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 Postgraduate 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.
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 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 Mojžišová; 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.