The accuracy of kinesiology-style manual muscle testing (MMT):
A proposed testing protocol and results from a pilot study

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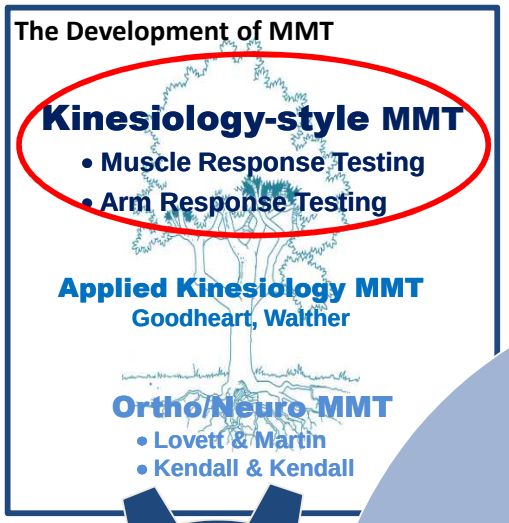
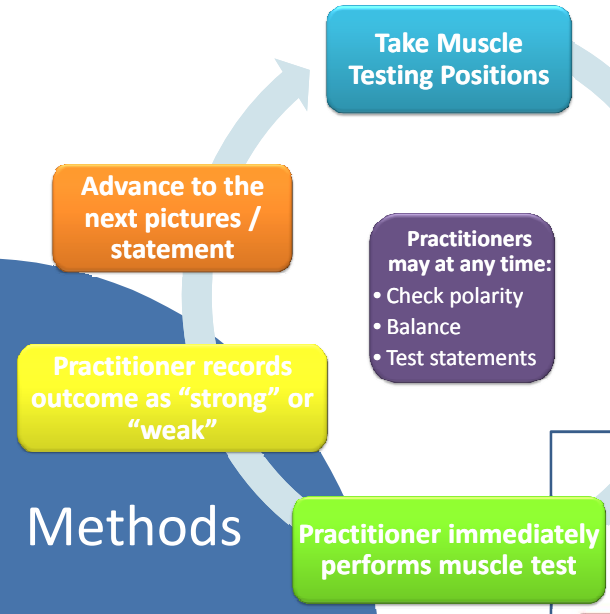
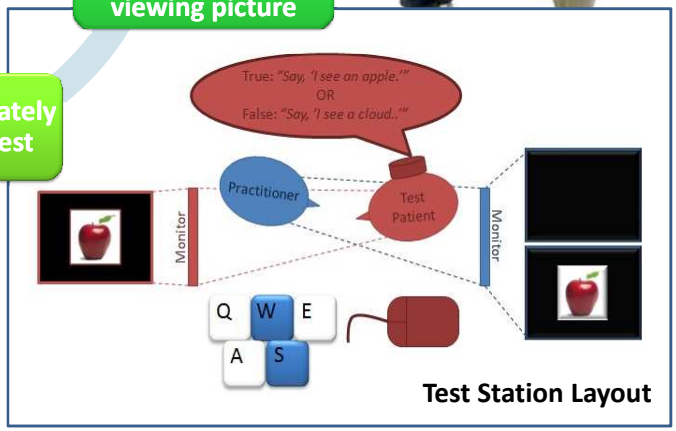


AIM: To test a protocol designed to estimate the accuracy of MMT to distinguish congruent from incongruent statements.

Background

Methods





Test Station Layout

Results

Table 1 - Comparison of Practitioner Characteristics Trained and Untrained in MMT

Variable	All Practitioners (n=12)	Trained (n=8)	Untrained (n=4)
Mean # Years in Practice ± SD	20.4 ± 10.0	20.9 ± 11.2	19.4 ± 8.6
Mean # Years MMT Experience ± SD		14.9 ± 7.3	
Range of MMT Experience (Years)		7.6 - 30.0	
Self-Ranked MMT Expertise (0 to 4*) ± SD		3.6 ± 0.5	
Mean Age (years) ± SD	51.3 ± 6.6	52.5 ± 7.1	48.8 ± 5.3
Gender (Male:Female)	10:2	6:2	4:0
Practitioners by Profession:			
Chiropractors	9	5	4
Psychologists / Counsellors	2	2	0
Acupuncturists	1	1	0
Mean Overall Accuracy (% Correct)	62.4%	67.7%	51.7%
95% Confidence Interval	52.6% to 72.2%	52.6% to 82.8%	46.7% to 56.7%

MMT, Manual Muscle Testing; SD, Standard Deviation; * 0=No Expertise, 4=Expert;

Discussion

LIMITATIONS
- Pilot study, possibly underpowered
- Test anxiety in practitioners
- Generalizability to other applications ?

FUTURE RESEARCH
- Reproducibility of practitioner accuracy
- Reasons for high variance in accuracies
- Investigation of influence of patient bias
- Consensus on MMT terminologies (Delphi)

SUGGESTED IMPROVEMENTS
- Addition of a controlled "guessing" condition
- Use only practitioners formally trained in MMT
- Change primary outcome to % correct when practitioner is only viewing BLANK screens

STARD

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