

## ASSESSMENT AND TREATMENT OF MUSCLE IMBALANCE TYPE:PDF%0A

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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.

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### **ASSESSMENT AND TREATMENT OF MUSCLE IMBALANCE THE JANDA**

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 expo- sure 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 The Janda**

ASSESSMENT AND TREATMENT OF MUSCLE IMBALANCE Seventeen muscles either originate or insert on the scapula, influencing the position and movement of the shoulder girdle as well as the spine. For example, tightness of the upper trapezius from the cervical region influences shoulder joint movement by positioning the scapula upward and downwardly rotated. These functional postural chains can also influence movement patterns globally throughout the body via kinetic chains.

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Chapters 7 and 8 discuss muscle length testing and soft-tissue as- sessment respectively and nicely relate these assessments to both muscular ten- der points and trigger points. Section 3 covers the treatment of mus- cle imbalance syndromes. As the authors state, Janda firmly believed that the CNS and motor system function as one unit, the sensorimotor system. In this section they lay out Jandas 3

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### **Assessment and Treatment of Muscle Imbalance Human**

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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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### **Assessment and Treatment of Muscle Imbalance The Janda**

Assessment and Treatment of Muscle Imbalance: The Janda Approach. P Page, C Frank, R Lardner, editors. Human Kinetics: Windsor, Ontario, Canada. 2009 Hardcover 314pp, Regular Price \$67.33 (Canadian) ISBN: 978-0-7360-7400-1.

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### **Assessment and Treatment of Muscle Imbalance The Janda**

Assessment and Treatment of Muscle Imbalance: The Janda Approach is the only text to offer practical, evidence-based application of Janda s theories.

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### **Muscle imbalance Wikipedia**

Muscle imbalance can be described as the respective equality between the antagonist and agonist, this balance is necessary for normal muscle movement and roles.

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### **The assessment and treatment of muscular imbalance The**

- Functional Evaluation of Muscle Imbalance discusses The book s side-by-side comparison is made between posture, gait, muscle length testing and soft tissue Janda s clinical approach to muscle imbalance and that of assessment. physical therapist Dr. Shirley Sahrman. However, to help - Treatment of Muscle Imbalance Syndromes describes address the common debate among clinicians regarding

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### **Assessment and Treatment of Muscle Imbalance The Janda**

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