

## **SELF MUSCLE TESTING**

### **1. CIRCLE AND PRESS:**

- a. Make a circle with the thumb and ring finger of your non-dominant hand.
- b. Insert the thumb and index fingers of the other hand into this circle from the bottom.
- c. Hold light tension in the circle.
- d. As you ask questions, press the fingers inserted into the circle outward.
- e. Yes = the circle stays closed and holds the press fingers inside.
- f. No = the circle opens.

### **2. CIRCLE AND POINT:**

- a. Make a circle with the thumb and ring finger of your non-dominant hand.
- b. Insert the index finger of the other hand into the circle from either the top or bottom.
- c. Hold light tension in the circle.
- d. As you ask questions, pull the index finger and circle apart.
- e. Yes = the circle stays closed and holds the index pointer inside.
- f. No = the circle allows the index pointer to pull out.

### **3. FINGER RUBBING:**

- a. Lightly touch the pads of the index finger and thumb of one hand together.
- b. As you ask questions, lightly slide the pads across each other.
- c. Yes = the pads slide very smoothly, there is no resistance.
- d. No = the pads are sticky against each other, there is resistance.
- e. This can also be done using both hands rubbed against each other.

### **4. ONE HANDED:**

- a. Place the pad of the middle finger of one hand on the top of the nail of the index finger on the same hand.
- b. The index finger is straight with the middle finger bending to touch it.
- c. As you ask questions, press down on the index finger with the middle finger.
- d. Yes = the index finger stays straight.
- e. No = the index finger bends downward.

### **5. LEG TESTING:**

- a. Place one ankle on the top of the opposite thigh at the knee.
- b. Place both hands against the back of the calf of the top leg.
- c. As you ask questions, press the top leg away from you.
- d. Yes = the top leg stays on the thigh of the bottom leg.
- e. No = the top leg falls off the thigh of the bottom leg.

### **6. STANDING TILT TEST:**

- a. Stand up and face North.
- b. Relax your whole body particularly around the ankles
- c. Yes = tilt forward (North)
- d. No = tilt back (South)