

Health Profilers: Is that a reflection in the Mirror Neurons?

Cite: Maffetone P. Health Profilers: Is that a reflection in the Mirror Neurons? Asia-Pac Chiropr J. 2026;7.1. <https://www.apcj.site/MaffetoneReflection.pdf>

Grok prompt

Provide a one paragraph summary in clinical language of the paper Health Profilers: Is that a reflection in the Mirror Neurons? by Phil Maffetone and give 2 open-ended review questions for Chiropractors

Grok response

Clinical summary: The paper advocates health profiling as a holistic, patient-centred approach that relies on detailed history-taking, bedside observation, and the clinician's embodied perception to form a comprehensive, individualised assessment beyond reliance on high-tech diagnostics. Central to this approach is the role of mirror neurons in enabling clinicians to simulate and interpret patients' motor plans, emotions, and nonverbal cues, thereby enriching diagnostic accuracy and therapeutic rapport. The author emphasises re-establishing and prioritising direct, one-on-one engagement (including initial greeting, gait observation, and real-time interpretation of movement) to uncover subtle imbalances and functional impairments that may be concealed by compensatory patterns, with particular note of applications in athletic populations. The narrative cautions against diminishing clinical expertise through over-dependence on artificial intelligence and external tools, arguing that authentic brain-patient interaction remains foundational to effective health profiling and humane care.

Grok review questions

How can health profiling and mirror-neuron-guided assessment be integrated into routine Chiropractic examinations to enhance differential diagnosis and treatment personalisation without compromising efficiency or patient safety?

In what ways might heightened attention to nonverbal cues, gait analysis, and practitioner empathy influence treatment planning, outcome tracking, and patient engagement in Chiropractic care, particularly for athletes and patients with chronic pain?