

The Janda Approach to Musculoskeletal Pain Syndromes

Course co-sponsored in partnership with the Thera-Band Academy

Hosted by HealingThroughMovement.com

Healing Through Movement is very excited to announce a great course that is coming to Vancouver this winter. This is the first time that this advance course has been offered on the West Coast. Registration is open and is on a first come first serve basis. Register early to secure a spot.

DESCRIPTION:

This 16-hour, lab intensive workshop introduces the theory, research, and concepts of Dr. Vladimir Janda. Dr. Janda pioneered the concept of muscle imbalance syndromes, and has developed a systematic evaluation and unique treatment approach to musculoskeletal pain. This introductory-level workshop provides the scientific evidence to support the role of muscular imbalance in the pathogenesis of musculoskeletal pain. With functional pathologies, rarely is the site of pain the actual cause of pain. A systematic evaluation helps clinicians quickly determine the cause of pain to initiate specific treatment using a variety of techniques. Dr. Janda has developed a specific exercise program called Sensorimotor Training (SMT), which uses inexpensive exercise equipment ideal for clinical or home exercise programs. Finally, the "Functional Exercise Progression" concept, based on Dr. Janda's work, can be used as a systematic framework for treatment of musculoskeletal syndromes.

OUTLINE:

This course combines 30% lecture with 70% hands-on training, where attendees will be shown how to:

- Describe the neuromuscular aspects of functional movement, the role of muscles, and the imbalance in the pathogenesis of pain;
- Bridge the discrepancy in correlation between symptoms and structural lesions;
- Perform systematic visual evaluation of posture, balance, gait as well as systematic evaluation of movement patterns, muscle length, and trigger points;
- Recognize functional pathology of the musculoskeletal system and determine appropriate interventions;
- Describe the Functional Exercise Progression and its use for upper body, lower body, or spine rehab; and,
- Perform normalization and inhibition techniques.

LOCATION:

Columbia Health Centre
#120 - 19880 Langley Bypass
Langley, BC V3A 4Y1
(604) 514-9787

DATES:

- Saturday, February 25, 2006 - 8:00am to 5:15pm
- Sunday, February 26, 2006 - 8:00am to 4:15pm

SCHEDULE:**1st Day:**

7:30am - 8:00am - Registration/Continental Breakfast
8:00am - 10:00am - Muscular Imbalance in the Pathogenesis of Pain
10:00am - 10:15am - Break
10:15am - 12:15pm - Diagnosis of Muscle Imbalance & Movement Impairment
12:15pm - 1:00pm - Lunch (on own)

1:00pm - 3:00pm - Lab: Visual Inspection (posture, balance & gait)
3:00pm - 3:15pm - Break
3:15pm - 5:15pm - Lab: Evaluation (movement patterns, muscle length & trigger points)
5:15pm - 6:15pm - Lab: Evaluation Pearls & Pathologies

2nd Day:

7:30am - 8:00am - Continental Breakfast
8:00am - 9:45am - Janda Approach: Functional Exercise Progression
9:45am - 10:00am - Break
10:00am - 11:00am - Lab: Normalization & Inhibition Techniques
11:00am - 12:30pm - Lab: Facilitation & Coordination Techniques

12:30pm - 1:15pm - Lunch (on own)
1:15pm - 2:45pm - Lab: FEP Lower Body
2:45pm - 3:00pm - Break
3:00pm - 4:15pm - Lab: FEP Upper Body
4:15pm - Discussion

COURSE FEE:

\$299 prior to January 15, 2006
\$349 after January 15, 2006
\$399 after February 19, 2006

A decision will be made January 22, 2006 on the interest of the course. If there is interest in the course, the course will be confirmed and registrations collected will be processed. If there is not enough interest in the course, the course will be cancelled and registration will be returned to registrants.

COURSE ELIGIBILITY AND PREREQUISITES:

Participants must be Licensed Physical Therapists, Physical Therapists Assistants, Occupational Therapists, Physicians, Chiropractors, Registered Kinesiologist, and Athletic Therapists.

TO REGISTER OR MORE INFORMATION:

Call Rick Kaselj at (604) 532-5248 or e-mail at info@HealingThroughMovement.com

For a complete listing of all the courses offered and hosted by HealingThroughMovement.com please visit www.HealingThroughMovement.com

BIBLIOGRAPHY FOR JANDA APPROACH TO MUSCULOSKELETAL PAIN SYNDROMES:

Janda V. 1993. Muscle strength in relation to muscle length, pain, and muscle imbalance. In Harms-Ringdahl, ed. Muscle Strength (International Perspectives in Physical Therapy, Vol 8). Churchill Livingstone: Edinburgh. Pp. 83-91.

Janda, V. 1986. Muscle Weakness and Inhibition (Pseudoparesis) in Back Pain Syndromes. In Modern Manual Therapy of the Vertebral Column, ed. G. Grieve. New York: Churchill Livingstone.

Janda V. 1987. Muscles and motor control in low back pain: Assessment and management. In Twomey LT (Ed.) Physical therapy of the low back. Churchill Livingstone: New York. Pp. 253-278.

Janda, V. 1988. Muscles and Cervicogenic Pain Syndromes. In Physical Therapy of the Cervical and Thoracic Spine, ed. R. Grand. New York: Churchill Livingstone.

Janda V. 2000. Manuelle Muskelfunktions-diagnostik. 4th edition. Urban & Fischer: Munich.

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Registrant Information

Mr. Mrs. Miss. Ms. Dr.

First Name: _____ Last Name: _____

Address: _____

City: _____ Province: _____

Postal Code: _____

This is my: Home Address Work Address

Home Phone: (____) _____

Business Phone: (____) _____

Fax Number: (____) _____

Cellular Phone: (____) _____

E-mail: _____

Website: _____

Occupation: _____

Employer: _____

Memberships:

BCAF BCRPA ACE CSEP Can-Fit-Pro
 RMT AKA AFLA Other: _____

How did you hear about this course? _____

Course Fee:

- \$299 prior to January 15, 2005
 \$349 after January 15, 2005
 \$399 after February 19, 2005

Method of Payment:

Cheque – Make Cheques Payable to “Rick Kaselj” Visa Master Card

Card #: _____

Expiry date (mm/yy): _____

Card Holder (print): _____

Authorized signature: _____

Returned cheques are subject to a \$25 fee.

Cancellation Policy:

- Full refund will be provided prior to January 22, 2006 with written notification.
- A \$50 administration fee will apply after January 22, 2005.
- No refund will be provided after February 7, 2005.

Waiver of Liability:

This is a release of claims and by signing it you do the following:

- (1) Represent to Healing Through Movement that you are in excellent physical health.
- (2) Health Through Movement, nor its presenters, staff and volunteers, host facility staff and management, and any other person involved in organizing the workshop or course, shall have any liability for any such injury or harm.
- (3) I understand and agree to abide by the conditions of the cancellation policy.
- (4) Healing Through Movement may videotape, audiotape or photography you, and Healing Through Movement retains the rights to use these items, and may employ any or all of these for all commercial and non-commercial purposes without payment of any kind to you and without further notice to you or permission from you.
- (5) I consent that Healing Through Movement may use the information collected on this for exclusive use of sending me updates on other Healing Through Movement events, products and services.

I have, I understand and, as in inducement to Healing Through Movement to allow me to participate in this workshop and/or course, I agree to the forgoing.

Signature: _____

Print Name: _____

Date: _____

After the Registration Form is Filled

Fax Registration Form To: (604) 677-5425

Mail Registration form to:

Healing Through Movement
#85 – 20540 – 66th Ave
Langley, BC
V2Y 2Y7