



Kaltenborn Concept

Dr. ASIF ISLAM PT.

Department of Physical Therapy

Sargodha Medical College, UOS.

Kaltenborn Concept

- 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



Kaltenborn Concept

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



Kaltenborn Concept

- 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

Kaltenborn Concept

- 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

Kaltenborn Concept

- 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

Kaltenborn Concept

- 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