

NKT

NKT stands for Neurokinetic Therapy, also known as manual therapy or movement therapy. It is based on a chiropractic technique called Applied Kinesiology and was co-developed by David Weinstock in the mid 80s. Neurokinetic Therapy is based on the following premise: when an injury occurs, certain muscles shut down or weaken, forcing other muscles to overwork and overcompensate, causing pain and tightness.

It is designed to help the brain reconnect with the neurological-muscular signals.

Providers use certain protocols to determine which muscles are inhibited and which muscles are compensating for them. Using this information, they can then create a corrective exercise regimen focusing on proper movement patterns and reprogram the motor control center.

We dive deep into your movement patterns and weak points, to uncover your pain's true root cause. Neurokinetic Therapy's emphasis is hands-on muscle testing which enables us to quickly diagnose why a muscle is tense and overcompensating for weakness in other parts of the body. So you get better, faster.

NKT can be used to assess and treat variety of conditions. These include joint pain, neck or back pain, gait dysfunction, hyoid dysfunction, TMJ, scars, post – cesarean section and pelvic floor dysfunction.

Instead of chasing symptoms, we can use NKT to find more direct causes of pain, tightness or weakness. However, the patient still needs to perform their corrective exercises to allow their body to accept the changes. This will eventually override the dysfunction and create a new, functional movement pattern. Each patient is different and some will take longer to see the results than others.

<https://youtu.be/fZokrTHV7ZM>

<https://youtu.be/TkedjEmBfjc>

<https://neurokinetictherapy.com/2010/09/02/scientific-proof-of-neurokinetic-therapy/>