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Functional assessment and treatment approach according to Janda and Lewit

4 Parts Rehabilitation Prague School Educational Track

Instructor:

Michaela Veverkova, MPT

Organizer:

Milos Djuric
http://fiziovracar.com/2016/12/14/funkcionalna-procena-i-ter
milosdjuric88@yahoo.com
+38160 322 95 32

Course location:

Ljubostinjska 2
Belgrade
Serbia

Maximum 25 students in the class
Most of the class to be practical, please bring a suitable clothing for practical workshops

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

Date: February 5-7, 2016

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

Date: June 2016

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

Date: September 2016

Day 1

9.00 – 10.30 Rewiev 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

Date: December 2016

Day 1

9.00 – 10.30 Rewiev 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

Course Instructor

Michaela Veverkova, MPT

Michaela Veverkova completed her Physiotherapy Master's degree at the Faculty of Physical Education and Sport, Charles University, Prague in 1993. Since, she has been working as an Assistant Professor at the Institute of Postgradual Medical Education in Prague and at the 3rd Medical Facluty, Charles University, Prague, Czech Republic. She worked closely with prof. Janda and his team from 1993 until 2002.

Michale Veverkova has been working as a physiotherapist at the Rehabilitation Department, 3rd Medical Faculty and University Hospital Kralovske Vinohrady, Charles University, Prague. She is specialized in functional assessment and treatment of adult patients with various muskuloskeletal, orthopaedic and neurlogical disorders.

She has completed over 20 professional courses including the Sensory Motor Stimulation Method, Brügger approach; functional assessment and treatment according to Mojžíšová; PNF, MDT by McKenzie, Brian Mulligan´s Concepts, Reflex Locomotion according to Vojta, DNS any many others.

Dr. Veverkova is a certified instructor in Manual Medicine including Sensory Motor Stimulation Method according to Janda and Mobilization, Relaxation and Self-treatment techniques according to Lewit. Being expert in teaching of functional appraoch according to Janda and Lewit she has instructed courses in manual medicine and rehabilitaiton in numerous European countries, north America, and Australia.