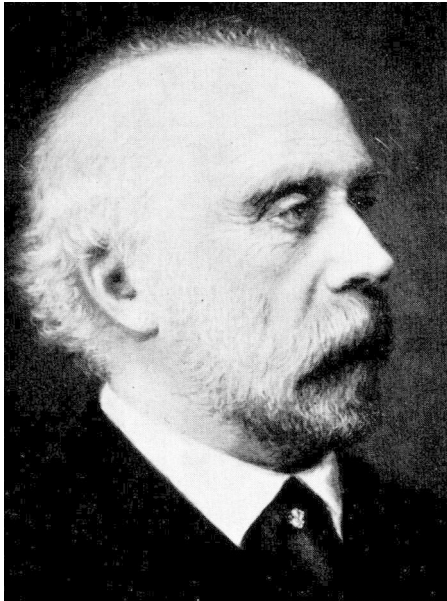


# Kinesiology started in Sweden

The Swedish therapist, medical gymnast and kinesiologist **Carl August Georgii**, Professor at the **Royal Gymnastic Central Institute G.C.I.** in Stockholm Sweden, was the one who created and coined the new international word *Kinesiology* in **1854**.



Carl August Georgii (1808-1881), Professor at the Royal Gymnastic Central Institute G.C.I. in Stockholm, Sweden, created the new international word "**Kinesiology**" in 1854.

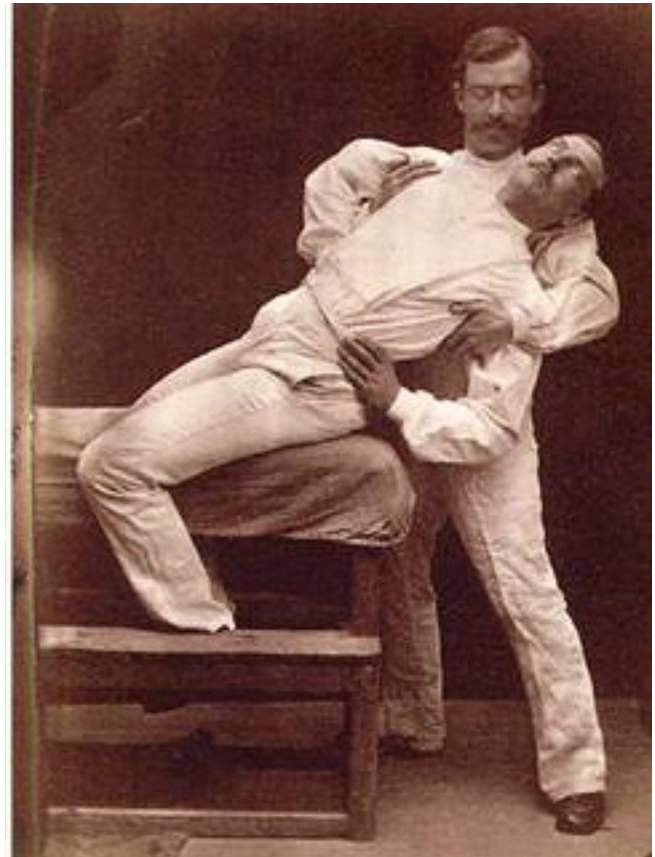
Most people today who use the word *Kinesiology* lack knowledge about its history and the original meaning of the word.

The term ***Kinesiology*** is a literal translation to Greek-English from the original Swedish word **Rörelselära**, meaning "Movement-Study / Movement-Knowledge", which was the foundation of the Medical Gymnastics, the original Physiotherapy and Physical Therapy, developed during 100 years in Sweden (starting 1813).

The new medical therapy created in Sweden was called "*Rörelselära*", and later (1854) translated to the invented international word "*Kinesiology*", consisted of nearly 2,000 physical movements and 50 different types of massage-therapy techniques.

The physical movements were all used to affect various dysfunctions and even illnesses, not only in the movement apparatus, but also into the internal physiology of man.

Thus, the original classical and *Traditional Kinesiology* was not only a system of rehabilitation for the body, but also a new therapy for relieving and curing diseases, by affecting the autonomic nervous system, organs and glands in the body. Today, this concept is believed and used by most practitioners of Applied Kinesiology (AK).



# Who created Manual Muscle Testing?

Manual Muscle Testing (MMT) was created and developed in Sweden, by the early Swedish physiotherapists in Stockholm at **Royal Gymnastic Central Institute GCI**, founded in **1813**. GCI was founded in Stockholm (capital of Sweden) by **Pehr Henrik Ling** (1776–1839).

The Royal Gymnastic Central Institute was the first Physiotherapy School in the world, training hundreds of medical gymnasts who spread the Swedish physical therapy to all continents around of the world.

In **1887** Sweden was the first country in the world to give a national state licence to physiotherapists/physical therapists.

The very first, still documented, manual muscle test was done by the famous Swedish medical gymnast and physical therapist **Henrik Kellgren** (1837-1916), who started several clinics in Sweden, England and Germany.



In **1888**, Manual muscle testing was brought to USA by Swedish physiotherapists/medical gymnasts in **Boston** and by Swedish teachers at "**Boston Normal School of Gymnastics BNSG**" and later at the Swedish "*Posse-Nissen School of Physical Education*" and "*Baroness Rose Posse School of Physical Education and Physiotherapy*" in Boston, USA.

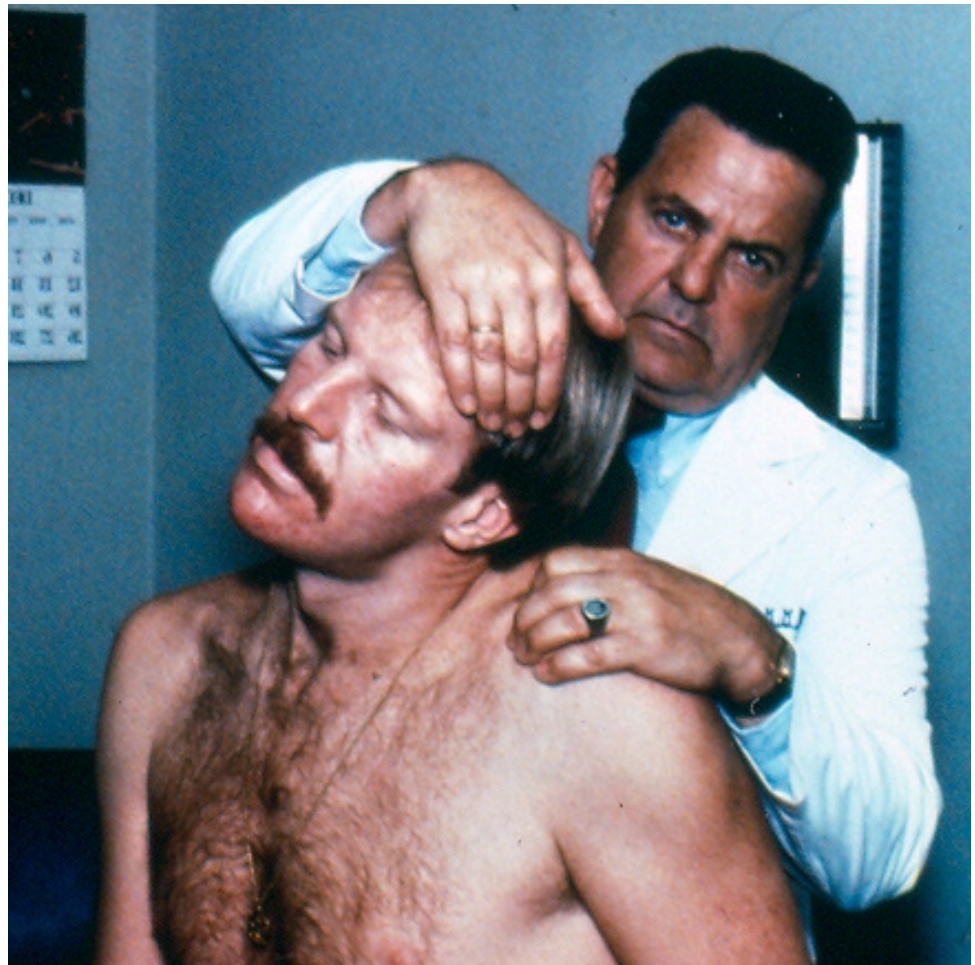
The Swedish trained (at GCI) medical gymnast and physiotherapist Nils Posse wrote the very first book ever with the word "Kinesiology" in the book's title: *The Special Kinesiology Of Educational Gymnastics* (Boston, 1894)

Manual muscle testing was further used, researched and developed at Harvard University in Boston, USA by **Wilhelmine G. Wright** (she was a student at the Boston Normal School of Gymnastics BNSG in 1905) and **Robert W. Lovett** (M.D. and Professor of Orthopedic Surgery at Harvard).

American chiropractors have continued researching Manual muscle testing since 1964. Muscle testing was then developed way beyond the original concept and use by **George J. Goodheart** (-- 2008) and **Alan G. Beardall** (-- 1987) at the *International College of Applied Kinesiology (ICAK)*, USA.

Chiropractor *George J Goodheart Jr*, founder of *Applied Kinesiology* doing the same manual muscle test as the traditional kinesiologists from Sweden, 100 years later

(Trapezius muscle descending part and M. splenius, M. scalenus neck lateral flexors).



**Nils Posse**, a medical gymnast from Sweden, wrote the very first book ever with the word "Kinesiology" in the book's title: "**The Special Kinesiology Of Educational Gymnastics**". It was published in Boston, 1894-1895.

