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

**4 Parts Rehabilitation Prague School Educational Track
April 7 - 9, 2018: Lewit – Part 1**

Instructor:

Michaela Veverkova, MPT

Organizer:

Kenny Hsiao

Taiwan Institute of FAscIA Research (TIFAR)

<http://www.fascia.com.tw> tifarhsiao@gmail.com

+886-4-2203-4999 , +886-935324999

Course location:

**TIFAR Education Center (TEC) No.285, Sec. 2
Taiwan Blvd., West Dist. Taichung City 40308 Taiwan**

Maximum 25 students in the class

**Most of the class to be practical, please bring a suitable clothing
for practical workshops**

Lewit: Part I: 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

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 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.