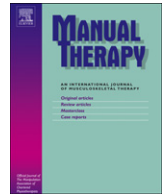




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## Book Review

**The assessment and treatment of muscular imbalance – The Janda approach, Frank C, Lardner R, Page P. Human Kinetics, Champaign, IL USA. Hardback \$64, 294 pages, ISBN-13: 9780736074001.**

Muscle imbalance is very common and often a poorly understood entity within musculoskeletal conditions. This book synthesizes Vladimir Janda's musculoskeletal (MSK) and neurological insights in a modern evidence-based fashion. The book is intended for health care providers treating MSK complaints and focuses on muscle imbalance as it relates to both assessment and treatment. The authors provide a practical, systematic approach to implement Janda's theories in clinical practice.

The book is divided into four parts. Part 1, *The Scientific Basis of Muscle Imbalance*, highlights the scientific basis for Janda's approach to the neuromuscular system and the recognition of muscle imbalance syndromes and the pathomechanics of pain. Part 2, *Functional Evaluation of Muscle Imbalance*, emphasizes the visual and palpatory skills required to properly assess and organize faulty movement patterns. Part 3, *Treatment of Muscle Imbalance Syndromes*, describes the different components of muscle imbalance intervention. Part 4, *Clinical Syndromes*, provides an overview of the role of muscle imbalance and functional pathology of the sensorimotor system in common clinical syndromes as they pertain to the cervical spine, upper extremity, lumbar spine and lower extremity.

The authors stress that the *Janda Approach* can be a very useful tool for practitioners and students. It was not the authors' intent to

address all musculoskeletal disorders related to muscle imbalances, but instead to offer a systematic approach that is practical, relevant, evidence-based and complementary to other techniques.

The book is filled with helpful diagrams, pictures and algorithms that promote deeper understanding and enable a more pleasant read. The content is quite broad, appropriately balancing theory with scientific evidence. Each topic is well researched and referenced. The chapters that stress the importance of sensorimotor training in treatment and rehabilitation of muscle imbalance syndromes are excellent. A plethora of proprioceptive, vestibular balance training, and central indirect techniques are described for all areas of the body and are most relevant in treating muscle imbalance.

The overarching theme of the book cannot be mistaken; the authors emphasize the need to look beyond patient symptomatology for the cause of pain and dysfunction. This is a notion engrained within Janda's philosophy and a trend gaining more momentum in manual medicine fields. With its modest price tag and practical insights of both assessment and treatment of muscle imbalance, I would recommend this book to any practitioner or student planning to treat MSK disorders.

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28 February 2011