

Common KST Patterns

Correlations Between Structure and Health

Allergy Pattern

- Put patient in allergy POS
- Check for sphenoid pattern

Cervical Pattern

- C1 posterior arch postero-lateral (inferior), (C1 lateral)
- C5 posterior (C4, C6, C7, T1)

Dyslexia Pattern

- Put patient in POS, i.e. reading, doing math, etc.
- Check sphenoid and/or temporals

Emotional Pattern

- Locate incident, age
- Put patient in different POS related to incident
- Check sphenoid and other cranials

Exhaustion/Fatigue Pattern

- Ask: adjust femur heads or ribs first
- Femur heads anterior and lateral (superior)
- Right lateral ribs inferior (2-8)
- Right anterior ribs inferior (2-4)
- Then: under nose and tip of chin. Ask which to adjust first.

Head Trauma Pattern

- Right parietal inferior (anterior)

Heart Pattern

- Sternum segments lateral

Hump Pattern

- T1/T2 superior, T3 inferior
- L/R anterior ribs I/S
- (T1/T2 counter-rotated, T1/rib junction anterior and/or superior, discs)
- Check mid-lower thoracic and adjoining ribs
- Lumbo/sacral involvement

Knee Pattern

- Patella superior
- Tibia posterior (lateral)
- Fibula posterior (lateral)

Menopause Pattern

- Breasts inferior and lateral
- Ovaries inferior and lateral
- Uterus inferior

Ocular Lock Pattern

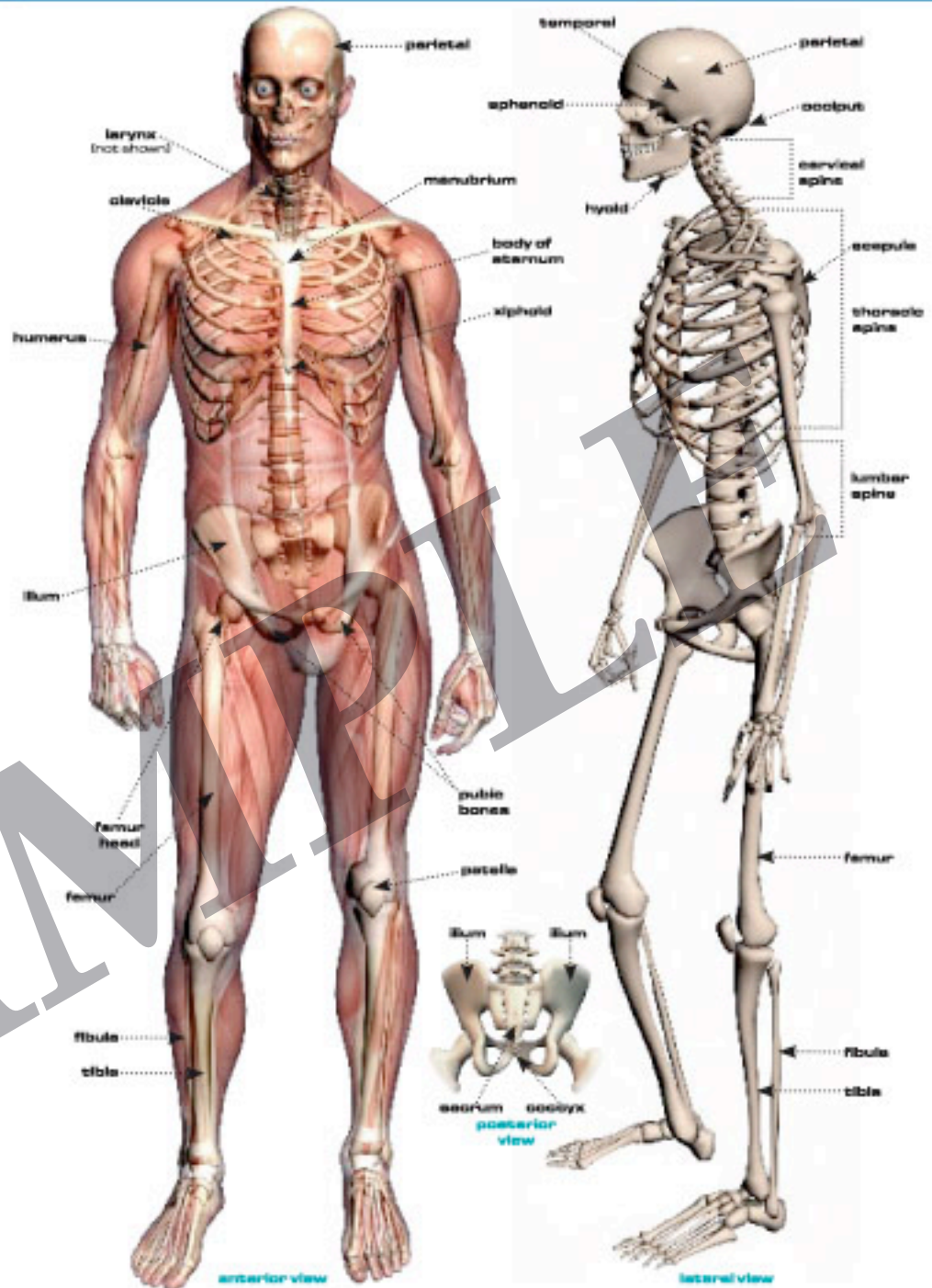
- As eyes move CW/CCW and in different directions, check for OD
- Check sphenoid and/or temporals

Panic Pattern

- Coccyx anterior
- Sternum superior
- Xiphoid anterior
- (Larynx and pubic bones superior)

Sacral Pattern

- Right laterality
- Tilt: inferior on left, superior on right
- Base posterior



Shoulder Pattern

- Clavicle superior and medial or lateral
- Humerus anterior and lateral/superior (internally rotated)
- Scapula superior/medial
- (Upper anterior/lateral ribs inferior)

Sphenoid Pattern

- Usually surfaces with allergy, dyslexia, emotional, ocular lock and other patterns
- Left and right greater wings of sphenoid anterior
- Occiput inferior (lateral)

Snoring, Sleep Apnea, Voice, Throat Pattern

- Hyoid anterior (lateral)

Weight Loss/Habit Pattern

- Put patient in POS
- Bilateral temporal (sphenoid)
- Occipital fibers
- T2

NOTES

POS = Posture of Subluxation
 These listings are general guidelines as individual patterns may vary from person to person. All listings should be confirmed for each individual. Text in parentheses are secondary findings.

