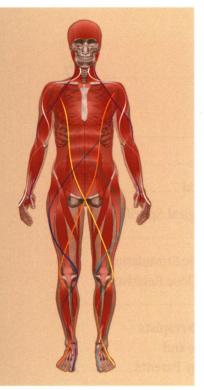
Table of Contents

	Introduction	_17
1.	Vojta Method	21
1.1	History of the Vojta Method	_21
1.2	Theoretical Foundation of the Vojta Method	21
1.3	Implementing the Vojta Method Psychological Specifics in Toddlers and Preschool Children	25
1.4	Psychological Perception of the Therapeutic Stimulation by Parents Performing the Treatment by Close Relatives of the Child	26
1.5	Psychological Stress Experienced by the Therapists Performing Reflex Stimulation Themselves and Supervising over the Therapy Performed by Parents	27
2.	Theoretical Part – VM2G	29
2.1	Habituation Processes and CNS Plasticity	29
2.2	Case Study – Ema and Ela	35
2.3	The View of the Prognosis, Diagnostics and Therapy in Children at Risk of Development of Severe Motor Developmental Disorder	38
3.	Physiological Developmental Kinesiology	_41
3.1	Posture, Postural Activity and Postural Reactivity	42
4.	Pathological Developmental Kinesiology _	_53
5.	General Kinesiology of Adults	_57
5.1	Case Study – Hyperlordotic Posture and the Ventral Postur of the Pelvis (Risk of Development of Scoliosis even in the	
	Case of Small Unevenness of the Pelvic Axes)	57
5.2	General Kinesiology of Adults	65







	6.	Theoretical Part - VM2G
	6.1	View of Human Motion in Terms of
	6.2	Fundamental Facts about the Geometry of Human Locomotion
	6.3	Supporting Points, Supporting Lines and Supporting Surfaces
	6.4	Points of Motion and Their Vectors
	6.5	The Centre of Gravity of the Body, the Head and the Limbs
C. WAY	6.6	Muscular Forces, Chains of Forces and Their Vectors
	6.7	Muscular Chains of Forces and Their Vectors
	6.8	2D – Functional Anatomy
	6.9	3D – Functional Anatomy
and and and	6.10	General Biomechanics of the Locomotion of the Human Body
	6.11	The Basic Preconditions for the Performance of the Normal Stereotypical Movement – Coordinated Contractionary Waves
	6.12	Foundations of the Developmental Biomechanics of the Locomotion of the Human Body

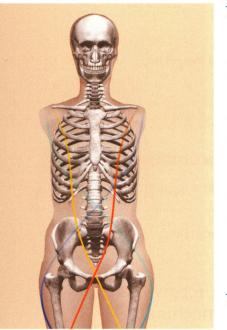


6.6	Muscular Forces, Chains of Forces and Their Vectors	80
6.7	Muscular Chains of Forces and Their Vectors	81
6.8	2D – Functional Anatomy	82
6.9	3D – Functional Anatomy	84
6.10	General Biomechanics of the Locomotion of the Human Body	88
6.11	The Basic Preconditions for the Performance of the Normal Stereotypical Movement – Coordinated Contractionary Waves	93
6.12	Foundations of the Developmental Biomechanics of the Locomotion of the Human Body	94
7.	General Biomechanics of the	
	Locomotion of the Human Body	101
7.1	Bridge Model of the Bearing Apparatus	
7.1 7.2	•	101
	Bridge Model of the Bearing Apparatus Biomechanical Construction	101
7.2	Bridge Model of the Bearing Apparatus Biomechanical Construction of the Musculoskeletal Apparatus	101
7.2 8.	Bridge Model of the Bearing Apparatus Biomechanical Construction of the Musculoskeletal Apparatus Introduction to VM2G	101 105 107





9.	General Theory of Regulation of Locomotion	_117
9.1	Formative and De-Formative Influence of Program of Regulation of the Motor Skills of the Locomotive Apparatus	119
10.	Motor Programs of Human Locomotion_	123
10.1	Neuronal Regulation of the Musculoskeletal Apparatus – Its "Software"	123
10.2	Case Study – Daniel Pulled out of the Lions' Den	132
11.	View of Human Movement in Terms of Geometry, Mechanics, Biomechanics and Related Kinesiology	_139
11.1	Physiological Biomechanics and Kinesiology of Locomoti	on 139
11.2	Pathological Biomechanics and Kinesiology of Locomotic	on 141
12.	Practical Part – VM2G – Aetiology of the Disorders And Their Diagnosis	_147
12.1	Early Diagnosis of the Imminent Developmental Disorders of the Musculoskeletal Apparatus in the First Year of Life	147
13.	VM2G – Basic Principles	_161
13.1	Bio-cybernetic Model of Action of the Vojta Method	163
13.2	Case Study – Utilisation of VM2G in Therapy of Severe Central Palsies	169
14.	Bio-Cybernetical Model of Action of Vojta Method	_175
14.1	Body Scheme Perception	175
14.2	Stimulation of Reflex Zones and Reflex Points within VM2G	176



15.	New therapeutic options of VM2G	179
15.1	New Therapeutic Utilisation of VM2G	_ 180
15.2	New Psychological Approach within VM2G Therapy	187
15.3	Application of VM2G in Newborns and Infants	188
15.4	Learning And Long-Term Memory In Infants	_ 190
15.5	Case Study of a Patient with Severe Central Coordination Disorder with Muscular Hypertonicity	_ 192
15.6	New Approach to Management of VM2G Therapy	_ 203
15.7	VM2G - Therapy in the Children at Risk of CCD (Central Coordination Disorder)	_ 204
16.	VM2G – Therapy of Children Affected by CP (Cerebral Palsy)	207
16.1	Economic and Social Aspects of Practical Implementation of VM2G	_ 207
17.	Practical Part – VM2G – Therapy of Children and Adults	211
17.1	Basic Terms and Defining Building Blocks of VM2G	_ 211
17.2	Case Study – Possibilities of Intensive Therapy in a Female Child Patient with Severe Central Coordination Disorder	213
17.3	View of the Possibilities of the Restitution of Motor and Mental Functions in Infants with Severe Neurological Findings and Very Severe History in Terms of VM2G	
17.4	VM2G – Implementation in Children	_ 217
17.5	VM2G – Implementation in Adults	217

Case Study – Implementation of VM2G in a Patient with

218

224

Chronic Progressive Pain of the Lumbar Spine

Case Study, The Implementation of VM2G

in Elderly Patients



17.6

17.7





18.	The Performance of the Therapy Itself	229
18.1	Basic Initial Conditions and Positions for Inducing the Reflexes	229
18.2	Extension Positions and Therapeutic Accessories Facilitating the Course of the Reflex	229
18.3	Supporting Positions and the Equipment Facilitating the Induction of the Reflex	229
18.4	External Conditions of Stimulation for VM2G	229
18.5	Case Study	_ 232
19.	Technical and Technological Instruments for Application of VM2G	237
19.1	Three types of mats for supporting the cervical spine	237
19.2	Two types of inflatable Activa-Discs	238
19.3	Two types of supporting mats for supporting the arm	238
19.4	Fig. Various types of elastic bandages	239
19.5	Anti-skid mats	239
19.6	Fig. Elastic exercise bands	240
19.7	Wedged underlay	240
19.8	Mat with space for a disc	241
19.9	Therapeutic dress for VM2G reflex stimulation	241
19.10	Elastic stimulating balls	242
19.11	Small weights for infants and preschool children	242
19.12	Large weights for school children, adolescents and adult patients	_ 243
19.13	Adjustable medical lounger for children	243
19.14	Over ball	244
19.15	Special stimulating balls for the therapy of new-borns and infants	244
19.16	Case Study – Illustration of the Problems with Soft and Gross Motor Skills and Superior Nervous Functions	245





20.	My Daughter's Story – Case Study on Morphological Changes of the Hip Joint Influenced by VM2G Therapy	_251
20.1	The View on the Therapy of Daughter Kateřina	258
20.2	Case Study Šárka – VM2G Therapy in an Adolescent Girl with Acquired Developmental Disorder of the Skeleton	261
20.3	Reflection of the Father in the Role of a "Home Therapist It's not simple, but it works!	." – 267
21.	Theoretical a Practical Differences between the Classical Implementation of the Vojta Method and VM2G Therapy	
21.1	Therapy of Infants with the Classical Vojta Method	271
21.2	VM2G Therapy for Infants	_ 271
21.3	Classical Vojta Method Therapy with Preschool Children	273
21.4	VM2G Therapy with Preschool Children	274
21.5	Classical Vojta Method Therapy with School Children, Adolescents and Adult Patients	274
21.6	VM2G Therapy with School Children, Adolescents and Adult Patients	275
22.	Parents's Questions	279
	Annotation	293
	Current Curriculum Vitae	295
	Final Acknowledgements	296
	Literature	297

299

Vocabulary_