Health Monitor GMON

„INDICATE Health Risks – RATE professionally – REACT prophylacticly"

Explanation to Register Janda Test

With easy examinations using the Janda Test by an experienced therapist it is possible, to recognize certain disbalances of muscles and to react with preventive exercises. Basically there are two main reasons: muscles, that primary tend to weakening, and muscles, that primary tend to reduction. Even though the test is based on a subjective evaluation, the test results are quite reproducable when following the rules of the test.

The weakening is tested after [Janda 1989], when to be examined muscle group has to work against the gravity or a submaximal resistance (Force Measuring). The reduction (extensibility) will be estimated by the flexibility of the joint which is moved by the muscle (Flexibility Measuring).

At clear signs of weakening or reduction there are therapeutical steps necessary to increase the force and flexibility of the muscle groups.

The active help of the test person improves the results of the Janda Test!

General execution rules for the Janda Test:
- Take the standard start position.
- Secure sufficient fixation to avoid withdrawal action.
- Prevent other muscle groups from cooperation while moving.
- Follow defined movements precisely.
- Estimate force and flexibility after uniform schemata.
- Run the test always by the same person if possible.

The classification uses a six-level scale.

Janda, V.: Muskelfunktionsdiagnostik. Verlag Volk und Gesundheit, Berlin 1989.

Flexibility Measuring:
M. gracilis, M. gracilis, M. rectus femoris, M. pectoralis major, M. iliopsoas, M. erector spinae, M. trapezius, M. gastrocnemius

Force Measuring:
M. tensor fasciae latae, M. gracilis, M. bizepts femoris, M. rectus femoris, M. glutaeus maximus, M. rhomboideus, M. latissimus dorsi

Overview about GMON modules
general operation instruction, using goals values, other relevant parameters for health

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Classification

Level	Traffic Light	Name	Description
0	red	N (null)	While trying to move there is no muscle contraction visible (0% of normal muscle power)
1	red	T (trace)	The muscle shows a reaction, but its power is not enough to move (about 10% of normal muscle power)
2	red	P (poor)	The muscle can move at full extent without gravity (horizontal position) (about 25% of normal muscle power)
3	yellow	F (fair)	The muscle can move at full extent without outer resistance (about 50% of normal muscle power)
4	yellow	G (good)	The muscle can move at full extent with a medium outer resistance (about 75% of normal muscle power)
5	green	N (normal)	The muscle can move at full extent with a big outer resistance (100% of normal muscle power)