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"Assessment and Treatment of Muscle Imbalance: The Janda Approach" blends postural techniques, neurology, and functional capabilities in order to alleviate chronic musculoskeletal pain and promote greater functionality. Developed by Vladimir Janda, respected neurologist and physiotherapist, the

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Assessment and Treatment of Muscle Imbalance: The Janda Approach is a well-written, comprehensive overview of the works of Vladimir Janda. Anyone whose clinical practice has benefited from exposure to the Janda Approach through his various compendiums, videos, courses, and manuscripts will appreciate this all inclusive reference. The authors have broken the book into 4 sections. The first

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Assessment and Treatment of Muscle Imbalance

Assessment and Treatment of Muscle Imbalance in BottomLine Secrets January 10, 2011 Bottom Line Secrets, a free e-newsletter, recently featured Dr. Phil Page in an article about simple exercises for muscle imbalance syndromes.

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Izraeliski , BSc, DC, CMCC Sport Science Resident P Page, C Frank, R Lardner, editors.
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Assessment and Treatment of Muscle Imbalance: The Janda Approach is the only text to offer practical, evidence-based application of Janda s theories. Filled with illustrations, photos, and step-by-step instructions, Assessment and Treatment of Muscle Imbalance uses a systematic approach in presenting information that can be used in tandem with other clinical techniques.
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Assessment and Treatment of Muscle Imbalance Clare Frank

Pathomechanics of Muscular Imbalance Causes of Muscle Tightness and Weakness Janda s Classification of Muscle Imbalance Patterns Summary Part II. Functional Evaluation of Muscle Imbalance Chapter 5. Posture, Balance, and Gait Analysis Muscle Analysis of Standing Posture Evaluation of Balance Evaluation of Gait Summary Chapter 6.
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The Janda Approach to Chronic Pain

Assessment and Treatment of Muscle Imbalance: The Janda Approach co-author Clare Frank, DPT is a certified instructor for Dynamic Neuromuscular Stabilization, (DNS) a rehabilitation program based in part on Dr. Janda s teaching and the rest of the Prague School Faculty. She was recently interviewed by Dr. Phillip Snell of myrehabexercise.com about her experiences with Dr. Janda. Dr
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These imbalances occur in many activities of life, from simple poor posture sitting at the desk or sleeping at night, through to repeated movements without working the opposing muscle group. So even when we are doing the correct thing getting out exercising we can be slowly developing a muscle imbalance if the programme isn t well rounded.
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