

## Guidelines for My Favourite.....

\*See Specifications for Articles document for general article guidelines

### MY FAVOURITE MUSCLE or favourite anything (gland, organ, chakra, brain part....)

Choose one of your favourite muscles (or other) and write about it:

- Its name - anatomical and commonly known names and where its name was derived from
- Description of the muscle
- Origin and attachment
- Meridian associated (TCM information if you know it)
- What the muscle is a good indicator for in balancing
- Problems that can arise with the muscle/conditions related
- Ways to strengthen/balance – kinesiology techniques you favour – example(s) of client(s) you have treated if you have
- A simple exercise that may help
- Picture(s) – if you have particular ones you want to include to support your article (resolution 500kb – 1mb), otherwise editor can source
- Head shot and contact details of author
- All photos can be put into Dropbox and shared with [intouch@aka.asn.au](mailto:intouch@aka.asn.au)
- Approx 1000 – 1300 words but less is ok

### Muscles written about in previous issues of In Touch

Pec Minor  
Masseter & Temporalis  
Pec Major  
Psoas  
Gluteals  
Piriformis  
Supraspinatus  
Latissimus Dorsi  
Lateral Pterygoid  
Fasciae Latae  
Sartorius  
Gastrocnemius

Sacrospinalis  
Subscapularis  
Teres Minor  
PMS  
Opponens Pollicis  
Tibialis Anterior  
Gracilis  
Pectineus/Adductors  
Rectus Abdominis and friends  
Triceps  
Quadratus Lumborum

### Other favourites written about in previous issues:

**Brain Parts**  
Amygdala  
Hippocampus  
Hypothalamus (feeding behaviour)

**Chakras**  
Throat  
Heart  
Earth Star  
Solar Plexus