

Functional assessment and treatment approach according to Janda and Lewit

Two 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.

Basic Part 1 will focus on detailed description of muscular imbalance in standing according to Janda with kinesiological consequences for functional changes in joints. 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. Barrier phenomenon based functional assessment and treatment techniques according to Lewit for spine, pelvis and soft tissues will be explained, demonstrated and practiced. At the end of the course the instructor will demonstrate functional approach according to Janda and Lewit to assess and treat client with musculoskeletal pain syndrome.

Advanced Part 2 will present movement pattern and hypermobility analysis according to Janda. Analysis of chain reactions to determine a „key link“, and assessment based on Lewit’s original concept of a barrier phenomenon will be explained in depth, demonstrated and discussed. Course attendees will continue to practice detailed assessment and treatment procedures according to Lewit during extensive practical hands-on labs. Post-isometric relaxation and reciprocal inhibition self-treatment techniques will be presented and practiced 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.