

Kinesiology for Sports

Over the years I have worked with many athletes within a wide variety of sports, from football to gymnastics, swimming, soccer, basketball, netball, ballet and the list goes on. One thing I am happy to say is that with Kinesiology we obtain very good, lasting results, fast.

The following are issues all athletes have in common. All these issues need effective communication between the brain and the body. This is why Kinesiology is so effective. A good Kinesiologist links directly into the brainwaves to assess and adjust this communication to be the most effective and productive it can possibly be.

Power And Strength

Each muscle has a particular movement it is designed to perform. The muscle also helps other muscles in a supportive role and others support it in its movement.

Example, the middle deltoid is on the side of the shoulder and lifts the arm out to the side. One of its supporting roles is to help lift the arm forward which is primarily the job of the anterior deltoid.

Muscles must work in groups and quickly communicate between each other to keep the appropriate tension. If they don't then pain or jerkiness occur. While working as a group, each muscle needs to work at its optimum for strength and power. Kinesiology isolates the muscles to assess and correct any problems for the athlete to be the most effective and productive they can possibly be.

Postural positions for individual sporting movements, stances or strokes can also be assessed to find where stress occurs. This can then be corrected.

Flexibility

Injury, lack of use, overuse or incorrect use of muscles will all form an inappropriate muscle memory. This is when the muscle thinks it can only stretch a certain distance when in fact it can stretch much further. Ligaments, muscles, tendons and fascia are all involved here but can quickly and simply be corrected using Kinesiology methods known as Hypertonic



Correcting these muscles along with the emotional side of the injury allows anyone in pain to quickly recover from most injuries.

Muscle Release. With this method people **will** gain extreme flexibility in a matter of minutes.

Pain

As mentioned above, if the messages between muscle and brain do not communicate effectively pain will occur. As a muscle group tightens, its opposing muscle group must release at exactly the same rate and pressure. The brain sends information back and forth through cells called proprioceptors that monitor and adjust the distance a muscle moves and the time it takes to make the movement. If the flexing muscles move faster than the relaxing muscles then pain and/or shakiness will occur and power will be lost.

Motivation, Determination And Focus

Athletes need to have goals they want to achieve. Without these goals they will not succeed. An effective goal is often the key. Many people are not sure what it is they REALLY want. Remember, be careful of what you wish for because you might get it !!

Next we look at issues stopping us from achieving our goals. They vary from social issues to diet, training methods, desire to achieve, personality conflicts and even 'sabotage programs'. These sabotage programs are our conflicting desires such as "I really

want to spend time with my mates but at the same time I really want to do everything to be in the state representative team. They conflict but are both desirable.

These same issues effect our motivation, focus and determination.

Resistance to Injury and Injury Recovery

Quite simply if the muscles are working to the best of their ability injury is unlikely to occur, unless caused by outside factors such as a collision. The problem is, not many of us work at the best of our ability.

A Kinesiologist can isolate individual muscles to assess and improve their effectiveness. When each muscle has been assessed and corrected the stress placed on the muscles is MUCH less.

With correct communication between muscles they can now be pushed harder with far less chance of injury.

Correcting these muscles along with the emotional side of the injury allows athletes and anyone in pain to quickly recover from most injuries.

How They Are Corrected

Kinesiologists use a variety of correction techniques that differ depending on the problem. Their techniques vary from stimulating specific reflex points, emotional stress release, advanced stretching methods, to specific nutritional analysis.

It sounds great but does Kinesiology really work? Using my clinic as an example. Three out of the last five years it has been voted 'the best' by a major newspaper. This is judged against doctors, physiotherapists, chiropractors and other health modalities. I also treat a number of state representative athletes. So yes, it does work.

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