

Dynamic Neuromuscular Stabilisation



Basic Course "A": 18 – 24 contact hours

Date:	09-11 December 2019
Instructors:	Veronika Čmolíková, MPT
Language:	English
Registration:	Euro 80
Course fee:	CHF 500 before 31 st August 2019 CHF 550 after this date (late registration)
Location:	Leukerbad Clinic Willy-Spühlerstrasse, CH-3954, Leukerbad

Individual online registration with Prague School:
https://www.rehabps.cz/bo/course_b.php?c_id=1537&invoice_category=course

Attendees must also register with the course organizer:
n.maxwell@leukerbadclinic.ch

COURSE DESCRIPTION

Dynamic Neuromuscular Stabilisation (DNS) is a manual approach to activating the intrinsic stabilizing system. Its principles are based on developmental kinesiology and the neurophysiological aspects of the maturing locomotor system. Through the development of the DNS principle, Pavel Kolar, Paed Dr., Ph.D. (of the Prague School) has expanded the scope of clinical options for activating the integrated stabilizing system. This method has achieved new and exciting levels of improved function in a remarkably brief period. Attendees of the “*DNS Course A*” will be introduced to these methods.

BACKGROUND

In recent years much attention has been given to the development, maintenance and decline of functional stability of the locomotor system. Contemporary 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. **For this reason**, the success of the DNS method has gained a great deal of interest among clinicians around the world.

HOW DOES DNS USE THE PRINCIPLES OF DEVELOPMENTAL KINESIOLOGY?

Developmental kinesiology refers to the development of a human during their first year of life. The strong relationship between development during the first year of life and the pathology of the locomotor system in adulthood is at the core of the DNS concept.

Specifically, this relates to DNS therapists identifying, correcting and re-educating movement patterns relating to:

- ✓ the stabilization of the spine in the sagittal plane
- ✓ development of the phasic movements coupled with trunk rotation
- ✓ reflex consequences following central neural programs during the first year of life
- ✓ functional stabilization of the spine during locomotor patterns
- ✓ poor stereotypes of respiration

DNS EXERCISES IN DEVELOPMENTAL POSITIONS



COURSE ATTENDEES WILL LEARN TO

- ✓ Evaluate the stabilizing system of the spine.
- ✓ Evaluate breathing stereotypes.
- ✓ Implement techniques for reflex locomotion, including reflex creeping, reflex turning,
- ✓ Understand the initial position principles of DNS and their stimulation zones.
- ✓ Implement 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

**Please note that due to the complexity of this course and the individualised instruction provided during the practical technique hours, the number of course participants is limited.*

WHO WILL BE LEADING THE COURSE?

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 worked 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, Veronika was involved in physiotherapy students education, lecturing mainly functional assessment and practical manual skills. Since October 2018 she works as physiotherapist at Professor Kolar's private Centre of Movement Medicine located in Prague (<http://www.cpmmpk.cz>)

She utilizes DNS for both rehabilitation and improving sports performance in training ideal motor stereotypes of the athlete.

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

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.



PROGRAM

<u>Monday</u>	<u>09.12.2019</u>
09:00-10:30	DNS introduction
10:30-11:00	Break
11:00-12:30	How to assess a child and and the adult, ontogenesis 1. trimenon
12:30-13:30	Lunch
13:30 -15:00	Ideal model of sagittal stabilization
15:00-15:30	Break
15:30-17:00	DNS tests in sitting and supine
<u>Tuesday</u>	<u>10.12.2019</u>
09:00-10:30	Ontogenesis 2.-4. trimenon
10:30-11:00	Break
11:00-12:30	Treatment in supine position
12:30-13:30	Lunch
13:30 -15:00	Prone position assessment and treatment
15:00- 15:30	Break
15:30-17:00	Group exercise - verticalization actively
<u>Wednesday</u>	<u>11.12.2019</u>
09:00-10:30	Quadruped position - assessment and treatment
10:30-11:00	Break
11:00-12:30	DNS in sports, review of positions
12:30-13:30	Lunch
13:30 -15:00	Treatment strategies, introduction to DNS B