

# WHAT HAS KAREL LEWIT TAUGHT US?





***FUNCTION IS AS REAL AS STRUCTURE***



***KAREL: WHERE DO YOU  
HAVE PAIN?***

***PATIENT: ON MY MRI...***

***..HOW TO MAKE KAREL***

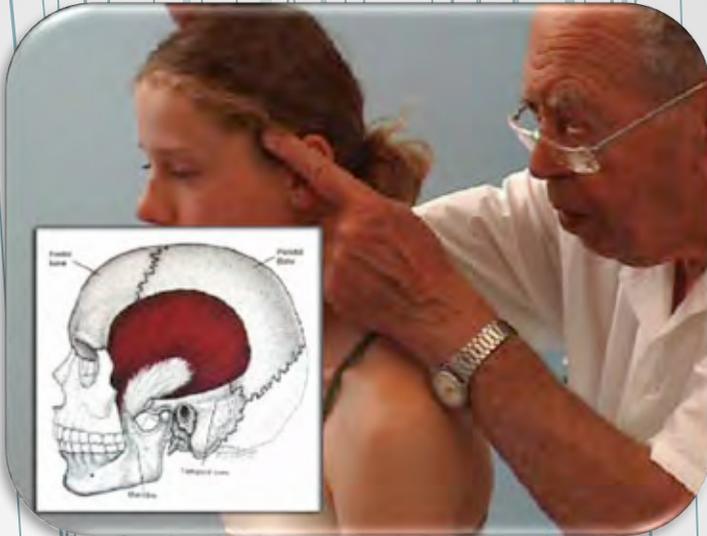
***MAD...***



*...Karel Lewit*

***“WHEN SOMEONE GIVES ME A  
DIAGNOSIS OF PERIARTHROSIS HE IS AT  
BEST A MORPHOLOGIST”***

# ***THE PARADOXICAL ATTITUDE***



***No instrument can replace  
our hands***



**WE TRUST THE COPY (COMPUTER)  
AND REJECT ORIGINAL! (OUR HANDS AND  
BRAIN)**

**“THERE ARE TWO MAIN  
SCHOOLS OF THOUGHT IN  
MUSCULOSKELETAL MEDICINE:  
STRUCTURAL &  
FUNCTIONAL ”**



- You can't have one without the other
- **Chicken or the egg**, which is the pathology

*...Vladimír Janda*

**"When we started decades ago,  
Lewit was more of a joint man  
and I was more of a muscle man.  
Over the years, I think it has  
reversed."**

*...Vladimír Janda*





**DOES IT ALSO YOU  
REMINDE YOU OF  
TRIGGER POINT**

**CHAINS?**

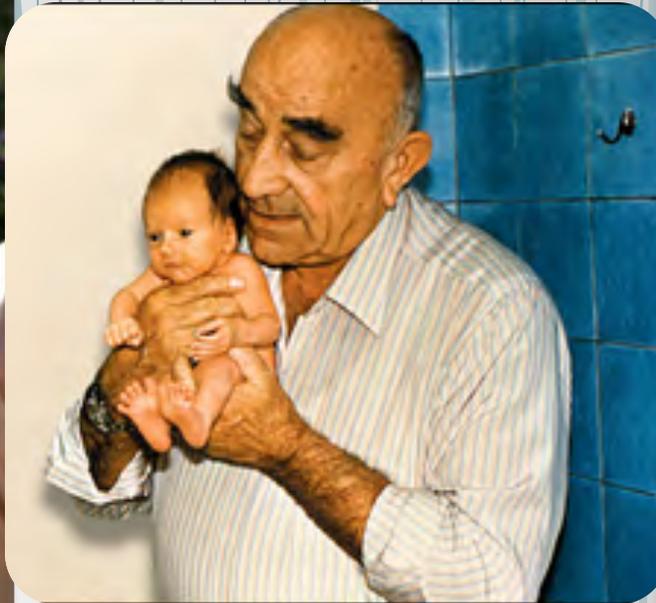
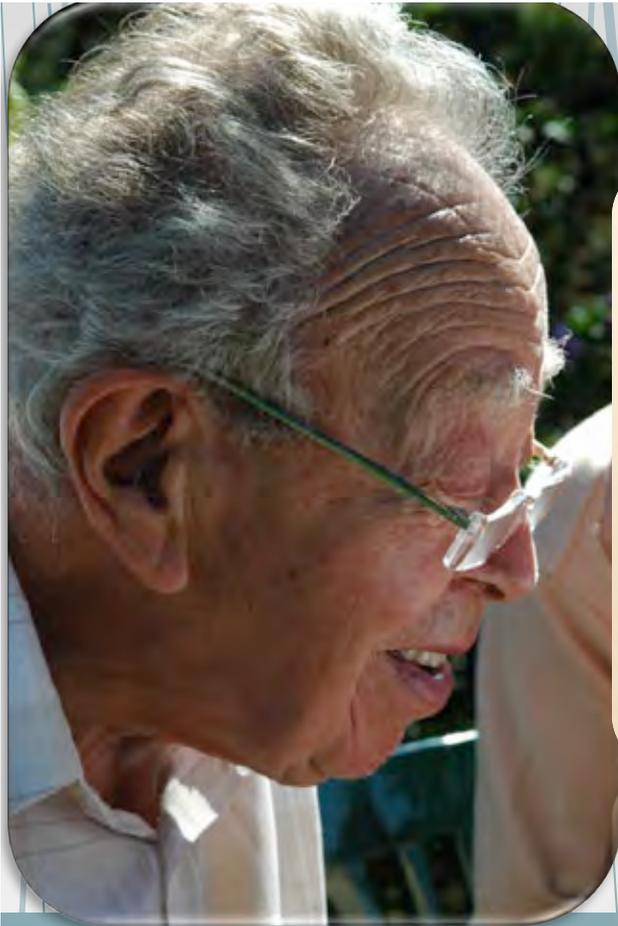


**MUSCLE AND JOINT  
DYSFUNCTION ALWAYS  
GO HAND IN HAND**



***IN THE SIMPLEST TERMS, IT ALL BOILS  
DOWN TO THE CNS***

***...Vladimír Janda***



**DEVELOPMENTAL KINESIOLOGY IS  
THE BASIS FOR EVERYTHING THAT  
WE DO**

*...Karel Lewit*



***...Karel Lewit***

**Reflex locomotion combines joint mobilization, muscle facilitation, and muscle relaxation while centrating joints during performance of primitive movement patterns. This has modernized all our techniques!**



**THERE IS SOMETHING ABOUT THE  
DEVELOPMENTAL KINESIOLOGY, PAVEL. I DO  
PRACTICE THE 3 MONTHS MODEL ON  
MYSELF !**

**IT IS NEVER LATE TO LEARN THE NEW THINGS !!!**



**HUMAN BODY IS LIKE A MUSICAL INSTRUMENT. JUST TO KNOW THE CHORDS AND PLAY...**



**Precision: does not mean that everyone does the technique the same way. Kaltenborn lines everyone up like in the army. “It’s quite nice for teaching, but it’s wrong”**

**BE CRATIVE AND  
MODIFY YOUR  
ATTITUDE !**



Be creative,  
modify your  
techniques!

**IF YOU REALLY DON'T KNOW HOW TO DEAL  
WITH A FROZEN SHOULDER: JUST LET THE  
PATIENT CLIMB YOUR BACK....AND STRETCH...**



**OCCASIONAL TREMOR OF CLINICIAN'S HAND?  
APPLY THE SHAKING TECHNIQUES... YOU MAY  
FIND THE LITTLE HANDICAP TO BE CONVENIENT**



**MAKE YOUR  
HANDS  
PREHENSILE!**

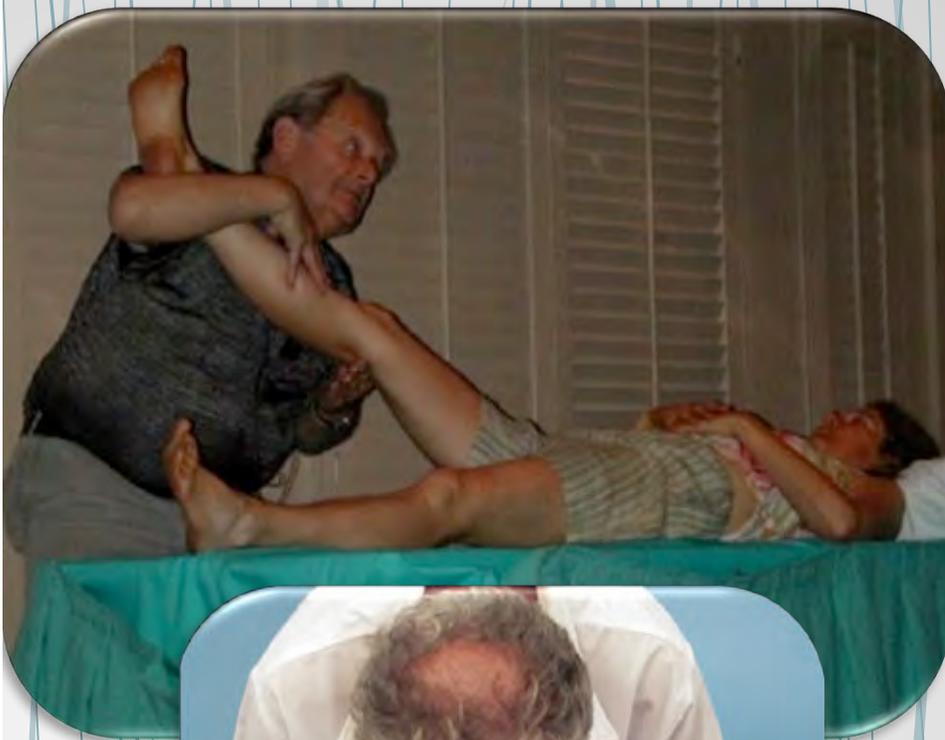
**When you press to hard all you can feel  
is your fingers!  
Your fingers are your eyes, so don't  
press on them!**

**Be specific in your treatment and diagnosis.  
Always apply the barrier phenomenon!**



**Karel's 90<sup>th</sup> birthday cake**

**BUT REMEMBER, 90 IS NOT A BARRIER !!!**



**"THE PELVIC CHAIN IS  
THE KEY TO MOST  
MUSCULOSKELETAL  
DYSFUNCTION"**

*...Vladimír Janda*



**FEET ARE CRITICAL  
"PEOPLE DON'T STAND ON  
THEIR PELVIS, BUT ON  
THEIR FEET"**

*...Karel Lewit*



Karel's 85<sup>th</sup> birthday cake

**Static analysis is inadequate - a flat foot can work well.**



**“I am the owner of a flat foot & I can march well”**

**...Karel Lewit**

**APPLY DYNAMIC  
ASSESSMENT!**

**...PAVEL KOLAR**

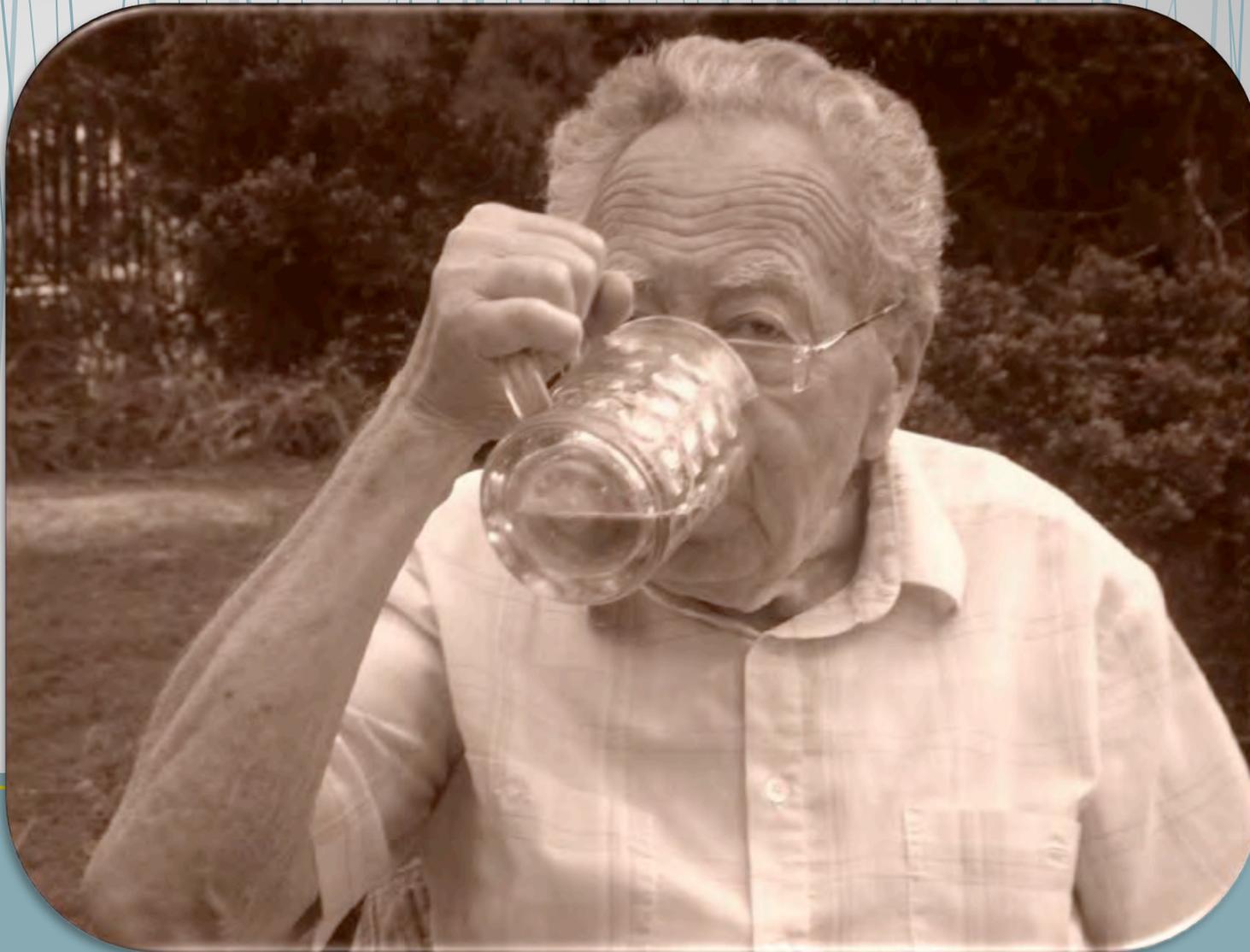




**IF BREATHING IS NOT NORMALIZED, NO OTHER  
MOVEMENT PATTERN CAN BE**

**...KAREL LEWIT**

**...AND PAVEL AGREES**



*...Karel Lewit*

**HE WHO TREATS THE SITE OF PAIN IS LOST.**



**CHIROPRACTORS  
LOVE THE AUDIBLE  
MORE THAN THEIR  
PATIENTS!**

**If chiropractic restricts itself to thrust manipulation  
they risk extinction, like the dinosaurs**



**„Extra time spent examining  
will save time later“**

*..Vladimír Janda*



**I don't begin treatment until I  
have examined everything. I  
must see a picture. The key link  
may be from a past trauma,  
repetitive strain, or dysfunction  
of a key area such as the sole  
of the foot.**

*...Karel Lewit*



- 1. Test**
- 2. Treat**
- 3. Re-test**

***...Karel Lewit***



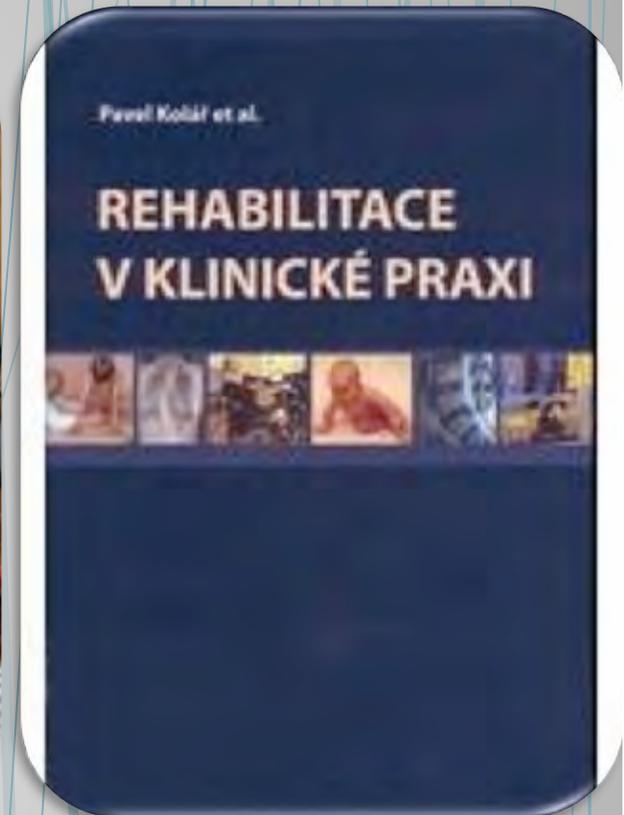


**THE PATIENT'S MUSCLES ALWAYS DO A  
BETTER JOB THAN THAT OF THE BEST  
CLINICIAN**

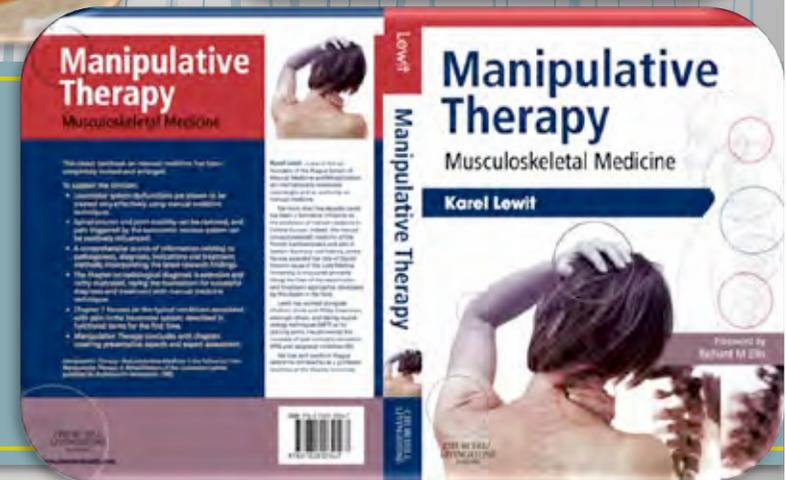
*...Karel Lewit*



**ROLE OF DR. AS TEACHER – THE 1<sup>ST</sup>  
TREATMENT IS TO TEACH THE PATIENT TO  
AVOID WHAT HARMS HIM**



**SKILLS ARE AS IMPORTANT AS KNOWLEDGE**



**Evidence-Based Medicine:  
“we work at the acceptable level  
of uncertainty”**

*...Karel Lewit*





**THE TASK IS ENORMOUS, THERE IS A  
GENERATION'S WORK. GO STEP BY STEP.**



**MAINTAIN AN OPEN MIND, BECAUSE WHAT YOU ARE DOING & TEACHING TODAY YOU WILL HAVE TO BE MODIFY IN VIEW OF NEW FACTS.**



**Karel's 95<sup>th</sup> birthday cake**

**Karel, we wish you an ideal harmony between function and structure for another 95 years!**