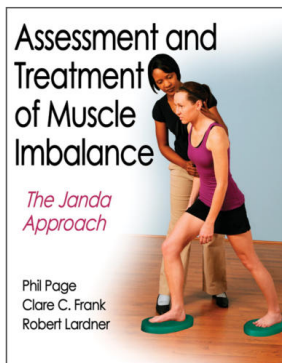


COURSE INSTRUCTOR

Clare Frank DPT, MS, OCS, FAAOMPT

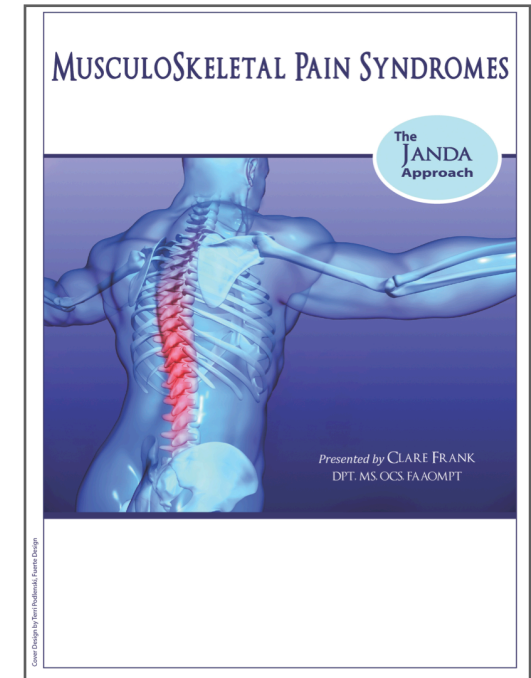
Clare received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program in 1993 while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her Advanced Standing doctorate degree from Western University of Health Sciences, Pomona, California in 2003. She is a board certified specialist in Orthopedic Physical Therapy and a fellow in the American Academy of Orthopedic Manual Physical Therapy. Her clinical career has been greatly influenced by Shirley Sahrmann PT, PhD, and the Prague School of Manual Medicine faculty, namely, the late Vladimir Janda MD, Karel Lewit MD, and Pavel Kolar PT, PhD.

Clare practices in Los Angeles, California. She currently serves as the Program Director of Azusa Pacific University Clinical Fellowship in Movement & Performance and clinical instructor for the Spine Rehabilitation Fellowship at Kaiser Permanente, Los Angeles. Clare has presented at both state and national conferences. She currently teaches in the U.S. and internationally and has co-authored "Assessment and Treatment of Muscle Imbalances: The Janda Approach".



movement **links**®

Presents



 **September 21-22, 2019** 

COURSE LOCATION

**HealthCare Partners
23430 Hawthorne Blvd. #105
Torrance CA 90505**

MUSCULOSKELETAL PAIN SYNDROMES: THE JANDA APPROACH

September 21 - 22, 2019

Registration Fee: \$450

COURSE DESCRIPTION

This 2-day lab intensive workshop introduces the theory, research, and concepts of Czech physician Dr. Vladimir Janda (1928-2002). Dr. Janda pioneered the concept of muscle imbalance syndromes, and developed a systematic evaluation and treatment approach to musculoskeletal pain syndromes. This workshop provides the scientific evidence to support the role of muscular imbalance in the pathogenesis of musculoskeletal pain. With functional pathologies, the actual cause of pain is rarely at the site of pain. A systematic evaluation helps clinicians quickly determine the cause of pain to initiate specific treatment using a variety of techniques. Dr. Janda developed a specific proprioceptive exercise program, Sensorimotor Training (SMT), using inexpensive exercise equipment ideal for clinical or home exercise programs.

TARGET AUDIENCE:

PT, DC, ATC or licensed medical professional.

REGISTRATION

Please register for this course on www.movementlinks.com

Questions & Further Information:
info@movementlinks.com

COURSE OBJECTIVES

- Describe the inter-relationship of the central nervous system and musculoskeletal system.
- Describe the role of muscles and imbalance in the pathogenesis of pain.
- Describe Janda's approach to musculoskeletal pain syndromes
- Perform a systematic visual evaluation of posture, gait, muscle length, movement and recruitment patterns.
- Perform normalization of muscle length or muscle tension.
- Perform muscle activation techniques through voluntary, automatic or reflexive means.
- Describe and perform sensorimotor training techniques to improve postural stability and neuromuscular control

INSTRUCTOR: PARTICIPANT RATIO - 1:10



ProCert has awarded certification in the amount of **14 Continuing Competence Units (CCUs)** to this activity in 27 states. CCUs are a unit of relative value of an activity based on its evaluation against a rigorous and comprehensive set of standards representing the quality of an activity. The CCU determination is a valuation applying many factors including, but not limited to, duration of the activity. No conclusion should be drawn that CCUs correlate to time (e.g. hours).

<https://pt.fsbpt.net/aPTitude/content/public/FSBPTCertification>

COURSE SCHEDULE

Day 1: Evaluation 8:30 am - 6:00 pm (8 hours)

AM Registration
Introduction to Muscular Imbalance in the pathogenesis of pain diagnosis of Musculoskeletal Pain Syndromes

Lunch (on your own)

PM LAB: Visual Inspection
LAB: Movement patterns, muscle length, palpation

Day 2: Treatment 8:30 am - 4:00 pm (6 hours)

AM Treatment of Musculoskeletal Pain Syndromes

LAB: Muscle Balance - inhibitory and facilitatory techniques

Lunch (on your own)

PM LAB: Muscle Balance - Muscle activation Sensorimotor Training

PLEASE WEAR APPROPRIATE LAB ATTIRE FOR VISUAL AND PALPATION OF MUSCLES.