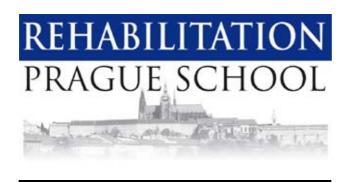
Dynamic Neuromuscular Stabilization Course B





www.rehabps.com

May 16-18, 2019 Course Location:

Faculty Hospital Motol
2nd Medical Faculty, Charles University
V Uvalu 84
Prague 5 - Motol, Czech Republic
Department of Rehabilitation
minus 1st floor, wing D

Teaching hours:
9.00-17.00

May 19, 2019 Course Location:

Pavel Kolar's Center of Physical Medicine
Waltrovka
Walterovo náměstí 329/2,
158 00 Praha 5-Jinonice
www.cpmpk.cz
Teaching hours:
9.00 – 14.00

Organizer:

Assoc. Prof. Alena Kobesova, MD, Ph.D. alenamudr@me.com

Faculty:

Certified DNS Instructors:

Marcela Safarova, Lenka Oplatkova, Veronika Nasslerova, Petra Valouchova, Eliska Urbarova, Jana Vesela, Karolina Ptakova, Sylva Pintarova

TENTATIVE COURSE PROGRAM

Thursday, May 16, 2019 9:00-12:30

General DNS principles to functionally assess and treat clients with musculoskeletal disturbance: Core stabilization, stepping forward and supporting function, ipsilateral and contralateral patterns, differentiation and timing, anticipatory movements, integration of breathing stereotype. Skeletal and functional relationships.

Leading instructor: Lenka Oplatkova

Developmental kinesiology: primitive reflexes, postural reactions, postural activity. **Infant's demonstration:** determine the quality of postural-locomotion pattern, primitive reflexes and postural reactions assessment, determine the developmental age. Proper handling of babies

Leading instructor: Marcela Safarova

13:30-17:00

DNS assessment with focus to infants – spontaneous motor activity, primitive reflexes and postural reactions. How they are interrelated. Photo and video examples. *Leading instructor: Marcela Safarova*

Short discussion with course students about their individual DNS experience: unclear points, what needs to be reviewed practically and theoretically in the course.

Workshop: Group exercise with respect to developmental sequence

Leading instructor: Lenka Oplatkova

Friday, May 17, 2019

9:00-12:30

Review of the 3M model supine and prone position + its modifications/ test and exercise

Leading instructor: Veronika Nasslerova

DNS: muscle analysis in developmental positions; Ipsi and contralateral patterns, combine manual guiding with instructions to the client to train the ideal quality of postural stabilization

Leading instructor: Eliska Urbarova

13:30-17:00

Introduction to side-lying position and oblique sits/ tests and exercise

Leading instructor: Veronika Nasslerova

Workshop: practical training in side lying position-oblique sit-low kneeling

Leading instructor: Eliska Urbarova

Saturday, May 18, 2019

9:00-12:30

Workshop: Group exercise – dynamic variation with respect to developmental sequence. Review of the **quadruped position** + differentiated position on four.

Bear position

Leading instructor: Veronika Nasslerova

Patient demonstration: functional DNS testing and plan for the therapeutical

approach and self-treatment

Leading instructor: Eliska Urbarova

13:30-17:00

Workshop: Introduction to higher positions tripod and squat/ tests and exercise

Leading instructor: Veronika Nasslerova

Workshop: Introduction to higher positions high kneeling and hanging stance /

tests and exercise

Leading instructor: Eliska Urbarova

Sunday, May 19, 2019

Location: Pavel Kolar's Center of Physical Medicine, WALTROVKA: Program with

the C group **9:00-14:00**

DNS principles for fitness exercise

Czech Get Up demonstration

practical workshop

Leading instructors: Jana Vesela, Veronika Nasslerova