

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

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Muscle balance in both muscle length and tension is essential for normal function; therefore, muscle imbalances where the length or strength of an agonist and an antagonist muscle are altered

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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 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: 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**

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

ASSESSMENT AND TREATMENT OF MUSCLE IMBALANCE The Janda Approach Phil Page, PT, ATC Baton Rouge, LA Clare C. Frank, DPT Movement Links, Inc. and Kaiser Permanente Movement Science Fellowship, Los Angeles, CA

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

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 Reviewed by Dr. Jason

Izraeliski , BSc, DC, CMCC Sport Science Resident P Page, C Frank, R Lardner, editors.  
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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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### **What is Muscle Imbalance**

What is Muscle Imbalance Human movement and function requires a balance of muscle length and strength between opposing muscles surrounding a joint. Normal amounts of opposing force between muscles are necessary to keep the bones centered in the joint during motion; this would be considered muscle balance .  
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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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### **Muscle Imbalance Causes Treatment The Physio Company**

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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### **The Janda Approach to Chronic Musculoskeletal Pain**

Treatment of muscle imbalance and move-ment impairment begins with normalizing afferent information entering the sensorimotor system. This includes providing an optimal environment for heal-ing (by reducing effusion and protection of healing tissues, restoring proper postural alignment (through postural and ergonomic education), and correcting the biomechanics of a peripheral joint (through  
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### **Janda s Classification of Muscle Imbalance Patterns**

Free excerpt from Assessment and Treatment of Muscle Imbalance: The Janda Approach Janda s Classification of Muscle Imbalance Patterns. Through his observations of patients with neurological disorders and chronic musculoskeletal pain, Janda found that the typical muscle response to joint dysfunction is similar to the muscle patterns found in  
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