



Assessment and Treatment of Muscle Imbalance: The Janda Approach

By Phillip Page, Clare Frank, Robert Lardner



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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 Janda approach presents a unique perspective to rehabilitation. In contrast to a more traditional structural view, the Janda approach is functional—emphasizing the importance of the sensorimotor system in controlling movement and chronic musculoskeletal pain syndromes from sports and general activities. *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. This resource for practitioners features the following tools:

- A rationale for rehabilitation of the musculoskeletal system based on the relationship between the central nervous system and the motor system
- A systematic method for the functional examination of the muscular system
- Treatment processes focusing on the triad of normalization of peripheral structures, restoration of muscle balance, and facilitation of afferent systems and sensorimotor training
- The role of muscle imbalance and functional pathology of sensorimotor systems for specific pain complaints, including cervical pain syndrome, upper- and lower-extremity pain syndromes, and low back pain syndromes

Assessment and Treatment of Muscle Imbalance provides an evidence-based explanation of muscle imbalance. The step-by-step Janda system of evaluation is explained—including analysis of posture, balance, and gait; evaluation of movement patterns; testing of muscle length; and assessment of the soft tissue. The text explores treatment options for muscle imbalance through facilitation and inhibition techniques and sensorimotor training to restore neuromuscular function. It also includes four case studies examining musculoskeletal conditions and showing how the Janda approach compares with other treatments. This text

combines theory, evidence, and applications to assist clinicians in implementing the Janda approach into their practice.

Assessment and Treatment of Muscle Imbalance: The Janda Approach focuses on the neurological aspects of muscle imbalance that are common causes of pain and dysfunction in sports and occupational activities. By distilling the scientific works of Vladimir Janda into a practical, systematic approach, this unique resource will assist health care providers in treating patients with musculoskeletal complaints as well as exercise professionals in developing appropriate exercise prescription and training programs.

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"A practical text for clinicians treating patients with musculoskeletal complaints."

SciTech Book News (March 2010)

"An excellent book and a fitting tribute to Janda - well done! I attended several of Janda's courses in the UK over a period of many years and his influence on my professional life was significant."

Christopher Norris, PhD, MSc, MCSP, MBAcC -- Director of Norris Associates

"This would make a useful addition to every clinician's library—especially physical therapists, chiropractors, osteopaths, and all those using hands-on therapies."

Journal of Bodywork and Movement Therapies

"...a thorough, well-organized, and well-written summary of the Janda approach to muscle imbalance."

Journal of Orthopedic and Sports Physical Therapy

"With its modest price tag and practical insights of both assessment and treatment of muscle imbalance, I would recommend this book to any practitioner or student planning to treat MSK disorders."

Manual Therapy

This book "provides a lot of useful information that is different from the typical treatment approaches taught in most physical therapy schools and it can only help give clinicians insights that may help them treat their patients."

Orthopedic Physical Therapy Practice

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