



Online Kinesiology Balance Protocol

Version 2.2

Outlines the procedure to conduct consultations via phone or video conferencing software.

AUSTRALIAN KINESIOLOGY ASSOCIATION INC.

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Version	Version Date	Document Writer/s			AKAMC Ratification Date	
2.2	09/07/2020	Phillipa Huynh				
Revision No.	Revision Date	Revision Pages	Version No.	Revision Description	Revised By & Dated	AKAMC Ratification Date
1	27/03/20	All	2.0	Removal of any reference to health fund rebates; include self-testing as temporarily allowable due to COVID-19 restrictions	AKA Office & MC	27/03/2020
2	12/05/20	5	2.1	Add privacy considerations section	Phillipa Huynh, Jenne Burns, Susan Koschel	12/05/2020
3	09/07/20	3	2.2	Add clause that online balancing is within scope of kinesiology expertise without specialised training	Phillipa Huynh	



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Foreword

The AKA supports online video conferencing kinesiology balances. Please refer to the AKA Surrogacy Policy for information on how to conduct a surrogate balance.

Effective 25th March 2020, the Online Kinesiology Balance Protocol requirement of a third-party surrogate has been removed, allowing self-testing for surrogating purposes until further notice.

Online kinesiology balances are within the scope of kinesiology expertise. Practitioners are not required to explicitly demonstrate specialised training in this area in order to work online.

Motion 25/03/2020: That we temporarily relax the Online Kinesiology Balance Protocol requirement of a third-party surrogate and allow self-testing for surrogating purposes.

Raised: Phillipa Huynh; Seconded: Sophia Williams-Martin; All in favour

Superseded by

Motion 3/04/2020: That we temporarily relax the Online Kinesiology Balance Protocol requirement of a third-party surrogate and allow self-testing for surrogating purposes, while seeing your clients remotely, until further notice.

Raised: Phillipa Huynh; Seconded: Sophia Williams-Martin; All in favour

Note: Our IT provider has recommended using Zoom (with password and waiting room features switched on), Microsoft Teams or WhatsApp for video conferencing. All these platforms are secure platforms, but you need to be aware that, like all data transmission, they are not without flaws. Security breaches are very rare and as likely as a phone call being intercepted. We recommend you explain this risk to your clients.

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Online Kinesiology Balancing using self-testing or a surrogate person

Background

This Protocol was updated by the AKA in response to the Australian Governments Emergency Response Plan for Novel Coronavirus (COVID 19).

The AKA believe that kinesiologists have an important role to play in supporting the Australian community to stay well and reduce stress levels, especially in relation to the rapid changes occurring in our community.

Face to face appointments are not recommended at this time unless the practitioner and client agree to practice social distancing and appropriate infection control procedures are adhered to.

In normal circumstances, when the client can attend their appointment in person, and practitioner – client contact can occur without elevated risks of infection, the AKA strongly recommend all muscle testing to be performed on the client.

Using a Surrogate Person

When using a surrogate person to balance the client, the person being the surrogate takes on the energy of the client or acts as if they were 'being the client'.

The following are examples (but not limited to), when a surrogate balance may be required:

- A baby or a child that cannot be muscle tested or lie still long enough for a successful balance;
- A person who is disabled in any way that prohibits them from being muscle tested accurately;
- Inability to be there in person, e.g. hospitalised, living in another city, state or country.
- When social distancing rules prevent the practitioner from touching the client

Self-Testing

Self-testing has many forms and different practitioners will work in different ways. When performing self-testing, the practitioner is essentially setting up a surrogate balance where s/he is surrogating on behalf of the client. As such, the practitioner must muscle test that they have permission to test themselves on behalf of the client and that they are willing and able to be the surrogate for the client.

Typical methods of conducting online or distance balancing include:

- a) a quasi-face to face session over a video conference platform (similar to Telehealth) where the practitioner *self-tests* and the client interacts during the whole of the process
- b) a phone call session where the practitioner *self-tests* and the client interacts during the whole of the process

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- c) a set up session where the goal of the treatment is agreed on, then the practitioner performs the *self-testing* and corrections off-line (this may be important for clients or practitioners who are highly sensitive to working over the internet or in the presence of EMF's)

Procedure for online Kinesiology balancing

1. Contact is made for a mutual date and time for the Online Remote Kinesiology balance to take place between the client and practitioner
2. Practitioner explains the format of the session to the client, either with the practitioner self-testing or with the use of a surrogate person.
3. Client indicates consent for the balance to take place.
4. If the client is not physically present, the “essence” of the client needs to be available at the time of the balance e.g. online video, sample of client's hair, signature on paper, photograph of the client etc. (Refer to the AKA Surrogacy Policy for more examples).
5. Client and practitioner follow normal history taking or evaluation of the last session and set up the session plan as usual. This can take place in a separate session before the arranged date and time for the kinesiology balance or as a part of the balance at the arranged date and time.
6. Practitioner follows AKA Surrogacy Policy or confirms via muscle-testing that they have permission and are able to self-test
7. If the client is online or on the phone, they can be consulted.
8. Normal documentation of the entire session is required to be recorded, (as is the standard practice) including the client history form for new clients.
9. At the end of the kinesiology balance, ensure that the balance is complete and that the practitioner has ceased surrogating on behalf of the client and has formally ended the self-testing process. The essence of the client is no longer present.
10. Discuss the outcomes of the balance with the client.

Privacy considerations

Privacy using online technology can never be guaranteed. It is suggested that you outline the technology you will be using and include its level of security and any risks that may be associated with using it for online balances. You can direct clients to the online service website for more information on privacy and security.

It is advised to not only disclose that the session will not be recorded by you as a practitioner, but also request that the client respect your privacy by also not recording the session. If the client does wish to record the session, they must obtain explicit consent from you before doing so.

You may also discuss privacy and security issues around email communications and storage of records.