

# Dynamic Neuromuscular Stabilization Course B



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***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.cpmk.cz](http://www.cpmk.cz)

***Teaching hours:***

9.00 – 14.00

***Organizer:***

Assoc. Prof. Alena Kobesova, MD, Ph.D.  
[alenamudr@me.com](mailto: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*