



Targeted Muscle Testing™

This course teaches how to perform 31 muscle tests which are commonly found chronically weak in adults on one or both sides of the body!

Dr. Cassius Camden Clay, Chiropractor

*Top Advisor, Dr. Shawne Amina Murray, Osteopath
Co-Author, Barbara Sharp, Licensed Massage Therapist*

TARGETED MUSCLE TESTING

This Targeted Muscle Testing book and companion video teach how to perform 31 specific muscle tests. This is an educational program only. Targeted Muscle Testing does not diagnose or treat disease, injuries, or ailments. This course does not provide anyone with a certificate or license to practice or teach any healing art.

If the Client being muscle tested is significantly stronger than the tester, a weak muscle may falsely test strong. Remedies for this situation are: (1) Workout with a physical trainer and become significantly stronger. (2) Refer clients who are significantly stronger than you to a Targeted Muscle Testing colleague who can match the client's strength.

Quick Self Fixes which are Master Fixes (see page 9 in the Quick Self Fixes Book) make seemingly unrelated muscles instantly strong! Therefore when studying this Targeted Muscle Testing course, only perform Master Fixes at the end course or you will not find any weak muscles to make strong.

Targeted Muscle Testing are activities which are best learned in person, or alternatively from video. Static photos do not completely represent movement, however they do serve as useful, portable reminders. Therefore, this book is designed to remind you of the techniques you have studied on the Targeted Muscle Testing video and/or in class.

Quick Self Fixes is a self treatment program that instantly strengthens weak muscles and keeps them strong using specific connective tissue stretches and joint motions. Quick Self Fixes was developed by Cassius Camden Clay, D.C. If Quick Self Fixes do not make a weak muscle strong, the persisting weakness may be caused by pain, injury, inflammatory swelling, disc herniation, arthritis, toxins, neurological disorders, allergies, nutritional deficiencies, and/or other conditions which may prevent a weak muscle from becoming instantly strong. If a weak muscle does not become strong, refer the person to a Chiropractor who specializes in Applied Kinesiology or to their Medical Doctor.

Copyright © 2013 by Cassius Camden Clay. All Rights Reserved.

No reproduction in whole or in part is allowed of any of the documents, photos, or wording contained herein without express written authorization of Cassius Camden Clay.

1st Edition - 2013
2nd Edition - 2015
3rd Edition - 2017

Credits

Chris Savas: Photographer, Editor, and Artist
Greg Vetter: Editor
Ashley Hooper: Editor
Dominick Pesola: Editor
Logan Ferrelle: Editor
Barbara Sharp: Anatomical Illustrator
Ashley Sharp: Anatomical Illustrator and Artist
Kristy Winkler: Model

Quick Self Fixes, LLC

Atlanta, Georgia, USA
Phone: 404-808-4280
Help@QuickSelfFixes.com
www.QuickSelfFixes.com

TABLE OF CONTENTS

Introduction to Targeted Muscle Testing	I	Pectoralis Major, Belly of Superior Division	15
History of Muscle Testing and Definitions	II	Pectoralis Major, Belly of Inferior Division	16
Three Muscle Testing Precautions	III	Pectoralis Minor, Belly	17
How to Muscle Test	III-V	Lower Trapezius, Medial Division	18
Our Strong Club Checklist of Muscle Tests	IX-X	Latissimus Dorsi, Belly of Middle Division	19
Biceps Brachii, Long Head Division	1	Latissimus Dorsi, Belly of Superior Division	20
Supinator, Radial Division	2	Latissimus Dorsi, Belly of Inferior Division	21
Finger Extensors	3	Piriformis, Belly	22
Opponens	4	Transverse Abdominus, Belly of Inferior Division	23
Infraspinatus	5	Gluteus Medius, Belly of Posterior Division	24
Supraspinatus, Belly of Anterior Division	6	Rectus Femoris, Belly of Straight Head Division	25
Anterior Deltoid, Belly of Medial Division	7	Psoas Major, Belly	26
Anterior Deltoid, Belly of Lateral Division	8	Tensor Fascia Latae, Belly	27
Middle Deltoid, Belly of Anterior Division	9	Popliteus	28
Middle Deltoid, Belly of Posterior Division	10	Peroneus Tertius	29
Upper Trapezius, Scapular Division, Medial Zone	11	Quadratus Lumborum, Belly of Spinal Division	30
Middle Trapezius, Belly of Middle Division	12	Multifidus, Ilio-Lumbar Division, Superficial Layer	31
Middle Trapezius, Belly of Superior Division	13	Index A - Quick Self Fixes Associated with Targeted Muscle Tests	32-33
Middle Trapezius, Belly of Inferior Division	14	Index B - Targeted Muscle Tests Associated with Quick Self Fixes	34-36

INTRODUCTION TO TARGETED MUSCLE TESTING

For 38 years, Dr. Cassius Camden Clay, Chiropractor, has intensively studied, researched, and practiced muscle testing. Muscle testing is a relatively new method for evaluating muscle strengths and weaknesses. Dr. Clay is a second generation muscle tester. He respectfully stands upon the shoulders of giants in this extraordinary field. He invites you to stand upon his shoulders and take muscle testing to its next level through your research and discoveries.

Targeted Muscle Testing video and book teach how to muscle test and then specifically teaches 31 muscle tests that are commonly found chronically weak in adults one or both sides of the body.

Quick Self Fixes video and book teach 32 self treatments which usually make and keep all of the Targeted Muscle Tests strong. Targeted Muscle Testing and Quick Self Fixes go together because these repeatable muscle tests prove that Quick Self Fixes make and keep the previously found chronically weak muscles instantly strong. People who perform the 32 Quick Self Fixes regularly join “Our Strong Club”. Members of “Our Strong Club” test strong when all of the Targeted Muscle Tests are evaluated. This is truly a unique and cutting edge healing system.

A NEW PARADIGM

The standard belief that exercise is the only way to make weak muscles strong is false! We now know that we can make a significant number of weak muscles instantly strong and keep them strong using specific connective tissue stretches and joint motions which we do to ourselves—the Quick Self Fixes.

Targeted Muscle Testing is bringing muscle testing to the mainstream by teaching how to test muscles exactly where muscles are commonly found chronically weak. Your success at finding weak muscles will be phenomenal! Your success at making these weak muscles instantly strong using Quick Self Fixes will be amazing!

Targeted Muscle Testing stands on its own. Quick Self Fixes is not the only healing system that instantly strengthens muscles. Yet, it may be the only healing system that makes and keeps these muscles consistently strong without the aid of others! You are encouraged to use Targeted Muscle Testing to evaluate and validate your healing systems of choice. For instance, Chiropractic, Thai Massage, Massage Therapy, Yoga, Cranial-Sacral Therapy, Physical Therapy, Personal Training, and Acupuncture make all or some of the targeted muscle tests instantly strong! Even meditations, which facilitate the relaxation of muscles, can make weak muscles test instantly strong!

This is a new profession. When you find your results using Quick Self Fixes and Targeted Muscle Testing to be AMAZING, you are welcome to apply to join our team and become a certified workshop leader and help take Quick Self Fixes and Targeted Muscle Testing worldwide!



Created by
Dr. Cassius Camden Clay
Chiropractor



Top Advisor
Dr. Shawne Amina Murray
Osteopath



Co-Author
Barbara Sharp
Licensed Massage Therapist

HISTORY OF MUSCLE TESTING ASSOCIATED WITH TARGETED MUSCLE TESTING

In 1949, Florence and Henry Kendall, both Physical Therapists, set the standard for medical muscle testing in their book entitled *Muscles, Testing and Function*.

In 1964, Dr. George Goodheart, Chiropractor, began developing Applied Kinesiology. Applied Kinesiology took muscle testing to a whole new level, including an eclectic system for making weak muscles instantly strong! Applied Kinesiology is primarily practiced by Chiropractors.

In 1980, Dr. Alan Beardall, Chiropractor, began publishing a series of books on Clinical Kinesiology which elaborated on the concept of testing sections of muscles individually.

In 1993, Dr. Clay discovered Subtle Muscle Palpation. Subtle Muscle Palpation is taught in the Quick Self Fixes/Targeted Muscle Testing Workshop. There is a dedicated chapter on Subtle Muscle Palpation in Dr. Clay's "Advanced Kinesiology" Book. Subtle Muscle Palpation is a way of lightly touching the skin over muscles, quickly discovering subtle variations in muscle tone, thereby distinguishing between weak and strong parts of muscles. The skin over weak muscle sections feels flaccid or soft to the touch while skin over strong muscle sections feels firm. This led to a startling realization.

Traditional muscle testing misses more muscle weakness than it finds. Traditional muscle testing does not actually test the whole muscle as it indicates. Dr. Clay's research proves that in medium to large muscles, the entire muscle is not weak; yet, isolated sections within these muscles are commonly weak. For example, the center or belly of larger muscles are commonly found weak, while the origin and insertions of these muscles commonly test strong. Targeted Muscle Testing teaches individuals how to test muscles exactly where sections of muscles are found chronically weak in adults. Muscle testing people exactly where they are weak is easy. Dr. Clay has figured this out for you! Mostly by inventing muscle tests focusing on testing the bellies of sections of muscles.

Dr. Clay has pinpointed 31 important muscle tests which are easy to learn and are commonly found weak in adults on one or both sides of the body. Twenty-four of these 31 muscle tests do not exist in contemporary literature. Through necessity, Dr. Clay developed these 24 muscle tests to specifically target chronically weak muscles or sections of muscles discovered through Subtle Muscle Palpation.

Out of hundreds of muscle tests, Dr. Clay has focused on 62 muscle tests which he has discovered to be commonly weak. This list of muscle tests is referred to as the Golden List. Of these 62 tests, 31 have been chosen to be the muscle tests for this course. This list of 31 tests is fondly referred to as the Diamond List. The beauty of the Diamond List is that when these muscles are all made strong, the rest of the 31 muscle tests on the Golden List usually become strong as well! For instance, infraspinatus and supraspinatus are on the Diamond List and hence are two of the targeted muscle tests in this course. The same Quick Self Fixes which make these two muscle tests strong also make two other muscle tests on the Golden List strong; subscapularis and teres minor. These four muscles are the rotator cuff muscles. In this example, two muscle tests represent a total of four muscle tests. This saves a lot of time and effort!

DEFINITIONS

- **Origin**- where a muscle originates from its attachment to a bone. This is the anchor for the muscle connecting it to the body. It tends to be more proximal or closer to the center of the body.
- **Insertion**- opposite end of the muscle from its origin. As a general rule, the muscle pulls and moves bone at the muscle's insertion, where as, the bone at the origin of the muscle remains stationary.
- **Anterior**- situated toward the front of the body
- **Posterior**- situated toward the back of the body
- **Medial**- situated toward the midline of the body
- **Lateral**- denoting a position further from the midline of the body
- **Proximal**- nearest to the torso
- **Distal**- further away from the torso
- **Superior**- situated above, or directed upward
- **Inferior**- situated below, or directed downward

THREE MUSCLE TESTING PRECAUTIONS

FIRST: Do not muscle test a person where they are injured as it can make them worse.

SECOND: Do not muscle test a person when the muscle test causes pain. Pain during a muscle test invalidates the muscle test. When the muscle test causes pain, people generally do not hold strong even if they could. Also, pain indicates potential harm. Do not muscle test vulnerable, frail or fragile (old) people or you may cause harm.

THIRD: It is easy to overpower a strong muscle, making it appear weak by using too much force and/or speed. Muscles have two reflex systems which abruptly make strong muscles go weak to prevent injury when the muscle is being physically overstressed.

First there are the Neuromuscular Spindle Cells focused primarily in the belly or center of the muscle. Muscle Spindle Cells evaluate the length of the muscle. When the muscle fibers are over contracted (shortened), muscle spindles cause the muscle to immediately go weak to prevent injury.

Next, there are the Golgi Tendon Organs. These are located closer to where the muscle meets its tendons (tendons attach muscles to bones). Golgi Tendon Organs monitor the tension in a muscle. When muscle fibers are over stressed, Golgi Tendon Organs also cause the muscle to abruptly go weak to prevent injury.

Many muscles have a greater strength potential than the musculoskeletal structure can withstand. Failure of these sudden muscle weakening reflexes could cause muscle tearing, tendons tearing away from bone, or even bone fractures.

For example, during an arm wrestling contest, the loser commonly gives in, suddenly going weak all at once to prevent injury. If the Muscle Spindle and Golgi Tendon reflexes are not functioning properly, arm wrestlers could potentially damage muscle tissues, tear tendons and even break bones.

Most muscle tests use arms or legs as levers in open space giving a huge advantage to the muscle tester to overpower the test. Due to the above described muscle weakening reflex systems, it is very easy to overpower a strong muscle and make it appear weak. Be careful. Do not overpower the muscle.

HOW TO TEST THREE LEVELS OF MUSCLE STRENGTH

When muscle testing, meet the person at his or her level of strength and then incrementally increase your pressure to challenge their muscle strength. You want to feel their power. You want them to win the test. Do not overpower the test. You want the person to be strong. This is not a power struggle where you are trying to win the muscle test. You are gathering information to evaluate the person's degree of specific muscle strength as objectively as you can. Other students of Targeted Muscle Testing should find the same muscle weaknesses that you have discovered and then confirm that these weak muscles have become instantly strong using Quick Self Fixes. Always retest the muscle after the associated Quick Self Fix to confirm that the previously weak muscle has become strong. **Do not do Quick Self Fixes before muscle testing or you will not find weak muscles to make strong! Save Master Fixes for the end of this course or you will not find any weak muscles to fix!**

Push or pull the appendage that you are using as a lever during a muscle test through enough of a range of motion that the client realizes that the muscle is indeed weak. As the practitioner, you may know that the muscle is weak with only a slight movement!

When muscle testing in a classroom setting, repetitive testing of the same muscle may cause a previously strong muscle to test weak because of muscle fatigue. Also, repetitive testing of the same muscle may cause a previously weak muscle to become instantly strong through the concept of Proprioceptive Neuromuscular Facilitation (PNF) which is described in the Quick Self Fixes book on page 19 in the chapter on "Important Stretches".

INITIAL STRENGTH: This test lasts for one second or less. If the muscle does not have initial strength, it immediately goes weak. If a muscle tester is too forceful, it may even hurt. For this reason the first test must be a very gentle, trial test to confirm that the muscle has the initial strength to safely withstand a subsequent core strength muscle test.

CORE STRENGTH: This test lasts for two seconds. If core strength is present, the muscle tests strong. If core strength is not present, the muscle may initially appear strong and then suddenly go weak during the first two seconds.

SUSTAINED STRENGTH: This test lasts for four seconds and tests for the muscle's endurance. When core strength is present and the muscle appears strong, this third test challenges the muscle for two seconds longer, testing the muscle's endurance for a total of four seconds. When the muscle passes the sustained strength test, it is confirmed strong beyond a reasonable doubt. It is important that the test lasts no more than four seconds because the muscle may fatigue.

Be careful, allow the person to win these tests if they can. This is the most important concept while learning how to muscle test. It will take practice to become a confident muscle tester.

To start your initial strength muscle test, first explain the muscle test to the person you are testing so they will know exactly what to expect. For example, explain which way you are going to push or pull. Explain where and how you are going to brace them, so they do not lose their balance or change their positions during the muscle test. Just prior to actually doing the test, say "Hold strong..." When you feel their muscle engage, immediately match your pressure to their strength and only then, gently increase your pressure for up to one second. If the muscle being tested is unable to meet your mild pressure and it goes weak, that muscle does not have initial strength. It is weak and the test is over. Do not move on to the core strength muscle test. Remember, you are being taught how to test muscles exactly where muscles are commonly found weak.

If this muscle does meet your mild pressure and thus has initial strength, continue by testing the muscle for core strength. Repeat the same test, incrementally increasing pressure for two seconds. If the muscle goes weak during these two seconds, it is weak and the test is over. If the muscle tests strong, it has core strength.

When the muscle has core strength, perform a final test incrementally increasing pressure for four seconds and no more than four seconds. This tests sustained strength. If the muscle remains strong for the four seconds, this confirms beyond a reasonable doubt that this muscle is indeed strong and has endurance. If you are confused, do not worry as these concepts will be reviewed repeatedly on the Targeted Muscle Testing video. **In the end, it appears as though the practitioner is doing one muscle test, where in fact, he or she is performing three muscle tests incrementally increasing pressure for four seconds evaluating Initial, Core and Sustained Strength.**

Targeted Muscle Testing evaluates muscle strength and weakness on a pass or fail basis. A muscle may initially test weak. Following treatment, it may test significantly stronger, yet it fails the muscle test. It is still weak. This is similar to a teenager explaining to his or her parents that their grade of F was a really high F! High F or low F, it is still failing. There is a definite delineation between a strong and weak muscle test. When students of muscle testing say "the muscle strength is better", as a muscle testing instructor, Dr. Clay says "Oh it's better? Well is it still weak or is it now strong?" The big question is, does the muscle pass or fail the muscle test?

Sometimes the biggest issue in learning Targeted Muscle Testing is finding people to practice on. Be brave! Ask for help, and people will help you.

**Learning Targeted Muscle Testing from a video and a book is like learning yoga from a video and a book. It does not replace a live teacher. We invite you to attend our Targeted Muscle Testing and Quick Self Fixes workshops for better competency.
Come to us or bring us to you.**

HOW TO TEACH A “BULL IN A CHINA SHOP” TO MUSCLE TEST

- A television show, “Myth Busters” , scientifically researches myths. They guided multiple bulls into a makeshift china shop and guess what happened? Not much! The bulls were respectful of the china and broke nothing. Teaching people to accurately muscle test is like teaching a bull to be respectful of china in a china shop. It is natural and easy.
- Begin with being in a neutral mind or still mind or no mind. Be transparent with your initial touch as you begin challenging “Initial Strength”.
- Test the person by coming from the back of your body. Avoid focusing your power from the front of your body as if you are attacking.
- Look at the person being tested peripheral and not direct on. Jim Jellous, D.O. states that “Innate” does not like being stared at directly. For example, frightened small children and scared dogs will not come play when stared at directly. Look peripherally at them and they will approach you to interact.
- Pretend that the person you are muscle testing is a new born baby. Are you gentle with the baby or do you treat the baby like a rugby ball?
- Do not be attached to any specific outcome. The power of your intention can and may make a strong muscle weak or a weak muscle strong!
- As you begin your “Initial Strength” muscle test, gently lean with easy body weight into and press the limb which is the lever for your muscle test in the correct direction.
- Find the persons strength, meet it and only then challenge it.
- Reread page iii, “Three Muscle Testing Precautions” and “How To Test Three Levels Of Muscle Strength” in this book.

UNIVERSAL ERGONOMIC CONCEPTS LEARNED FROM THE “ALEXANDER TECHNIQUE” AND “TAI CHI”

Dr. Clay studied the “Alexander Technique” in 1985 and again in 2009. Alexander said that when our muscles are truly relaxed, they elongate, thereby tractioning the human spine upward while standing or sitting. When in the “truly relaxed state”, our muscles hold our skeleton up. When not in the “truly relaxed state”, our skeleton holds our muscles up. When walking on a resounding wooden floor in the non “truly relaxed state”, there is the sound of heavy heel strikes. In the “truly relaxed state”, there is no sound of heel strikes on the floor. The conscious Tai Chi like person is also walking softly on Mother Earth and makes no sound of heel strikes on a resounding wooden floor.

Exercise: Practice the “truly relaxed state”, by elongating your spine upward. This is best accomplished by imagining that your head is a well inflated helium balloon floating upward. Now imagine that your spine is a loose string tied to the balloon and hanging vertically toward the ground. You should feel a somewhat loose connection between the top of your neck and the bottom of your skull. Confirm this by using your hands to gently traction your skull upward and away from your atlas(top of your neck) and gently wiggle your head with your hands for a few seconds while you walk softly. Also, practice this concept while running as if your next step is your last before taking flight diagonally up into the air, resembling a bird ascending diagonally from the ground. When muscle testing in this “truly relaxed state” it is difficult to over power a muscle test!

How to Introduce Quick Self Fixes and Targeted Muscle Testing to Friends and Colleagues

**Start learning how to muscle test, find weak muscles,
and make them instantly strong using
Quick Self Fixes!**

Five Targeted Muscle Tests & Five Quick Self Fixes for the Shoulder Joint

**This free course includes a
30 minute video and 16 page companion book.**

This course focuses on five major muscles that move and stabilize the shoulder joint. These muscles are commonly found chronically weak in adults on one or both sides of the body. Learn five easy muscle tests to quickly assess these muscles and five corresponding Quick Self Fixes that make the weak muscles found instantly strong.

This is “AMAZING MUSCLE TESTING FUN!”

**Go to
www.QuickSelfFixes.com**



When you feel competent with
Targeted Muscle Testing
& Quick Self Fixes,
You are welcome to learn:

Advanced Kinesiology



**A Quick Self Fixes
&
Targeted Muscle Testing
Advanced Program**

Go to
www.QuickSelfFixes.com