



Neuromuscular Stabilisation

Basic Course "A": 18 contact hours



Date: November 23-25, 2018

Instructors: Veronika Čmolíková, MPT

Language: Englisch

Registration: Euro 80

Course fee: CHF 300 before October 1st
CHF 350 after this date

Location:

Leukerbad Cilnic
Willy-Spüllerstrasse 2
3954, Leukerbad
Switzerland

Individual online registration with Prague School:
http://www.rehabps.cz/rehab/course.php?c_id=1045

Attendees must also register with the course organizer:
divisovakate@gmail.com

bank account: CH15 8052 7000 0067 4228 9

Developmental kinesiology

Development during the first year of life: stabilisation of the spine in the sagittal plane, development of the phasic movements coupled with trunk rotation. The relationship between development during the first year of life and pathology of the locomotor system in adulthood. Reflex consequences following central neural programs during the first year of life. Functional stabilization of the spine Correction of poor stereotype of respiration. Terminology such as functional joint centration and decentration, stabilisation, punctum fixum. Posture from developmental consideration Key principles of reflex locomotion: Locomotor patterns, stepping forward and support function, support/stimulating zones.

Course attendees will learn to:

Evaluate the stabilizing system of the spine. Evaluate breathing stereotypes. Use techniques for reflex locomotion, including reflex creeping, reflex turning, initial positions and stimulation zones. Use techniques used in active treatment of the stabilizing system of the spine utilizing the principles of ontogenesis and reflex locomotion. On completion of the course, the attendee should be able to:

Treat functional pathology of the locomotor system, vertebrogenic and radicular pain syndromes where the deep stabilizing system of the spine plays a crucial role. Treat functional pathology of the locomotor system resulting from poor early development

Course Description

Much attention has been given in recent years to the development, maintenance and decline of functional stability of the locomotor system. Recent research has proved the need for deep, or core, stabilizing muscles and their impact in controlling safe joint motion. This is especially true for the joints of the spinal column, which has phenomenally complex biomechanical and neurophysiological demands. New theories regarding the aetiology of functional pathology and effective treatment methods to restore stability have evolved alongside increased understanding of functional stability. Unfortunately, many of these techniques yielded less than satisfactory results for many frustrated clinicians many of which, although based on sound principles, have been criticized as impractical.

An exciting new theory of intrinsic locomotor system stabilization has evolved which has excited the attention of rehabilitation specialists. Pavel Kolar, PaedDr., Ph.D. has spawned a new manual approach to activate the intrinsic system which has achieved exciting levels of improved function in a remarkably brief period. The Prague school principle is based on developmental kinesiology, the neurophysiological aspects of the maturing locomotor system and Professor Kolar, has expanded the scope of clinical options in an exciting new direction. Attendees will be introduced to these methods.

One of the most exciting aspects of the course is that this method describes the first new manual approach to the treatment of radicular syndromes since Cox and McKenzie decades ago. The success of this method has gained a great deal of interest among clinicians around the world. Due to the complexity of this course and necessity of individual attention during the practical technique hours, only a limited number will be able to attend the course.

For more info please visit the website www.rehabps.com

PRAGUE SCHOOL CERTIFICATES & OPTIONAL EXAMINATION:

A Certificate of ATTENDANCE is awarded by the PRAGUE SCHOOL to each DNS course participant.

Participants who would like to participate in the educational track towards becoming a certified practitioner can take exam for an additional fee of 50 Euros. The test is available online after the course, consists of 40 multiple choice questions and 10 picture questions. Participants are required to return the test to the PS instructor within 8 weeks after the course. Upon successful completion and passing of the test, a Certificate of Achievement from the Prague School of Rehabilitation will be awarded.



Veronika Čmolíková, MPT

Veronika achieved Master's Degree in Physiotherapy in 2010 from Charles University, 2nd school of Medicine. After completing her studies she started to work at the Rehabilitation Clinic, University Hospital Motol. She has been working both at inpatient and outpatient rehab departments for adult patients, treating clients with various types of orthopedic, neurological and posttraumatic diagnoses including functional musculoskeletal problems.

Working in teaching hospital, Veronica has been involved in physiotherapy students education, lecturing mainly functional assessment and practical manual skills. She utilizes DNS for both rehabilitation and improving sports performance in training ideal motor stereotypes of the young athlete.

In 2014 she completed the first part of the Reflex Locomotion according to Vojta course focusing on assessment and treatment of adult patients. Veronica has been lecturing Dynamic Neuromuscular Stabilization concept since 2011. She works under Professors Pavel Kolar's supervision.

PROGRAM

Friday

- 15:00 – 16:30 DNS introduction
- 16:30 – 17:00 Break
- 17:00 – 19:00 How to assess a child and the adult Ontogenesis 1. trimenon

Saturday

09:00 – 10:30	Quick review of 1. trimenon deal model of sagittal stabilization
10:30 – 11:00	Break
11:00 – 12:30	DNS tests - IAP in sitting, in supine, arm lifting test
12:30 – 14:00	Lunch
14:00 – 15:30	Ontogenesis 2.-4. trimenon verticalization actively -group exercise
15:30 – 16:00	Break
16:00 – 17:00	DNS tests - neck and trunk flexion test, head and neck extension test

Sunday

09:00 – 09:30	Verticalization - group exercise
09:30 – 11:00	DNS treatment in supine+ modifications, in prone
11:00 – 11:30	Break
11:30 – 12:30	Quadruped - test and treatment
12:30 – 14:00	Lunch
14:00 – 15:30	DNS is sports Sitting-hip flexion test, corrective exercises
15:30 – 16:00	Break
16:00 – 17:00	Treatment strategies, introduction to DNS B

DNS Exercises in developmental positions

