Functional disorders versus Pathological disorders

In this office using the techniques of Professional Applied Kinesiology our main focus is on helping patients to function better and with less pain and an improved quality of life. Many of our patients who have pains or dysfunctions have a diagnosed pathology which is related to their symptoms and signs. However, there are many patients who are experiencing symptoms that are generally ignored by their medical doctors because the tests that were done did not show any pathology. With the techniques of Professional Applied Kinesiology used in this office, we can often discover the cause of the dysfunction before it has progressed to the state of pathology. Then we can intervene with natural approaches and work to prevent the progression of the dysfunction to a pathological state or at least slow its progression.

An example of this would be someone who has discomfort in their hip joint area. In some cases there are degenerative changes in the hip joint, however, in many cases it has not progressed to degenerative changes that can be seen on x-ray or CT scan or MRI. In these cases, careful diagnostic manual muscle testing can determine a weakness of certain muscles needed for normal hip function and possibly a hypertonicity in other muscles related to hip joint function.

Consider that if in a normal day an individual with each step has a slight giving way of a hip muscle resulting in a slightly disturbed gait, the cartilage of the hip joint will begin to wear in an uneven fashion. The average individual takes between 3500-7000 steps per day depending upon certain circumstances as in the article on the following site:


Factors in the degeneration of a hip joint:

- Thousands of steps per day with a slight probably imperceptible limp due to a weak functioning muscle.
- A deficient diet that does not give the proper building blocks for joint repair.
- Lack of proper exercise.
- A diet that promotes inflammation
- The use of medications for relief which while giving symptomatic relief, reduces the ability of the joint of self repair; the liver when it is detoxifying the medication uses up vital nutrients needed for repair.

Natural methods to counteract the degeneration of a hip joint:

- The correction of factors that cause the muscle imbalances which result in the abnormal gait and uneven joint wearing. These can include:
  - Spinal joint dysfunction (The Chiropractic Subluxation) in the lower lumbar spine
  - Sacroiliac joint dysfunction
  - Reflex inhibition of hip muscles due to misalignments in the feet
  - Reflex inhibition of hip muscles due to the gradual drooping of the lower abdominal viscera and organs probably due to proprioception from the suspensory ligaments in the lower abdominal cavity.
• The recommendation of natural supplements that aid in joint repair and help reduce the inflammatory response in the patient
• The recommendation of a diet that reduces the inflammation in the body.
• The avoidance of foods in the diet that promote inflammation
• The recommendation of specific exercises as well as a good general exercise program

Health and disease tend to be on a continuum just like black and white with white being excellent health and black being disease. There are usually many shades of grey or diminished health before it gets to disease. These are the times when the individual just does not feel good or function ideally. It is often wise to deal with functional problems as they arise rather than wait until they progress to a pathological problem that could require surgery or loss of some function or worse.

See some images below of the hip joint

The progression from normal to diseased takes many years to develop in the majority of cases. *(An exception would be an infection in the joint which would cause severe destruction of the joint in a short time is not by timely medical intervention.)*