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...
“When someone gives me a diagnosis of periarthritis he is at best a morphologist.”

...Karel Lewit
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 remind you of trigger point 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
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!

...Karel Lewit
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 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.
When you press to hard all you can feel is your fingers!

Your fingers are your eyes, so don’t press on them!

MAKE YOUR HANDS PREHENSILE!
Be specific in your treatment and diagnosis. Always apply the barrier phenomenon!

Karel’s 90th 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 85th 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
HE WHO TREATS THE SITE OF PAIN IS LOST.
If chiropractic restricts itself to thrust manipulation they risk extinction, like the dinosaurs
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.

„Extra time spent examining will save time later“

...Karel Lewit

..Vladimír Janda
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 1ST 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 95th birthday cake
Karel, we wish you an ideal harmony between function and structure for another 95 years!