

Functional assessment and treatment approach according to Janda and Lewit

Four Parts Rehabilitation Prague School Educational Track



Prof. Vladimir Janda, MD, DrSc



Prof. Karel Lewit, MD, DrSc

Prof. Vladimir Janda MD, DrSc and Prof. Karel Lewit, MD, DrSc are considered the founders of comprehensive Czech rehabilitation. Very close colleagues and friends, both spent a big part of their professional lives behind the “iron curtain”. Still, their original rehabilitation concepts extended well beyond the borders of the Czech Republic, including other socialist countries. They helped shape rehabilitation field internationally.

Professor Janda defined the characteristics of muscle imbalance syndromes in relationship to the adaptations of the CNS and the ensuing chronicity now commonly called “Janda’s crossed and layer syndromes”. He viewed the sensorimotor system as an indivisible unit. He emphasized that effective treatment and rehabilitation process would have to respect this unity and its implications.

Specializing in manipulation techniques, Karel Lewit believed that his treatment would have no permanent effect unless followed by rehabilitation and the patient’s education in self-treatment. Studying neuroradiology and functional pathology of the movement system, Dr. Lewit understood that manipulation treatment does not change the shape or the position of a

structure, but it could change the function of the musculoskeletal system. This led him to develop a self-treatment system for patients with musculoskeletal pain that, with many modifications, is used worldwide now. He introduced the original systematic concept of self-treatment techniques. He also emphasized that “a patient must leave the office with homework”. His classic quotes include: “The one who knows a technique must not become the slave of it”; “For me, manipulation is a marginal type of treatment. The patient’s own muscles always do a better job than those of the best therapists. Therefore, we have to tailor the self-treatment to each specific patient and suggest an adequate self-treatment. If treatment is not helping, it becomes frustrating: an individual approach is critical.”

Proposed seminar series is designed to provide a deeper understanding of movement and neuromuscular approaches in the evaluation & management of musculoskeletal pain syndromes. Functional regional interdependence between the muscular, osteoarticular and central nervous systems in the regulation of movement will be the focus of the entire educational track.

Part 1 will focus on detailed postural and movement pattern analysis according to Janda, evaluation of muscle length and hypermobility. Clinical reasoning of the evaluation and management process and its integration in sensorimotor stimulation treatment procedures will be discussed and demonstrated along with extensive hands-on practice and feedback. Course attendees will practice palpation and handling skills for evaluation, treatment & exercise/movement correction, discuss the integration of sensorimotor approach according to Janda with other traditional musculoskeletal techniques to treat musculoskeletal pain syndromes and effectively manage the patient.

Parts 2, 3 and 4 will present functional assessment and treatment according to Lewit. An analysis of chain reactions to determine a „key link“ and assessment based on Lewit’s original concept of a barrier phenomenon will be explained, demonstrated and discussed. During extensive practical hands-on labs, the course attendees will first practice soft tissue assessment and treatment techniques. Then, the barrier phenomenon based mobilization and relaxation techniques for the spine, pelvis and extremities will be demonstrated and practiced step by step. Post-isometric relaxation and reciprocal inhibition self-treatment techniques will be presented and practised in a systematic manner to learn how to educate a patient properly in home exercise programs.

Proposed systematic functional evaluation and treatment approach will help clinicians quickly determine the cause of pain to initiate specific treatment using a variety of techniques based on Dr. Janda and Dr. Lewit.

4 Parts Rehabilitation Prague School Educational Track

Part I: Functional Assessment of Movement Stereotypes and Principles of Treatment Approach According to Janda

Day 1

9.00 – 10.30 Analysis of muscular imbalance in standing

10.30 – 11.00 Break

11.00 – 12.30 Analysis of muscular imbalance in standing

12.30 – 13.30 Lunch

13.30 – 15.00 Six basic muscle patterns

15.00 – 15.30 Break

15.30 – 17.00 Six basic muscle patterns

Day 2

9.00 – 10.30 Evaluation and treatment of tight muscle

10.30 – 11.00 Break

11.00 – 12.30 Evaluation and treatment of tight muscle

12.30 – 13.30 Lunch

13.30 – 15.00 Evaluation of hypermobility

15.00 – 15.30 Break

15.30 – 17.00 Sensory Motor Stimulation method - Introduction, indications

Day 3

8.00 – 10.30 Evaluation, Stimulation, Small foot, Postural correction

10.30 – 11.00 Break

11.00 – 12.30 Half steps and Lunges, Devices and Aids

12.30 – 13.00 Break

13.00– 14.00 Exercise on Balance Boards

Part II: Barrier Phenomenon Based Functional Assessment and Treatment & Self-treatment Techniques According to Lewit - Soft Tissue Techniques, Cervical Region

Day 1

9.00 – 10.30 Concept of barrier phenomenon

10.30 – 11.00 Break

11.00 – 12.30 Soft Tissue Techniques - Skin, Connective tissue, Fascias

12.30 – 13.30 Lunch

13.30 – 15.00 Pressure treatment of trigger points, periosteal points and tight muscles,

active scars

15.00 – 15.30 Break

15.30 – 17.00 Postisometric muscle relaxations (PIR) - Introduction, basic principles

Day 2

- 9.00 – 10.30** Fascias Techniques in cervical region
- 10.30 – 11.00** Break
- 11.00 – 12.30** PIR Techniques in cervical region
- 12.30 – 13.30** Lunch
- 13.30 – 15.00** PIR Techniques in cervical region
- 15.00 – 15.30** Break
- 15.30 – 17.00** Mobilization Techniques in cervical region

Day 3

- 8.00 – 10.30** Mobilization Techniques in cervical region
- 10.30 – 11.00** Break
- 11.00 – 12.30** Mobilization Techniques in cervical region
- 12.30 – 13.00** Break
- 13.00– 14.00** Mobilization Techniques in cervical region

Part III: Fascias, Relaxation and Mobilization Techniques in Thoracic Region and for Upper Extremity

Day 1

- 9.00 – 10.30** Review of soft tissue techniques principles and cervical region techniques
- 10.30 – 11.00** Break
- 11.00 – 12.30** Fascias Techniques in thoracic region
- 12.30 – 13.30** Lunch
- 13.30 – 15.00** Fascias Techniques for upper extremity
- 15.00 – 15.30** Break
- 15.30 – 17.00** Postisometric muscle relaxations in thoracic region

Day 2

- 9.00 – 10.30** Postisometric muscle relaxations for upper extremity
- 10.30 – 11.00** Break
- 11.00 – 12.30** Postisometric muscle relaxations for upper extremity
- 12.30 – 13.30** Lunch
- 13.30 – 15.00** Mobilization Techniques in thoracic region
- 15.00 – 15.30** Break
- 15.30 – 17.00** Mobilization Techniques in thoracic region

Day 3

- 8.00 – 10.30** Mobilization Techniques in thoracic region
- 10.30 – 11.00** Break
- 11.00 – 12.30** Mobilization Techniques for upper extremity
- 12.30 – 13.00** Break
- 13.00– 14.00** Mobilization Techniques for upper extremity

Part IV: Fascias, Relaxation and Mobilization Techniques in Lumbar Region and for Lower Extremity

Day 1

9.00 - 10.30 Review of thoracic region and upper extremity techniques

10.30 - 11.00 Break

11.00 - 12.30 Fascias Techniques in lumbar region

12.30 - 13.30 Lunch

13.30 - 15.00 Fascias Techniques in lower extremity

15.00 - 15.30 Break

15.30 - 17.00 Postisometric muscle relaxations in lumbar region

Day 2

9.00 - 10.30 Postisometric muscle relaxations in lower extremity

10.30 - 11.00 Break

11.00 - 12.30 Postisometric muscle relaxations in lower extremity

12.30 - 13.30 Lunch

13.30 - 15.00 Mobilization Techniques in lumbar region

15.00 - 15.30 Break

15.30 - 17.00 Mobilization Techniques in lumbar region

Day 3

8.00 - 10.30 Mobilization Techniques in lumbar region

10.30 - 11.00 Break

11.00 - 12.30 Mobilization Techniques in lower extremity

12.30 - 13.00 Break

13.00- 14.00 Mobilization Techniques in lower extremity