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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**

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 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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### **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 Sahrmann. However, to help - Treatment of Muscle Imbalance Syndromes describes address the common debate among clinicians regarding

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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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Overall, Assessment and Treatment of Muscle Imbalance: The Janda Approach provides a thorough, well-organized, and well-written summary of the Janda ap-proach to muscle imbalance. The text will be of interest to anyone who has been ex-posed to his techniques and writings.

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