

## **Clear Circuit IM - Troubleshooting**

### **General:**

- Use the reflex points (NL & NV) of the IM that you are using if the muscle does not initially respond (i.e lock). If this does not change the response, then use another IM as it may indicate a pre-existing issue with the muscle.
- Pre-check techniques - Switching, CV & hydration can be balanced without the need to test

### **Physical:**

- Ensure that you are pushing together in the BELLY of the muscle (the fleshiest part), not too high or too low. *NOTE:* As a professional practitioner it is important you know your muscles and where to find both the spindle and gogli cells on them.
- Muscle position - Refer to the 'testing' section on each of the IM muscle pages to ensure you have the muscle in the correct starting position to test, as well as the direction of testing.
- Recruitment - Look for twisting, bent limbs, clenched hands, clenched jaws etc as signs of this. Ask them to relax the involved area and then return them to the correct position.
- Holding breath - This can be another form of recruitment or bracing rather than letting the body's natural mechanism to unlock. Ask the client to breathe in and as they breathe out you say 'hold' and then test the muscle on their outward breath.
- Reset the bodies expectation of load - You can ask the client to hold as you very firmly press down on the muscle. Thus, resetting the proprioceptive expectation of the required response. Then retest at the normal pressure. Please ensure the client has no injuries in the area and they are expecting the increased pressure before testing.
- Stabilisation - Ensure that the client feels stable during the test as this can lead to recruiting to hold themselves up. This is where bracing can be important.

### **Emotional:**

- This is where the education process is vital as it sets the foundation for the client to understand the process, and to know it is empowering and always working with their model of the world.
- Ensure the client that they have all the tools and resources to deal with whatever comes up and the body will only ever bring up/reveal what is priority in relation their chosen outcome.

- Inform the client that they are 'the boss' and can say stop or no at any time. This is their session, their choice, and their journey. They have a say in the pace you work and what you work on.
- To help a client come out of 'Cortical Override' - Tell the client to take some deep breaths (and test on the exhale), hold ESR points, remind them that they are safe, tell them it is ok to let go, tell them that they have all the tools needed to deal with anything that is coming up.

**Biochemical:**

- Hydration - Ensure that the client drinks some water
- If the marker pen does not work as the stimuli for the biochemical test, try using a different substance e.g. a mild cleaning product or liquid paper and ensure that it is close enough for them to smell