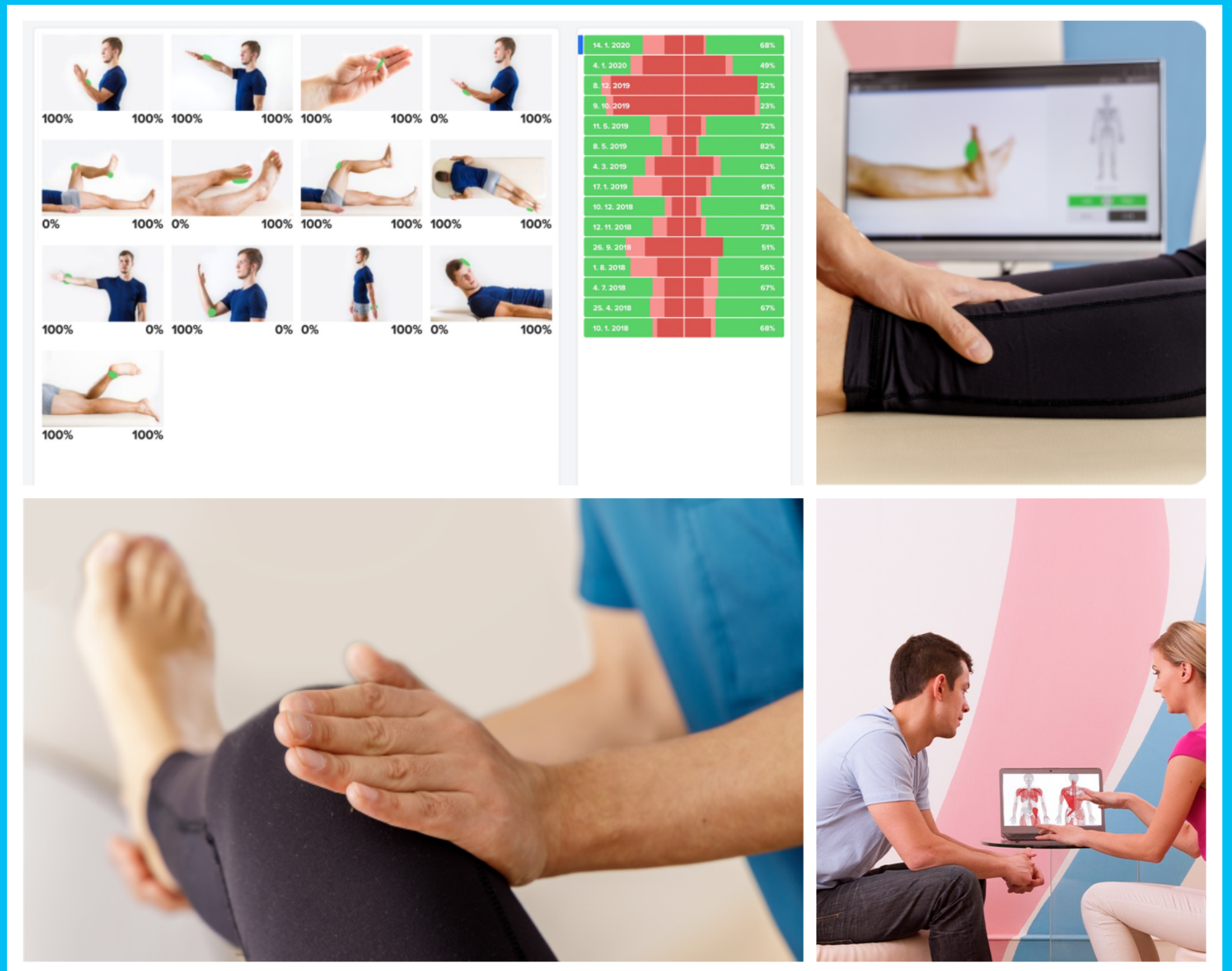


PaedDr. MARTINA KONČALOVÁ

MFK METHOD

Information Science in Physiotherapy



Presented by: Jana Boronova
jana.boronova@gmail.com

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**I BELIEVE
THE ALEXANDER TECHNIQUE
IS
THE BEST THING EVER**

WHY AND HOW THEN DID I GET INTERESTED IN THE MFK METHOD?

WHAT IS THE MFK METHOD & SYSTEM

- **MFK METHOD** is a modern, comprehensive, and highly effective approach to physiotherapy. It combines the hands-on work of the therapist with a unique computer software system. This combination enables the therapist to translate their subjective findings of the musculoskeletal system into a simple visual imagery. Through this association, both the therapist and the client gain considerable advantage of significantly improved communication as well as enhanced therapeutic effectiveness.
- **MFK SYSTEM** is a computer application developed in order to use the **MFK METHOD**. It processes clinical data and evaluates the functional state of the musculoskeletal system. Subsequently, it visualises patterns of disorders and offers the most appropriate therapeutic procedure. The visual representation enables the client to engage further in the healing process.

ABOUT THE FOUNDER

PaedDr. Martina Končalová studied physiotherapy at the Faculty of Physical Education and Sports at the Charles University. After graduating in 1989 she became interested in the development of information technologies and invented a diagnostic tool to help the therapists spark their clients' interest by providing them with immediate, comprehensive, and visual feedback on their health.

YOU CAN FIND MORE INFORMATION ABOUT THE DEVELOPMENT OF THE MFK METHOD FOLLOWING THIS [LINK](#)

STEP ONE:

INITIAL INTERVIEW - ANAMNESIS

The client provides the therapist with information on permanent and temporary, objective and subjective health issues to be recorded in the system.

The MFK SYSTEM translates the information into the visual form.

The screenshot displays the MFK SYSTEM interface. On the left, two human figures are shown: a front view and a back view. The front view has blue lines highlighting the neck and shoulder muscles. The back view has red lines highlighting the thoracic spine (T3-T5) and the gluteal and hamstring muscles. To the right is a table titled 'Přehled záznamů' (Overview of records) with columns for 'Část' (Part), 'Strana' (Side), and 'Bolest' (Pain). The table lists various muscles and vertebrae with their respective sides and pain levels (indicated by smiley faces and numbers).

Část	Strana	Bolest
Svaly		
<input type="checkbox"/> Flexory	Levá	😊 - 3
<input type="checkbox"/> Flexory	Pravá	😊 - 3
<input type="checkbox"/> Triceps	Pravá	😊 - 2
<input type="checkbox"/> Piriformis	Levá	😊 - 2
<input type="checkbox"/> Piriformis	Pravá	😊 - 2
<input type="checkbox"/> Gluteus maximus	Levá	😊 - 2
<input type="checkbox"/> Gluteus maximus	Pravá	😊 - 2
<input type="checkbox"/> Gracilis	Levá	😊 - 2
<input type="checkbox"/> Gracilis	Pravá	😊 - 2
<input type="checkbox"/> Coracobrachialis	Levá	😊 - 3
Páteř		
<input type="checkbox"/> TH3		😊 - 2
<input type="checkbox"/> TH4		😊 - 2
<input type="checkbox"/> TH5		😊 - 2

The screenshot shows the 'Flexory' app interface. At the top, there's a 'Flexory' header and a 'Zpět' (Back) button. Below are two large buttons: 'Levá část' (Left part) in green and 'Pravá část' (Right part) in red. Underneath are two more buttons: 'Struktura' (Structure) in a red-bordered grey box and 'Funkce' (Function) in a grey box. A pain scale is shown with six smiley faces from 0 to 5. The face '4' is selected and highlighted in red. Below the scale is a text input field containing the text 'Už týden se nemůže hýbat.' (Can't move for a week). At the bottom are two buttons: 'Neukládat' (Don't save) in red and 'Uložit' (Save) in grey.

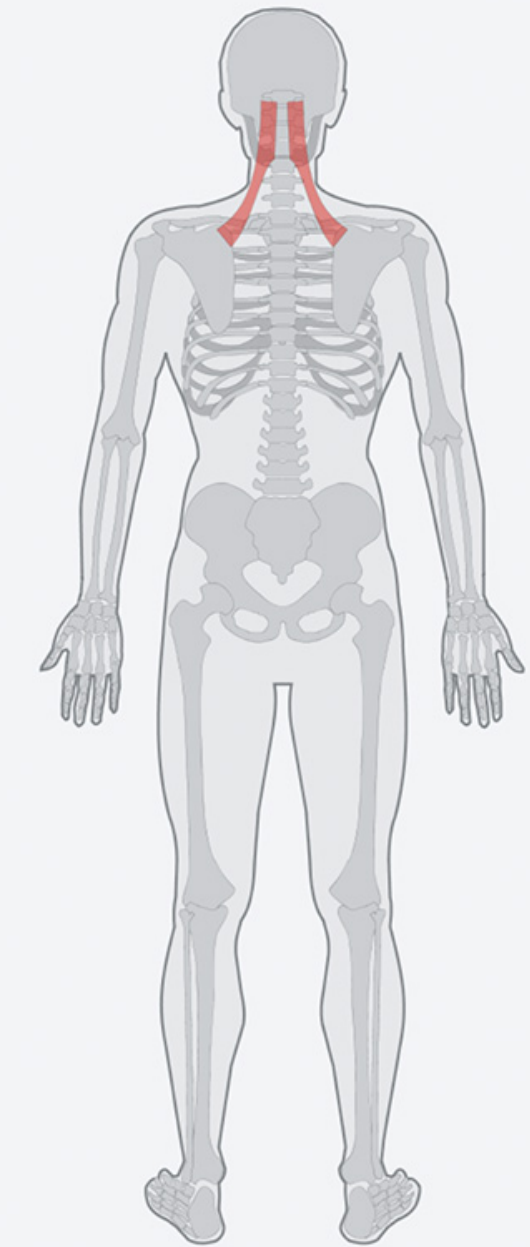
STEP TWO:

EXAMINATION

The therapist examines the myokinetic muscle activation.

The examination is simple, painless and does not require any special preparation from the client.

The results are recorded in the MFK SYSTEM in the precisely determined location.



levator scapulae

Levá ↔ Pravá

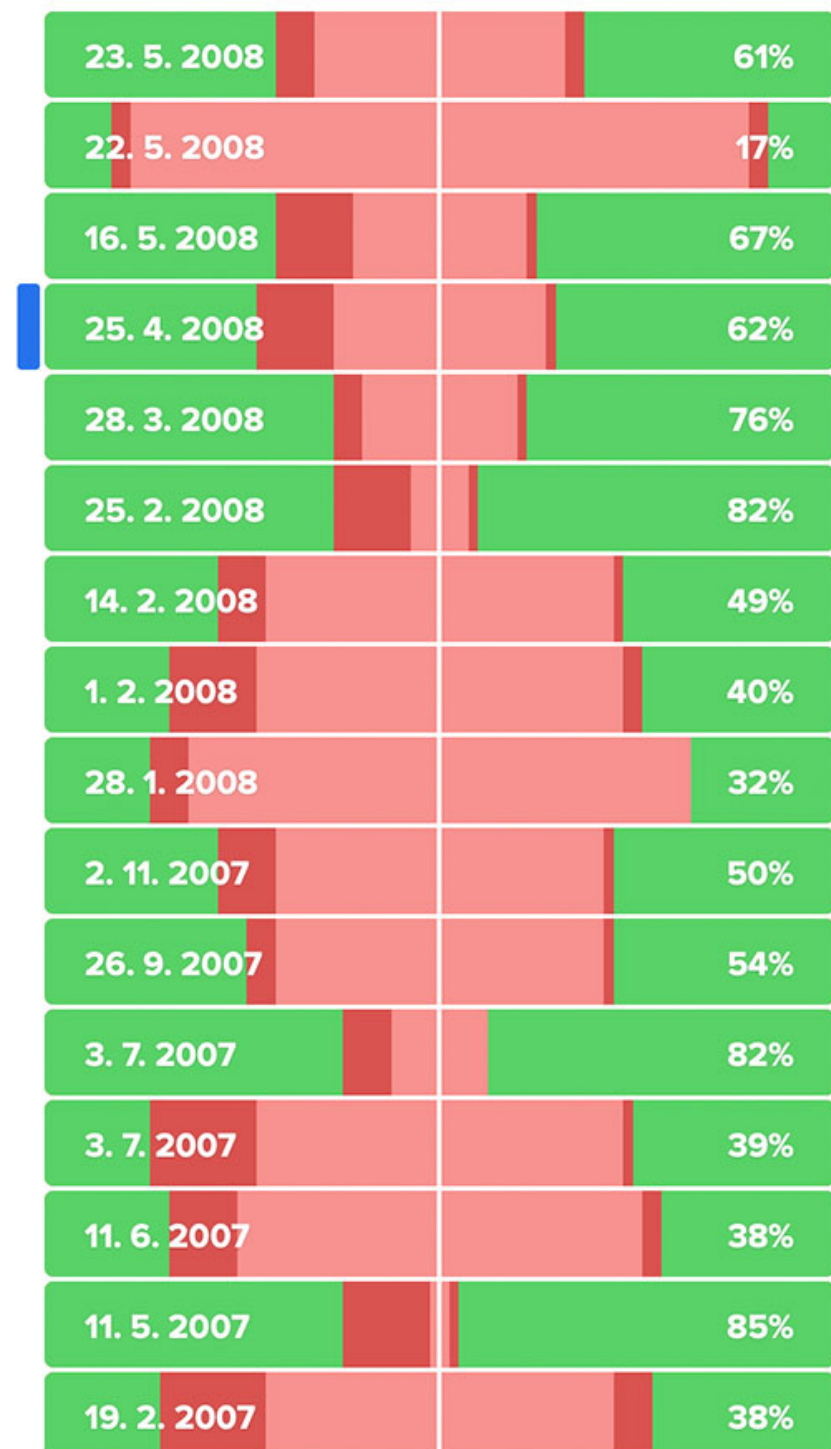
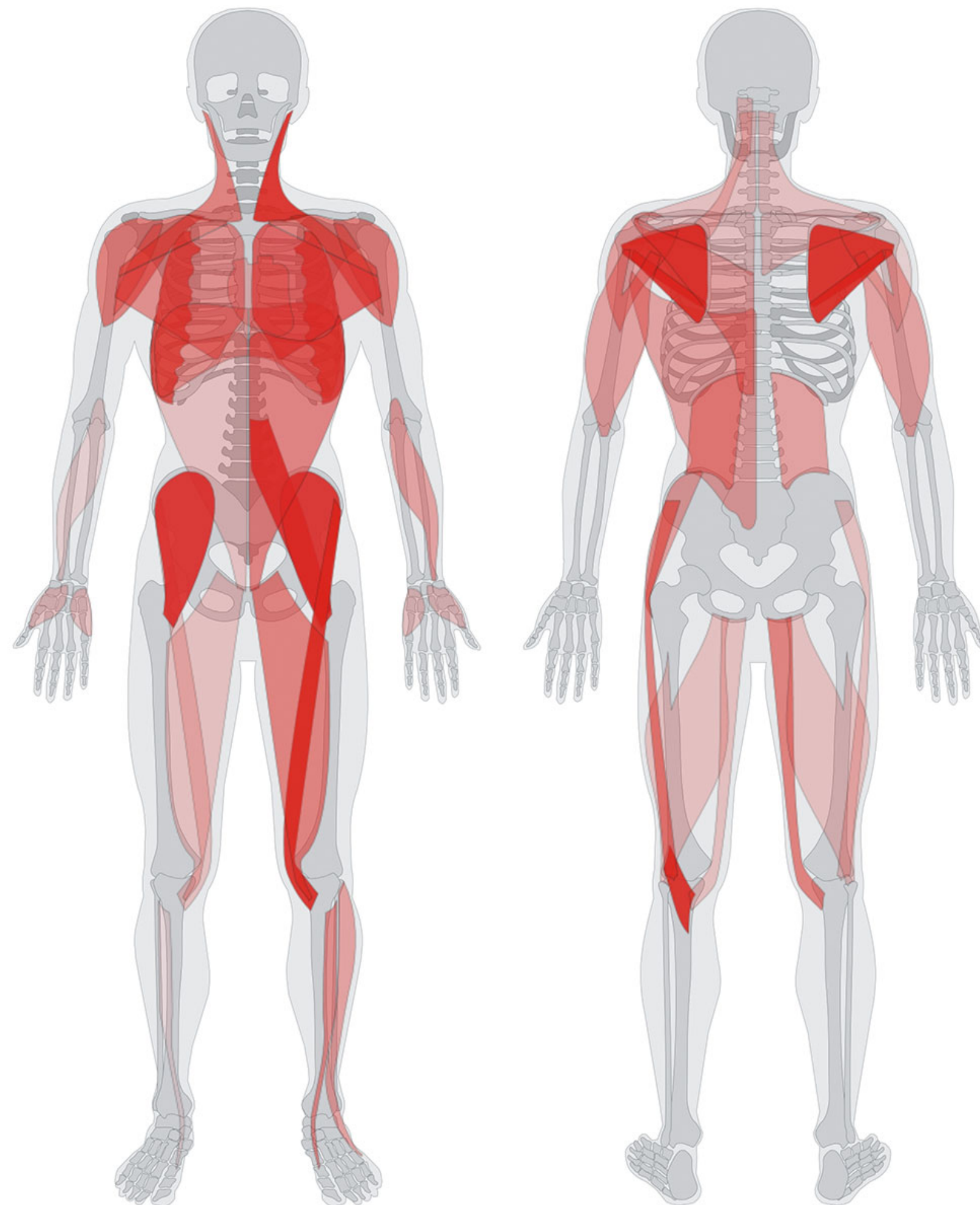
← Zpět Další →

STEP THREE:

The results of the myokinetic activation examination are assessed by the algorithm based on the interdependency of various body systems (nervous, muscular, articular, spinal).

The MFK SYSTEM presents a diagnostic map of the muscular system, highlighting blocked parts of the muscular system.

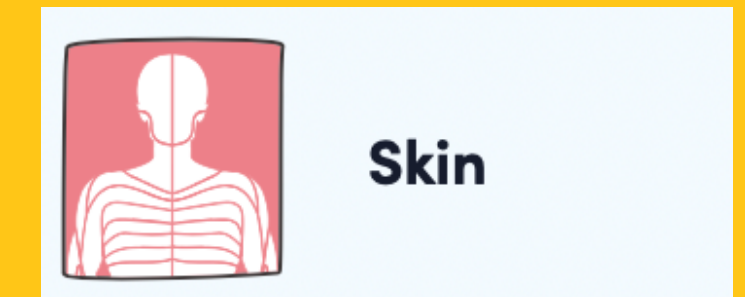
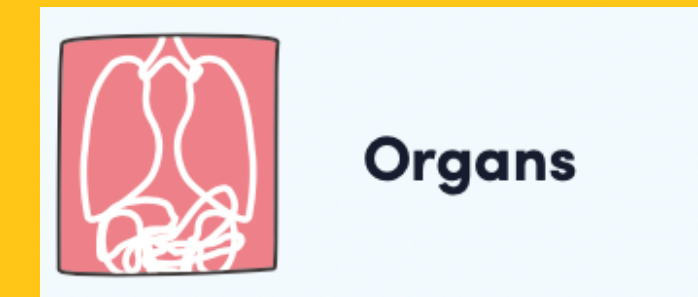
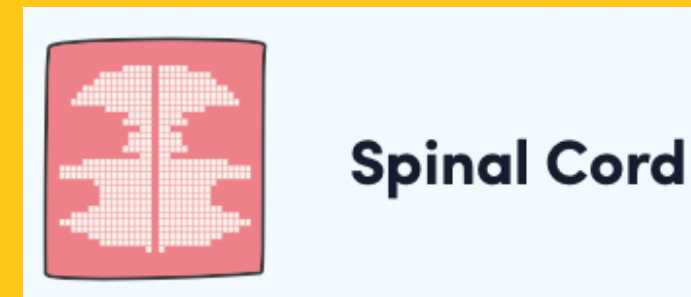
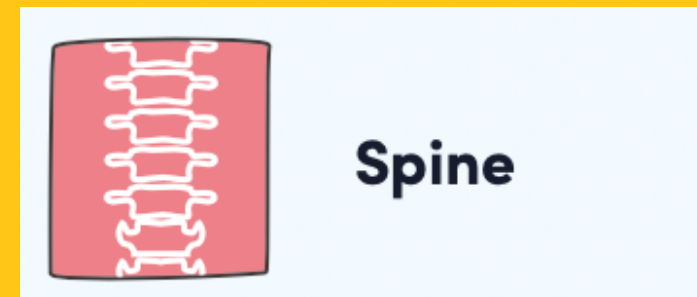
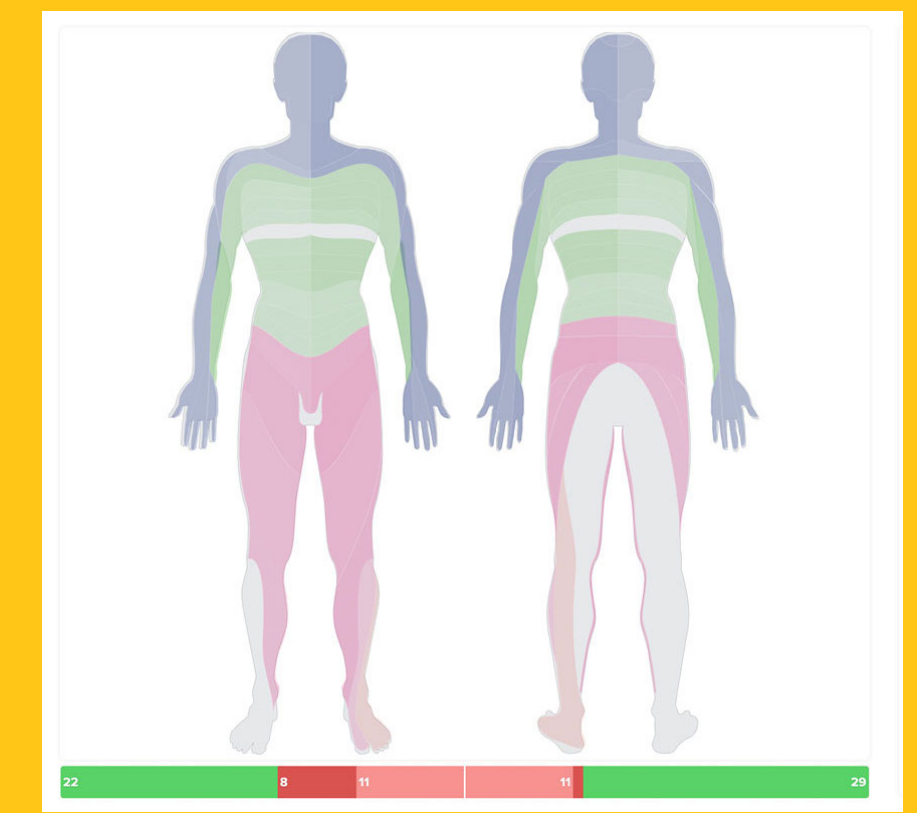
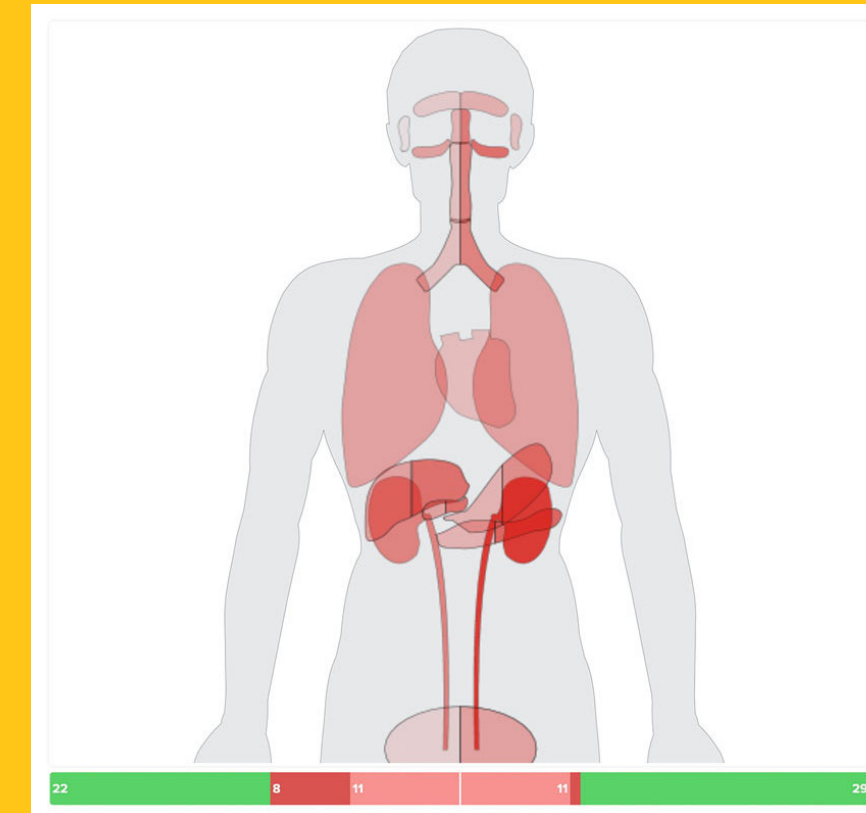
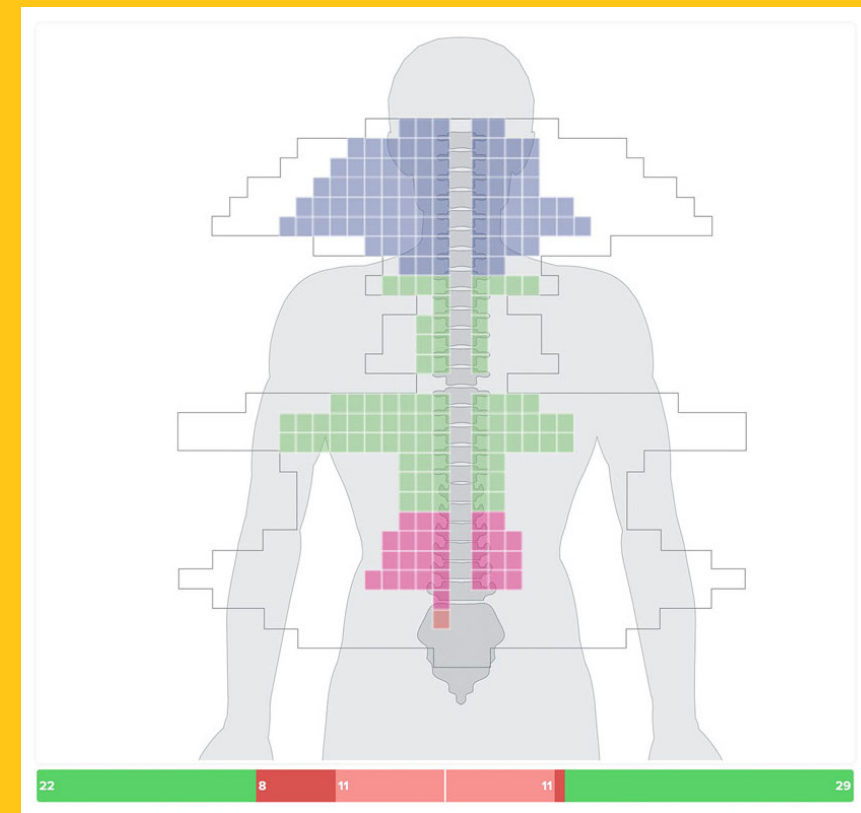
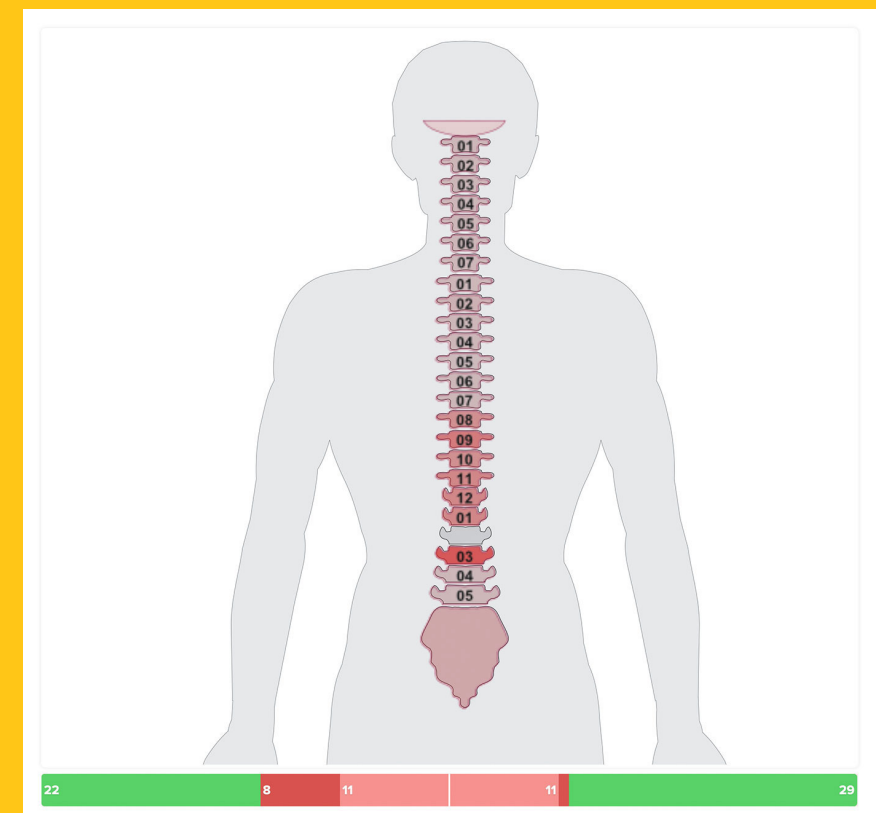
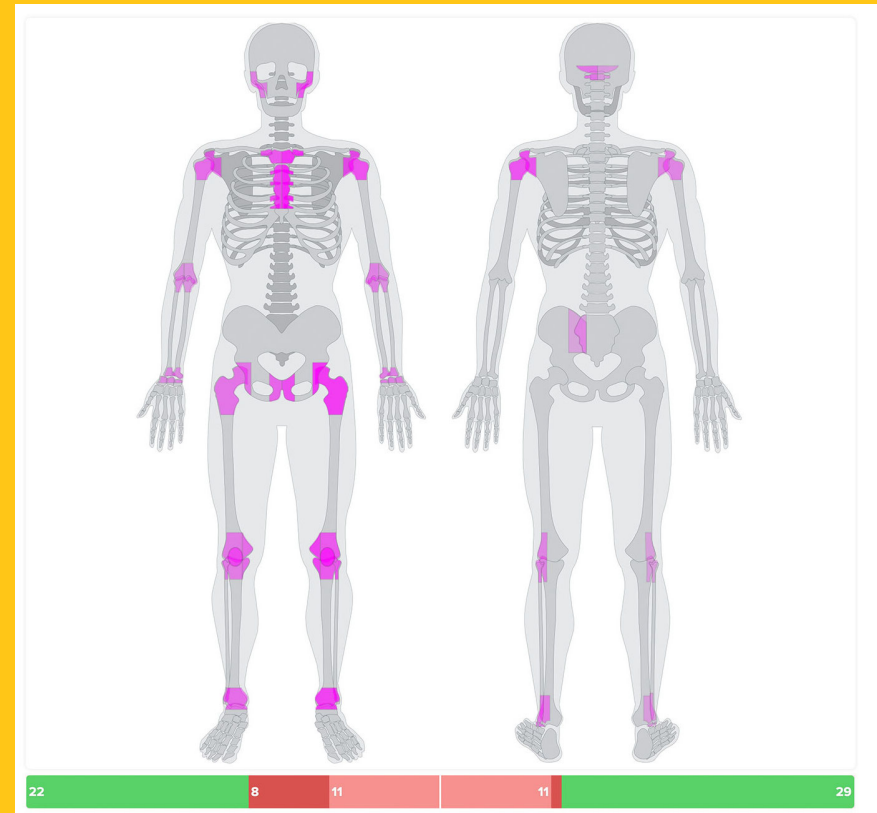
BODY SYSTEM PROJECTION - DIAGNOSIS



BODY SYSTEM PROJECTION - CONTINUED

The MFK SYSTEM also enables the therapist to see the functioning of the related systems - it displays nerves, spine joints and internal organs.

It saves the visual representations of individual examinations allowing the therapist to compare the sessions and evaluate the progress.



STEP FOUR:

CHOICE OF THERAPEUTIC TECHNIQUE

The expert MFK SYSTEM offers a variety of suitable therapeutic approaches.



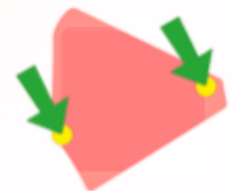
Reflective Zones



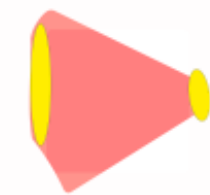
Fascia



Trigger points



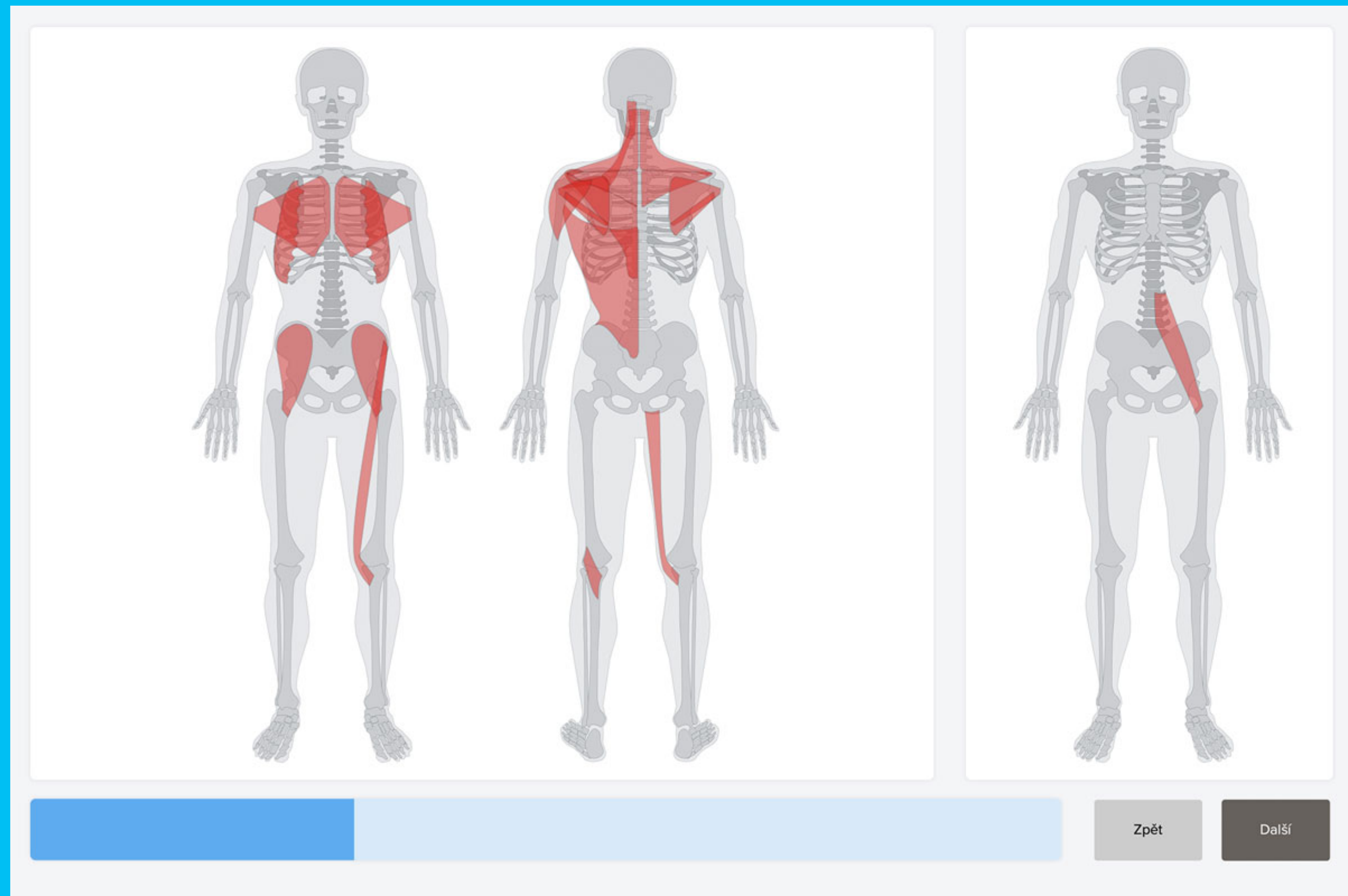
Tender points



Ligaments



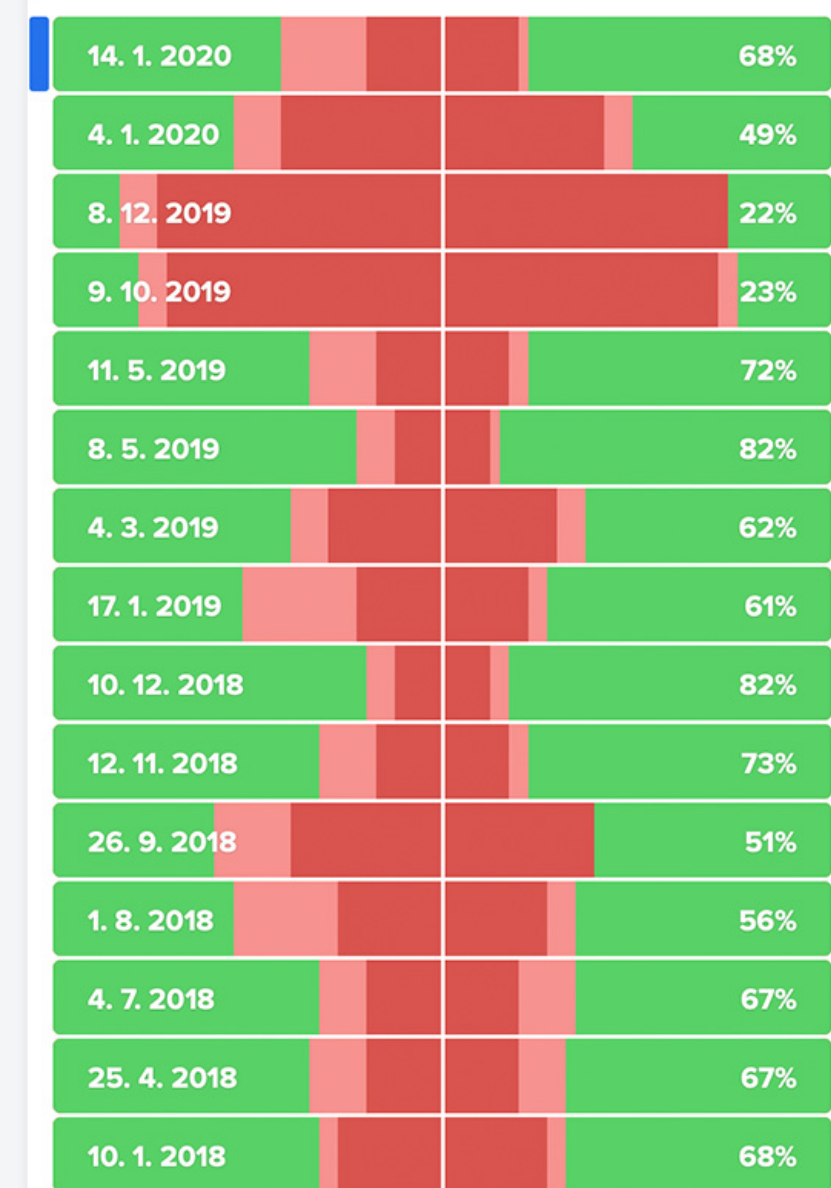
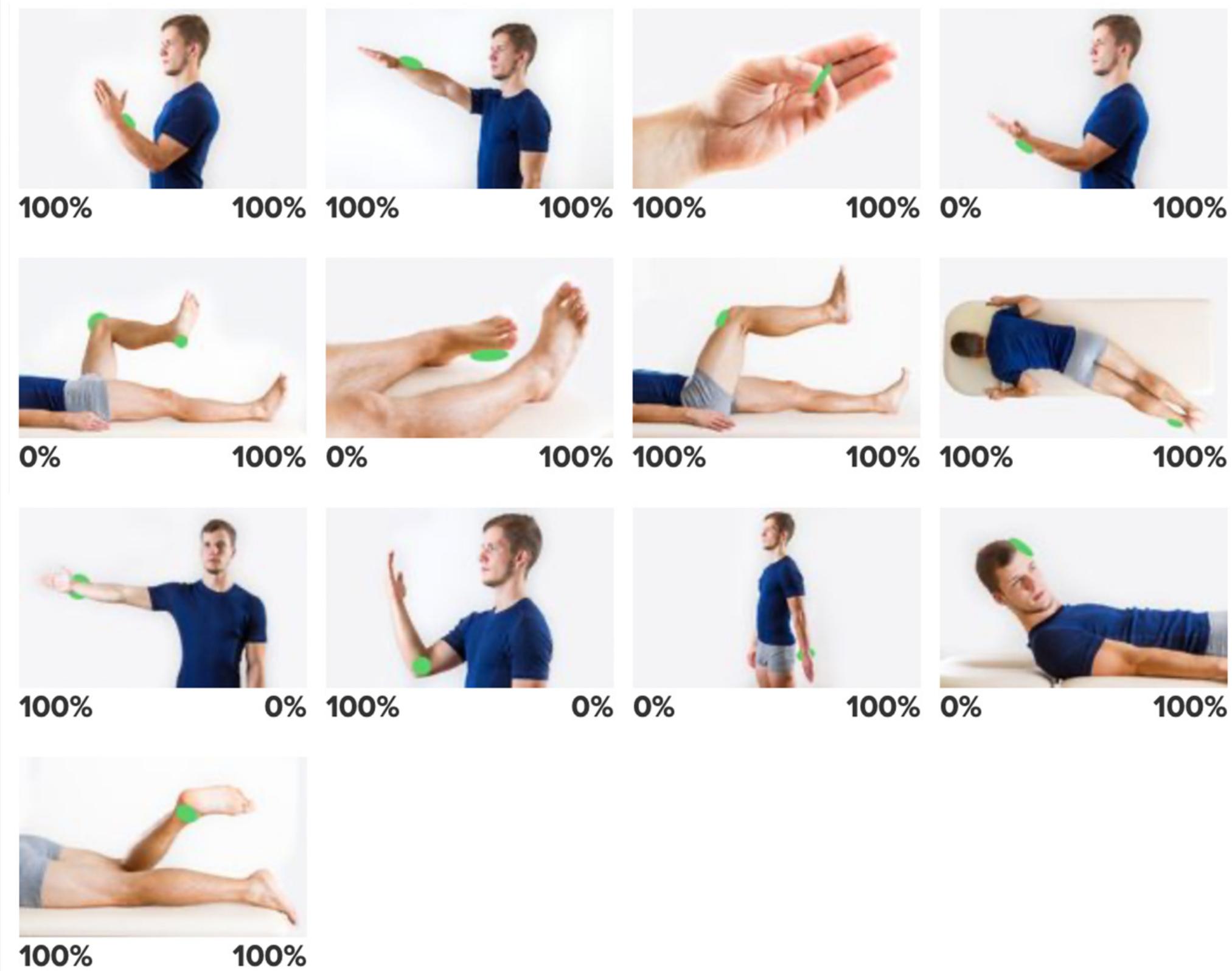
Active Zones



STEP FIVE:

The MFK SYSTEM helps to evaluate the impact of the intervention immediately.

CHECK-UP & THE WAY FORWARD (& UP)



MFK METHOD AND THE ALEXANDER TECHNIQUE

How is this relevant to the Alexander Technique teachers?

- ➔ Useful framework & clear structure
- ➔ Immediate & comprehensive feedback
- ➔ Objective visual representation of the student's subjective feelings
- ➔ Monitoring & analysis of the work over a period of time

**“WHAT IS NECESSARY TO CHANGE A PERSON
IS TO CHANGE HIS AWARENESS OF HIMSELF”**

ABRAHAM MASLOW