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Assessment and Treatment of Muscle Imbalance

Assessment and Treatment of Muscle Imbalance: The Janda Approach co-author Clare Frank, DPT is a certified instructor for Dynamic Neuromuscular Stabilization, (DNS) a rehabilitation program based in part on Dr. Janda's teaching and the rest of the Prague School Faculty.

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Assessment and Treatment of Muscle Imbalance

Assessment and Treatment of Muscle Imbalance provides an evidence-based explanation of muscle imbalance. The step-by-step Janda system of evaluation is explained including analysis of posture, balance, and gait;

evaluation of movement patterns; testing of muscle length; and assessment of the soft tissue.

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The book includes a thorough index to facilitate quick location of content. Overall, Assessment and Treatment of Muscle Imbalance: The Janda Approach provides a thorough, well-organized, and well-written summary of the Janda approach to muscle imbalance.

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