



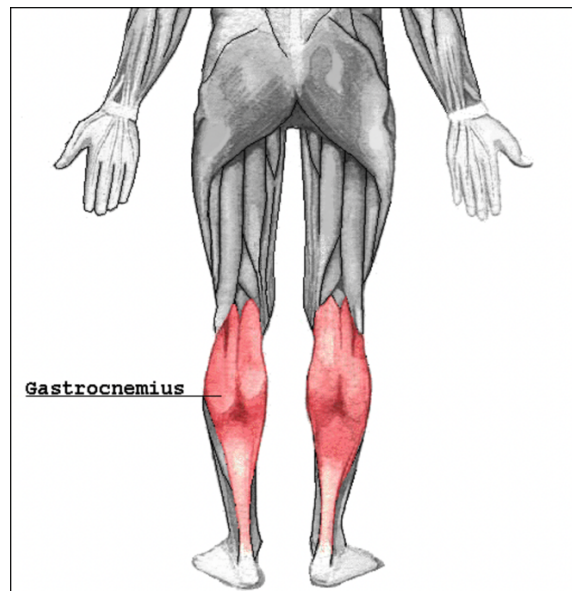
ACHILLES HEEL TENDON METABOLISM TEST

This is an old test for hypothyroidism (low thyroid hormones).

The rate of relaxation of the calf muscle corresponds to thyroid function – the relaxation is slow in people with low thyroid hormones.

Kneel on a chair and ask someone to sharply tap (with the edge of a hand or a book) the big tendon above and behind the anklebone. The foot should flick up and then back down to where it was originally. The reaction should be instant and brisk. If the return is delayed or slow, this may indicate a slowed metabolism / low thyroid hormones.

In Kinesiology we test the gastrocnemius muscle which starts at the back of the knee and ends at the Achilles tendon. This muscle is associated with the adrenals. The main reason for low thyroid hormones (hypothyroidism) is overtaxed adrenals.



See video here of how to test

<https://www.youtube.com/watch?v=OhzoweCwB1M>