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The functional approach of Professor Karel Lewit

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The functional approach of Professor Karel Lewit is a purely evaluative method and is based on a personal basis of human neuromotor abilities. It aims particularly to the resolution of so-called problems "non-specific", i.e., the vast majority of neuromusculoskeletal diseases that often remain without clear medical diagnosis or often built into syndromic generic frameworks that add little to the understanding of the problem. After collecting an adequate medical history, necessary to exclude any pathological problems and to get an idea of standards and unique motor skills of each patient, this kind of evaluation approach is based then on a thorough and painstaking evaluation of active but mostly passive, of each component musculoskeletal apparatus, be it a muscle or a complex articulation, of the patient. The purpose is aimed at the identification of one or more weak links within the various common muscular functional chains but also specific to the individual, identifiable in the form of increased muscle tone, fascial adhesion or articular restriction. At the end of the long and detailed assessment, the therapist provides wise approach, get a picture of the patient, in which one or more chains will be altered by the presence of one or more weak links. The treatment, often a simple muscular energy technique, or rarely articulatory or manipulative, will focus exclusively to the single weak link predominant with the aim of normalizing dysfunctional chain, because of the patient's symptoms.

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