

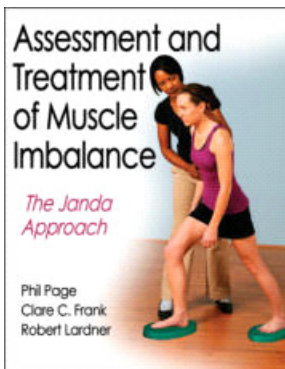
COURSE INSTRUCTOR

Clare Frank

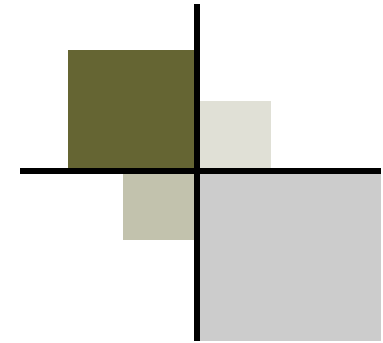
DPT, MS, OCS, FAAOMPT

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 & Biokinesiology at University of Southern California. Clare then went on to receive her post-professional doctorate degree from Western University of Health Sciences, Pomona, California in 2003. Her clinical career has been greatly influenced by Shirley Sahrman 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 at a private clinic in Los Angeles, California. She has been instrumental in setting up the Movement Science Fellowship at Kaiser Permanente, Los Angeles and is one of the primary clinical instructors for the program. She is a certified instructor for the "Janda Approach to Musculoskeletal Pain Syndromes" and "Dynamic Neuromuscular Stabilization: A Developmental Kinesiology Approach." Clare also serves as an adjunct lecturer Western University of Health Sciences and Azusa Pacific University. Clare has presented at both state and national conferences. She currently teaches in the U.S. and internationally and just recently published a book with Human Kinetics on the Janda Approach.



The Janda Approach to Musculoskeletal Pain Syndromes



Clare Frank

DPT, MS, OCS, FAAOMPT

Well Balanced Body
1124 Main Street Suite C
Irvine CA 92614

June 5-6, 2010

The Janda Approach to Musculoskeletal Pain Syndromes

Registration Form

Registration Fee: \$450

Registration limited to licensed health professionals (PT, DC, MD, DO, ATC)

Name: _____

Address: _____

Phone: (_____) _____

Email: _____

**Please make your check payable to
Movement Links and mail to:**

Clare Frank DPT, MS, OCS
P.O. Box 660785
Arcadia CA 91066

Questions & Further Information

Contact Clare at:

Clare@movementlinks.com
or (626) 390-2776

COURSE DESCRIPTION

This 2-day workshop (30% lecture and 70% lab) 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.

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

INSTRUCTIONAL LEVEL: Basic

CEUs: 1.6 (16 contact hours) approved by California Physical Therapy Association. CPTA is on the provider list for Board of Certification (BOC).

COURSE SCHEDULE

Day 1: Evaluation (9 hours)

7:30 -8:00 am	Registration
8:00-10:00am	Introduction to Muscular Imbalance in the Pathogenesis of Pain
10:00-10:15am	Break
10:15 - 12:15	Diagnosis of Musculoskeletal Pain Syndromes
12:15- 1:15pm	Lunch (on your own)
1:15 - 3:15 pm	Lab: Visual Inspection
3:15 - 3:30 pm	Break
3:30- 6:30 pm	Lab: Movement patterns, muscle length, trigger points

Day 2: Treatment (7 hours)

8:00 - 9:00am	Treatment of Musculoskeletal Pain Syndromes
9:00 - 10:00 am	Lab: Muscle Balance
10:00- 10:15 am	Break
10:15 - 12:15	Lab: Muscle Balance (cont.)
12:15 - 1:00pm	Lunch (on your own)
1:00- 4:00pm	Sensorimotor Training

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

COURSE LOCATION

Well Balanced Body
1124 Main Street Suite C
Irvine CA 92614

Course Seminar Contact:

Rheena Burkhardt, DPT (949) 553-8853