

REHABILITATION PRAGUE SCHOOL



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Functional assessment and treatment approach according to Janda and Lewit

4 Parts Rehabilitation Prague School Educational Track

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

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

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 Faculty, Charles University, Prague, Czech Republic. She worked closely with prof. Janda and his team from 1993 until 2002.

Michaela 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 musculoskeletal, orthopaedic and neurological 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 and 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 approach according to Janda and Lewit she has instructed courses in manual medicine and rehabilitation in numerous European countries, North America, and Australia.