

# **ASSESSMENT AND TREATMENT OF MUSCLE IMBALANCE**



## **The Janda Approach**

**Phil Page, PT, ATC**

Baton Rouge, LA

**Clare C. Frank, DPT**

Movement Links, Inc. and Kaiser Permanente Movement  
Science Fellowship, Los Angeles, CA

**Robert Lardner, PT**

Chicago, IL



Human Kinetics

# CONTENTS

Preface ix  
A Tribute xi  
Acknowledgments xiii

## **PART I The Scientific Basis of Muscle Imbalance . . . . . 1**

**CHAPTER 1 Structural and Functional Approaches to Muscle Imbalance . . . . . 3**  
    Intrinsic Versus Extrinsic Function 4  
    Muscle Balance in Function and Pathology 5  
    Muscle Imbalance Paradigms 7  
    Summary 11

**CHAPTER 2 The Sensorimotor System . . . . . 13**  
    Sensorimotor Hardware and Software 13  
    Neuromuscular Aspects of Postural Stability and Joint Stabilization 19  
    Pathology in Proprioception 22  
    Summary 25

**CHAPTER 3 Chain Reactions . . . . . 27**  
    Articular Chains 28  
    Muscular Chains 30  
    Neurological Chains 37  
    Summary 42

**CHAPTER 4 Pathomechanics of Musculoskeletal Pain and Muscle Imbalance . . . . . 43**  
    Pathology of Musculoskeletal Pain 43  
    Pathomechanics of Muscle Imbalance 46  
    Causes of Muscle Tightness and Weakness 49  
    Janda's Classification of Muscle Imbalance Patterns 52  
    Summary 55

**PART II Functional Evaluation of Muscle Imbalance . . . 57**

<b>CHAPTER 5</b>	<b>Posture, Balance, and Gait Analysis . . . . .</b>	<b>59</b>
	Muscle Analysis of Standing Posture	59
	Evaluation of Balance	71
	Evaluation of Gait	72
	Summary	75
<b>CHAPTER 6</b>	<b>Evaluation of Movement Patterns . . . . .</b>	<b>77</b>
	Janda's Basic Movement Patterns	77
	Additional Movement Tests Complementary to Janda's Tests	86
	Selected Manual Muscle Tests	89
	Summary	91
<b>CHAPTER 7</b>	<b>Muscle Length Testing . . . . .</b>	<b>93</b>
	Muscle Length Assessment Technique	94
	Lower-Quarter Muscles	95
	Upper-Quarter Muscles	105
	Hypermobility	109
	Summary	110
<b>CHAPTER 8</b>	<b>Soft-Tissue Assessment . . . . .</b>	<b>111</b>
	Characteristics of Trigger Points	112
	Assessment of Trigger Point or Tender Point Chains	116
	Scars	123
	Myofascia	123
	Summary	123

**PART III Treatment of Muscle Imbalance Syndromes . . . 125**

<b>CHAPTER 9</b>	<b>Normalization of Peripheral Structures . . . . .</b>	<b>127</b>
	Central Indirect Techniques	128
	Local Direct Techniques	130
	Summary	136
<b>CHAPTER 10</b>	<b>Restoration of Muscle Balance . . . . .</b>	<b>137</b>
	Factors Contributing to Muscle Weakness	138
	Additional Treatment Techniques for Muscle Weakness	139
	Factors Contributing to Muscle Tightness	146
	Additional Treatment Techniques for Muscle Tightness	147
	Summary	155

CHAPTER <b>11</b>	<b>Sensorimotor Training . . . . .</b>	<b>157</b>
	Role of Sensorimotor Training in Janda's Treatment	158
	Sensorimotor Training Components	160
	Sensorimotor Training Progression	163
	Summary	172

## **PART IV Clinical Syndromes . . . . . 173**

CHAPTER <b>12</b>	<b>Cervical Pain Syndromes . . . . .</b>	<b>175</b>
	Regional Considerations	175
	Common Pathologies	176
	Case Study	189
	Summary	190

CHAPTER <b>13</b>	<b>Upper-Extremity Pain Syndromes . . . . .</b>	<b>191</b>
	Regional Considerations	191
	Assessment	195
	Common Pathologies	199
	Case Study	210
	Summary	211

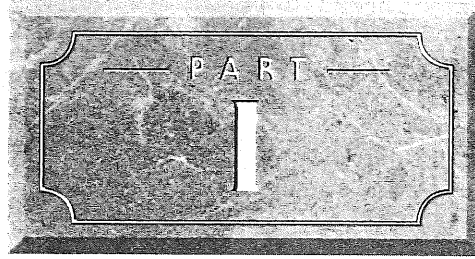
CHAPTER <b>14</b>	<b>Lumbar Pain Syndromes . . . . .</b>	<b>213</b>
	Regional Considerations	213
	Common Pathologies	216
	Assessment	218
	Management of Low Back Pain Syndromes	221
	Case Study	223
	Summary	226

CHAPTER <b>15</b>	<b>Lower-Extremity Pain Syndromes . . . . .</b>	<b>227</b>
	Regional Considerations	227
	Assessment	229
	Common Pathologies	232
	Case Study	241
	Summary	245

References 247

Index 289

About the Authors 297



# THE SCIENTIFIC BASIS OF MUSCLE IMBALANCE

**T**here are several schools of thought regarding muscle imbalance. Each approach uses a different paradigm as its basis. Vladimir Janda's paradigm was based on his background as a neurologist and physiotherapist. Janda was a prolific researcher and writer as well as a clinician and educator. Well versed in the current literature, the humble Janda often cited the work of others as the scientific basis for an approach to musculoskeletal medicine he developed through clinical experience. Using his vast array of knowledge, Janda was able to create a paradigm shift from a more structural approach to a more functional approach.

Part I establishes the scientific basis for Janda's approach to muscle imbalance. He often referred to the work of Sister Kinney, the Bobaths, the Kendalls, Freeman and Wyke, Vojta, Brügger, and his longtime friend and colleague, Karel Lewit. Each chapter helps explain the scientific basis for Janda's approach to the neuromuscular system and his recognition of muscle imbalance syndromes. Chapter 1 describes the current philosophical approaches to muscle imbalance and how Janda's approach relates to these current schools of thought. Janda taught that muscle imbalance is based on neurophysiological principles of motor development and control. He believed that the sensorimotor system, composed of the sensory system and motor system, could not be functionally divided, and he emphasized the importance of proper proprioception. Chapter 2 describes the critical role of the sensorimotor system in controlling human movement as well as in mediating muscle imbalance syndromes. One of Janda's most important clinical contributions to evaluation and treatment was the recognition of muscular chains and their influence on pathology and function. Chapter 3 reviews the concept of chain reactions in the human body, describing articular, muscular, and neurological chains, while chapter 4 introduces Janda's classification of muscle imbalance through pathology and pathomechanics. By combining research with clinical experience, Janda developed his own classification system for muscle imbalance syndromes. This system was the only aspect of his approach that he really took credit for, often citing the work of others rather than his own.