

Dynamic Neuromuscular Stabilisation



Basic Course "B": 18 contact hours

Date:	06-08 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, PaedDr., 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 B OBJECTIVES

- ✓ To demonstrate an understanding of developmental kinesiology and its relationship with the pathology of the locomotor system: a review of the theory covered in the A course and to introduce more advanced theory, namely the verticalization process
- ✓ To describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology
- ✓ To perform and demonstrate an assessments of babies: attendees will be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies
- ✓ To demonstrate the application of DNS assessments and treatments in adult patients with pain and dysfunction within the locomotor system – stabilization assessment and treatment strategy

- ✓ Postural analysis & testing of integrated spinal stabilization system – review of Course A tests and introduction to additional, advanced tests
- ✓ Integration of corrective exercises based on newly taught DNS functional tests
- ✓ Exercise in differentiated ipsilateral and contralateral static positions, position transfer during locomotor function, exercise progression using unstable surface, resistance against “planned movement”, dual tasking and other challenges both in ipsi and contralateral patterns, transition between ipsilateral and contralateral patterns, training of isolated segmental movement
- ✓ To provide more complex clinical management explanations for clinicians to better integrate more advanced DNS protocols into clinical practice
- ✓ Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements
- ✓ To introduce basic information about reflex locomotion according to Vojta
- ✓ To demonstrate, perform and teach proper handling of infants
- ✓ To optimally prepare students for the next level of training (Course “C”)

**Please note that due to the complexity of this course and the individualised instruction provided during the practical technique sessions, 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.cpmpk.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

Friday **06.12.19**

- 14 :00-15 :30 Introduction-review, ipsilateral and contralateral pattern
- 15 :30-16 :00 Break
- 16 :00-18 :00 Ontogenesis - review in context with primitive reflexes and postural reactions

Saturday **07.12.19**

- 09 :00-10 :30 Review of the tests and exercise positions from DNS A
- 10 :30-11 :00 Break
- 11 :00-12 :30 Review of the tests and exercise positions from DNS A
- 12 :30-13 :30 Lunch
- 13 :30-15 :00 Bear, squat position
- 15 :00-15 :30 Break
- 15 :30-17 :00 Turning, sideying position

Sunday **08.12.19**

- 09 :00-10 :30 Group exercise, low and high oblique sit
- 10 :30-11 :00 Break
- 11 :00-12 :30 Differentiated position on all 4, tripod
- 12 :30-13 :30 Lunch
- 13 :30-15 :00 Reflex locomotion according to Vojta - basic information
High kneeling, hanging stance
- 15 :00-15 :30 Break
- 15 :30-17 :00 Review of the positions, handling of the baby