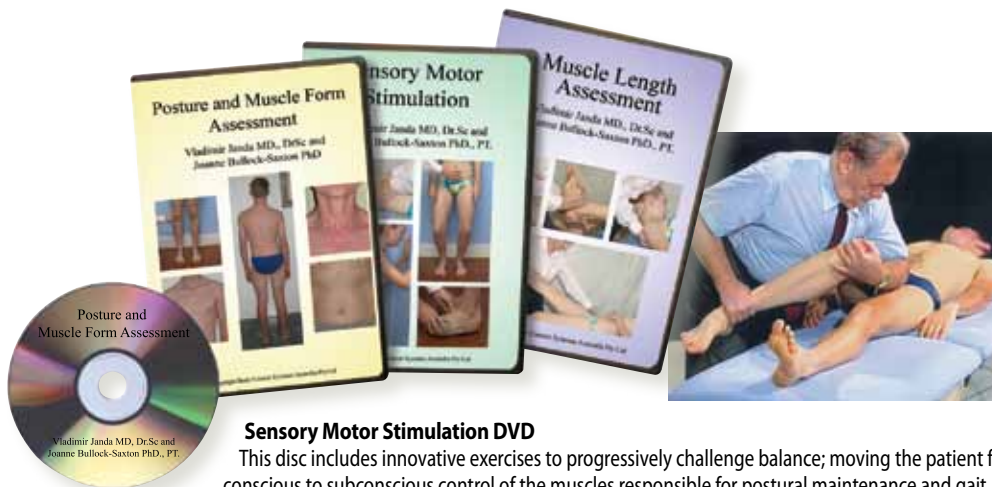




**The late Vladimir Janda, MD,** is known worldwide for his research linking muscle dysfunction and chronic pain syndromes. He developed a program of progressive balance and proprioceptive challenges to improve overall body posture, muscle balance, joint stability and speed of muscle correction. As the former Chair of Rehabilitation Medicine at Charles University in Prague, Professor Janda authored hundreds of papers and was an esteemed lecturer and instructor in Europe and Australia. Contact OPTP for Janda Scholarship and course information.



**Sensory Motor Stimulation DVD**  
 This disc includes innovative exercises to progressively challenge balance; moving the patient from conscious to subconscious control of the muscles responsible for postural maintenance and gait. Valuable for treatment of sensory deficits, chronic back and neck pain, faulty posture, ankle and knee injuries and vestibular syndromes. Demonstrated by Prof. Janda and Dr. Joanne Bullock-Saxton PhD, PT. 42 minutes. Non-returnable.  
 Sensory Motor Stimulation DVD (#930DVD) .....\$59.95

**Muscle Length Assessment DVD**  
 Professor Janda demonstrates his most commonly used tests to assess muscles prone to tightness – muscles often implicated in chronic pain syndromes. Janda’s techniques can increase the accuracy of assessment, define normal and abnormal conditions and provide a baseline for measuring outcome. 20 minutes. Non-returnable.  
 Muscle Length Assessment DVD (#931DVD).....\$39.95

**Posture and Muscle Form Assessment DVD**  
 This DVD demonstrates visual posture analysis in the diagnosis of musculoskeletal disorders. Posture analysis can show a number of deviations in the musculoskeletal system and decreases the need to perform all possible tests for muscle tightness, weakness, movement and joint mobility. By Vladimir Janda, MD and Joanne Bullock-Saxton, PT, PhD. Approximately 30 minutes. Non-returnable.  
 Posture and Muscle Form Assessment DVD (#932DVD).....\$49.95

also see! Multi Challenge Board™ Page 50

*“His work is still so far ahead of clinical practice that researchers studying the motor control system will be indebted to him for decades to come.”*

—Craig Liebenson, DC



**Wooden Uniplane Rocker**  
 The Wooden Uniplane Rocker provides sensory motor challenges in two planes. Movement is restricted making the Uniplane Rocker the first step in movement retraining. All-wood construction with non-slip strips. Supports up to 400 pounds.  
 Wooden Uniplane Rocker (#484) .....\$49.30



**Wooden Wobble**  
 Used in the second phase, the Wooden Wobble requires greater control and increases neuromuscular challenge through the introduction of multi-planar motion. Durable wood platform with non-slip strips. Wooden hemisphere base. Supports up to 400 pounds.  
 Wooden Wobble (#483).....\$49.30



**Exercise Sandals**  
 The third and most progressive challenge, Exercise Sandals, introduce instability while walking. Under appropriate clinical supervision, the patient takes small steps with the sandals. The effort required to maintain balance subconsciously activates the gluteal muscles and stabilizing muscles of the pelvis. Exercise Sandals feature an adjustable leather strap and a rubber (contains latex) hemisphere on the base of the cork sandal. Assorted colors.



**Janda Compendium Volume I & Volume II** contain most of Vladimir Janda’s articles, compiled from lectures and international journals.

**Volume I**  
 Topics include muscle and joint correlation; sport, exercise and back pain; and functional pathology of the motor system. Booklet. 102 pages. Non-returnable.  
 Janda Compendium Volume I (#JC1).....\$16.95

**Volume II**  
 Topics include pain in the locomotor system; muscle weakness and inhibition in back pain syndromes; treatment of chronic back pain and more. Booklet. 145 pages. Non-returnable.  
 Janda Compendium Volume II (#JC2).....\$19.95

**Exercise Sandals**

Length	Womens	Mens	Item No.	Price
9½"	5-6.5	—	#EX23	.....\$42.50
9¾"	7-8	—	#EX24	.....\$42.50
10"	8-9	7-8	#EX25	.....\$42.50
10¼"	9-10	8-9	#EX26	.....\$42.50
10¾"	10-11	9-10	#EX27	.....\$42.50
11"	—	10-11	#EX28	.....\$42.50
11½"	—	11-12	#EX29	.....\$42.50
11¾"	—	12-13	#EX30	.....\$42.50
12"	—	13-14.5	#EX31	.....\$42.50