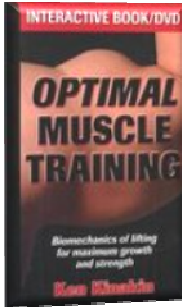


## Getting to Know: An Interview with Dr. Ken Kinakin

By John Izzo

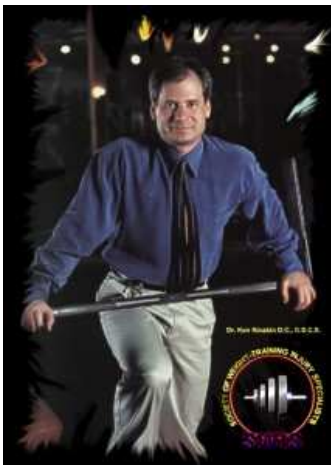


The first time I picked up “Optimal Muscle Training” at the book store, was the first time I realized that muscular imbalances are THAT detrimental to performance. I mean, “C’mon...someone wrote an entire book on the topic!”

Books that help you become better as a professional or learner, are not the same as college textbooks that you pay \$130 for and then return them at the end of the semester, to make a measly \$28. No, these books stay on your shelf forever. And they don’t sit there and collect dust either. They get picked up from time to time, to be reviewed again, or referenced, or in Dr. Ken Kinakin’s book—to watch the accompanying DVD again.

How cool is that? The book not only describes the many muscular deviations that may occur or become exposed through weight-training, but there is a video that actually shows the assessments that can be performed to test for such! Once I read the book, I was hooked. Dr. Ken Kinakin did a remarkable job with this book, and he has authored many article published throughout the training community, as well as online publications. He is a respected professional and founder and president of SWIS (Society of Weight-Training Specialists)—an organization that combines specialists in the education of treatment and prevention, of weight-training injuries.

I had the opportunity to interview Dr. Ken Kinakin and he was so kind to take a few moments out of his busy schedule to answer my questions.



**JOHN: Dr. Kinakin, can you tell my readers more about yourself, (AKA: your involvement with bio-mechanics and weight-training)?**

**KK:** I am a chiropractor, certified strength and conditioning specialist and a certified personal trainer. I have competed in bodybuilding and still compete in powerlifting. I lecture across Canada and the United States to doctors and personal trainers on the topics of weight-training, rehabilitation and nutrition. I have a private practice in Mississauga, Ontario, Canada where I treat various weight-training and sport injuries. ([www.phoenixclinic.ca](http://www.phoenixclinic.ca)) I am also the founder and president of the **SWIS - Society of Weight-Training Injury Specialists**, an organization dedicated to the education and training of the prevention, treatment and rehabilitation of weight-training injuries. ([www.swis.ca](http://www.swis.ca))

**JOHN: Your book "Optimal Muscle Training" has been a valuable aide on my personal bookshelf. You wrote an incredible book and to top it off, created an awesome DVD to accompany it. The DVD alone, stands on its own...what prompted you to create such a product (book/DVD)?**

**KK:** Thanks for the compliment. I felt that there was a need to create a book and DVD explaining the assessment of a person who is interested in weight-training and to determine if they are capable to doing the exercises. I have seen various patients get injured in the weight room, not by the exercise, but a pre-existing injury that did not heal properly and the stress of the weight-training exercise exposed the injury. So the best way to learn how to do the tests and exercises is by video and backed up by the book. It has now been used in various colleges and universities across Canada and United States as a teaching tool.

**JOHN:** It seems that different people have different sensitivity to pain and discomfort. Some people consider the "nagging" feeling of a good stretch as "painful", whereas some bodybuilders that suffer from shoulder impingement simply warm-up their shoulders and hit heavy benching--while ignoring the shoulder pain. It seems to be two different extremes of pain tolerance. In your experience and opinion, is it more psychological or physical?

**KK:** People perceive pain differently, physically and psychologically. It depends on the amount of nociception (pain receptors) that the person has activated and whether they have chronic inflammation.

**JOHN:** I watched a HIT Bodybuilding video by Mike Mentzer the other day. I believe it was filmed around 1999 and showed Mike training a young bodybuilder. Watching the video and listening to Mike's instructions, all I can think about was how times have changed in this industry. Do you think physical therapists/chiropractors initiated the crossover to personal training to help or do you think the fitness industry was "asking for it"? Can you explain your answer?

**KK:** I think what has happened is personal trainers are starting to go into the therapy world by doing functional training. Sometimes exercises and stretches will help an injury if the area is deconditioned. But most often, the injured area has a damaged muscle, joint or nerve or all three and needs treatment before functional training.

**JOHN:** SWIS is a one-of-a-kind organization. Who are your symposiums attracting?

**KK:** Thanks. I was trying to bridge the gap between the doctors/therapists and the personal trainers in the area of treatment, rehabilitation, training and nutrition. I brought out the best in the world of strength coaches, personal trainers, nutritionists, doctors, therapists and have them talk about their techniques and tricks of the trade. The interaction between them all was amazing and out of it new techniques and ideas were created. You can check out all the presentations at <http://www.swisdvd.com>

**JOHN:** Any plans for another book?

**KK:** Yes, I have been working on a few all at the same time. One is the "Encyclopedia of Weight-Training Injuries". Another is "How to do a Nutritional Physical".

**JOHN:** Ken, thank you for taking the time out of your schedule to answer my questions. I know you are a busy guy and the fact that you took the time to share your information is very valuable. Thanks.

**KK:** No problem, John. Thank you. [END]