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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 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 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 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: 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

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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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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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