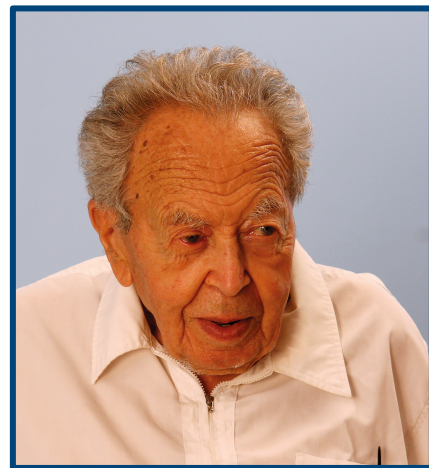


Functional assessment and treatment approach according to Janda and Lewit

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.