnar nerve entrapment (9 min)**



**Ulnar nerve entrapments - Demo**



**Ulnar sulcus syndrome - Theory**



**Guyon canal syndrome - Theory**





**Flexor carpi ulnaris - Theory**

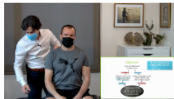
### **Musculocutaneous nerve entrapment (3 min)**

---



**Musculocutaneous nerve entrapment - Demo**

### **Axillary nerve entrapment (3 min)**



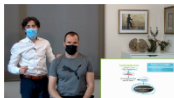
**Axillary nerve entrapment - Demo**

### **Dorsal scapular nerve entrapment (3 min)**



**Dorsal scapular nerve entrapment - Demo**

### **Suprascapular nerve entrapment (3 min)**



**Suprascapular nerve entrapment - Demo**

### **Brachial plexus entrapment (3 min)**

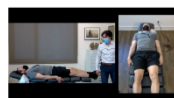


**Brachial plexus entrapment - Demo**

### **Upper extremity treatment sequences (2h 1min)**



**Upper extremity treatment sequences - Demo (part 1)**



**Upper extremity treatment sequences - Demo (part 2)**



**Upper extremity treatment sequences - Demo (part 3)**

## Closing (5 min)



Closing words