

**REHABILITATION**  
**PRAGUE SCHOOL**



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**Functional assessment and treatment approach according to  
Janda and Lewit**

**4 Parts Rehabilitation Prague School Educational Track  
February 9 - 11, 2018: Janda's approach**

**Instructor:**

**Michaela Veverkova, MPT**

**Organizer:**

**Matija Rajnovic**

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**Course location:**

**Ulica Frana Kestercaneka 2b  
10 000, Zagreb  
Croatia**

**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 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

### **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 3<sup>rd</sup> 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, 3<sup>rd</sup> 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 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 approach according to Janda and Lewit she has instructed courses in manual medicine and rehabilitation in numerous European countries, north America, and Australia.