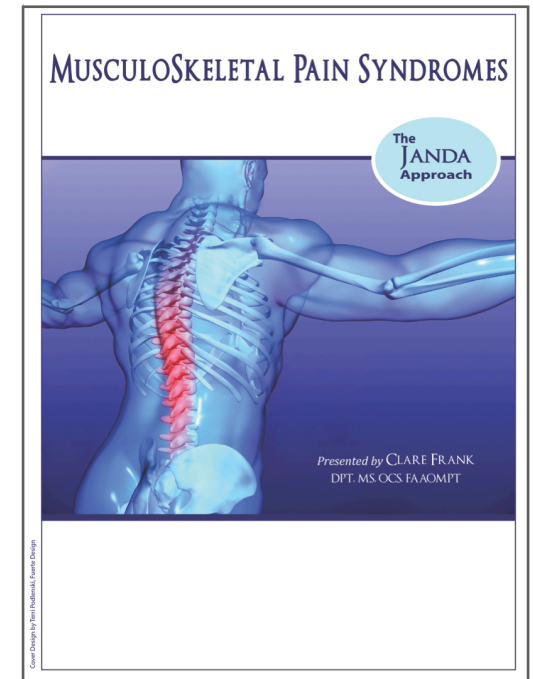
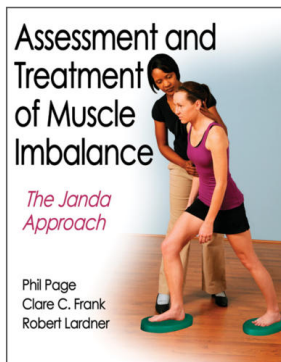


## COURSE INSTRUCTOR

**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 post-professional 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 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. Clare was part of the medical team for the 2009 World Figure Skating Championships in Los Angeles, as well as the injury prevention team for the Chinese Olympic athletes at their National Training Center in 2010/11. 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".



🌿 APRIL 21 – 22, 2012 🌿

## COURSE LOCATION

**Fortanasce & Associates Physical  
Therapy & Sports Performance Ctr.  
671 Naomi Avenue  
Arcadia, CA 91007**

**MUSCULOSKELETAL PAIN SYNDROMES:  
THE JANDA APPROACH**

**Apr 21-22, 2012**

**Registration Fee: \$425**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Phone:** (\_\_\_\_\_) \_\_\_\_\_

**Email:** \_\_\_\_\_

**Please circle:** PT MD DO DC ATC OT

**Other** \_\_\_\_\_

**Please register for course at**  
[www.cynergyeducation.com](http://www.cynergyeducation.com)

**Questions & Further Information:**

**Contact Clare at:**  
[clare@movementlinks.com](mailto:clare@movementlinks.com)  
or (626) 390-2776

**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.

**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 neuro-muscular control

**COURSE SCHEDULE**

Day 1: Evaluation 8:00 am - 6:30 pm (9 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 8:00 am - 4:00 pm (7 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.*

**1.6 CEUs** (16 contact hours) provided by Cynergy Education Group. A recognized provider of CEU's by the PTBC and BOC

