

# 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

CHAPTER 5	<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
CHAPTER 6	<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
CHAPTER 7	<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
CHAPTER 8	<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

CHAPTER 9	<b>Normalization of Peripheral Structures . . . . .</b>	<b>127</b>
	Central Indirect Techniques	128
	Local Direct Techniques	130
	Summary	136
CHAPTER 10	<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 11 Sensorimotor Training . . . . . 157**

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 12 Cervical Pain Syndromes . . . . . 175**

Regional Considerations 175

Common Pathologies 176

Case Study 189

Summary 190

**CHAPTER 13 Upper-Extremity Pain Syndromes . . . . . 191**

Regional Considerations 191

Assessment 195

Common Pathologies 199

Case Study 210

Summary 211

**CHAPTER 14 Lumbar Pain Syndromes . . . . . 213**

Regional Considerations 213

Common Pathologies 216

Assessment 218

Management of Low Back Pain Syndromes 221

Case Study 223

Summary 226

**CHAPTER 15 Lower-Extremity Pain Syndromes . . . . . 227**

Regional Considerations 227

Assessment 229

Common Pathologies 232

Case Study 241

Summary 245

References 247

Index 289

About the Authors 297