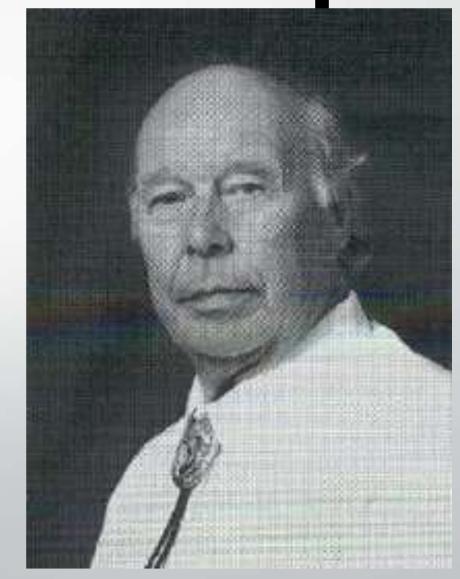
Dr. ASIF ISLAM PT.

Department of Physical Therapy

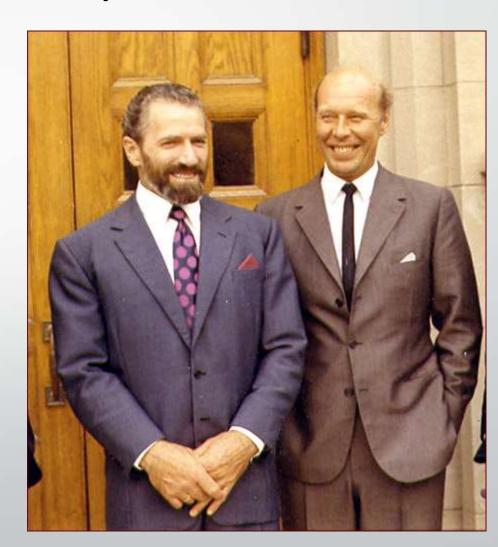
Sargodha Medical College, UOS.

- Kaltenborn developed this concept in collaboration with Olaf Evjenth also known as Kaltenborn-Evjenth approach
- It focus primarily on manual joint testing and treatment
- Emphasized functional evaluation of the locomotor system and the biomechanical treatment of dysfunction



Freddy Kaltenborn

- Physical educator in Germany in 1945; Physical therapist in Norway in 1949
 - Became frustrated in treating spinal disorders
 - Massage + mobilization +
 manipulation learned from physical
 education along with the active +
 passive movements learned from
 physical therapy training were
 limited in their effectiveness



- Educated in orthopaedic medicine by James Mennel
 & James Cyriax from 1952-1954
- Approved & endorsed by the Oslo's PTA to teach the first course on Cyriax's method in Norway in 1954
- Certified to teach the Cyriax approach in 1955
- Norwegian National Health Care System recognized the effectiveness of MT in 1957

- Qualified in chiropractic in Germany in 1958
- Qualified in osteopathy at the London school of osteopathy with Dr. Stoddard in 1962
- Approved as an osteopathic instructor 1971
- Certified in OMT by ISOMT in 1973

- His major contributions was the use of biomechanical principles in patient evaluation and treatment
- Promote the use of arthrokinematics in both assessment and treatment of articular motion dysfunctions
 - Emphasized the use of
 - translatoric joint play movements in relation to a treatment plane for evaluating and mobilizing joints
 - grades of movement
 - the convex-concave rule
 - pre-positioning for joint movement
 - protecting adjacent non-treated joints during procedures

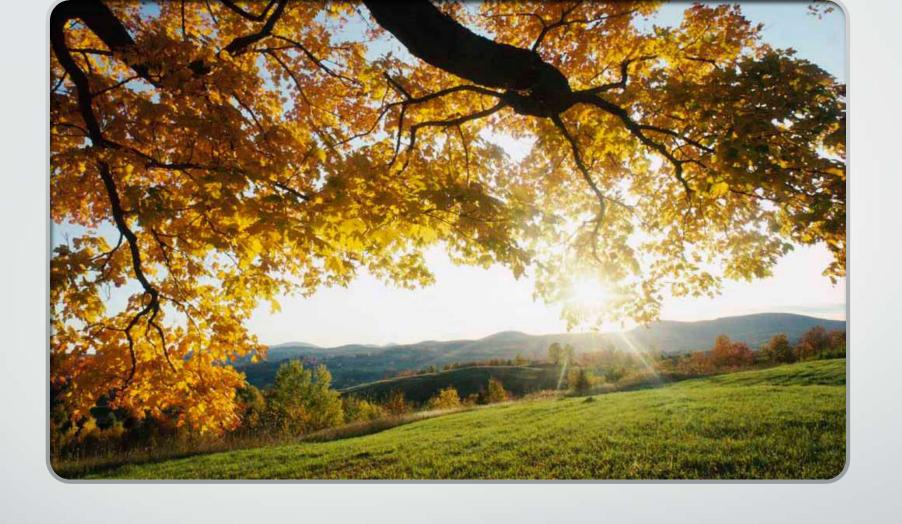
- He also introduced the concepts of self-treatment, ergonomic principles applied to protect the therapist and trial treatment
- Kaltenborn-Evjenth Concept was presented to the world in 1973

Olaf Evjenth

- Physical education & athletic training
- Introduced innovations which completed the Kaltenborn method
 - Specialized techniques for ms stretching, strengthening & coordination
 - More intensive training plans for the patients
 - Self-mobilization, self-stabilizing and self-stretching
 - Symptom alleviation & provocation tests







THANKS