

**Rehabilitation Prague School:  
Visceral dysfunction & Viscero – Somatic Patterns  
Basic Skills Course for Medical Professionals:  
12 contact hours**



**www.rehabps.com**



***Course dates:***

**April 22 – 23, 2017**

***Instructor:***

**Petr Bitnar, MPT**

***Organizer:***

**Assoc. Prof. Alena Kobesova, MD, PhD**

**www.rehabps.com**

**alenamudr@me.com**

***Location:***

University Hospital Motol  
Dpt. Of Rehabilitation and Sports Medicine  
V Uvalu 84  
Prague 5, Czech Republic

***Course price:***

Euros 400 including Prague School Fee

***INDIVIDUAL ONLINE REGISTRATION AND PAYMENT AT:***

**[http://www.rehabps.cz/rehab/course.php?c\\_id=715](http://www.rehabps.cz/rehab/course.php?c_id=715)**

## Course Schedule

### Day 1

**9.00 – 10.30** Viscero -Vertebral Relationships – Basic Theory

**10.30 – 11.00** Coffee break

**11.00 – 12.30** Viscero -Vertebral Relationships: Basic principles of clinical assessment and treatment – demonstration and workshop

**12.30 – 13.30** Lunch

**13.30 – 15.00** Typical viscera-vertebral patterns for the specific diagnoses: demonstration

**15.00 – 15.30** Coffee break

**15.30 – 17.00** Visceral mobilization techniques: demonstration and workshop

### Day 2

**8.30 – 10.30** Mobilization and soft tissue techniques in chronic dysfunction of internal organs: demonstration and workshop

**10.30 – 11.00** Coffee break

**11.00 – 12.00** Systematic trigger point therapy and global reciprocal muscle inhibition – demo and workshop

**12.00 – 12.20** Coffee break

**12.20 – 14.00** Patient education and self-treatment techniques: workshop

## Course Objectives

- **Functional Assessment and treatment in:**
  - ✓ Gastro-oesophageal reflux disease
  - ✓ Swallowing problems, globus, odynophagia
  - ✓ Constipation
  - ✓ Non-specific abdominal pain
  - ✓ Functional sterility
  - ✓ Urinary and bowel incontinence
- **Postural assessment and treatment in chronic dysfunction of internal organs**
- **Mobilization and soft tissue techniques in chronic dysfunction of internal organs**
- **Systematic trigger point therapy and global reciprocal muscle inhibition**

## **Course Description**

Functional and biomechanical reciprocal relationships exist between internal organs and the locomotor system. The internal organ system and the movement system is functionally connected, constantly complementing and influencing each other in both a positive and negative sense – i.e. dysfunction in one system may result in dysfunction of the other and vice versa. Reflex changes resulting from visceral dysfunction (or structural pathology) have consequences in the whole movement system. Visceral irritation causes a whole complex of reflex changes called visceral patterns, being very characteristic for each organ. In clinical practice, the most important aspect of these visceral patterns is possibly a change in muscle function.

Here, special attention is paid to relationship between visceral function and the muscle complex called the Deep Stabilizing System of the Spine (DSSS). The DSSS is generally considered to be a functional unit; however, the definition of which muscles precisely form the DSSS is not clear. Since not only short and deep muscles are responsible for trunk stabilization, but also bigger and rather superficial muscles are involved in spinal stabilization, we advocate to use a term Integrated Stabilizing System of the Spine (ISSS). Muscles constituting the ISSS are: deep intrasegmental spinal muscles (transversospinal muscles and interspinal, intertransversarius muscles), pelvic floor muscles, transversus abdominis, diaphragm, deep neck flexors (longus colli et capitis m, rectus capitis lat. et ant. m), the oblique abdominal and intercostal muscles.

This course will focus on viscerosomatic patterns resulting from gastrointestinal tract (GIT) dysfunction as well as pelvic floor dysfunction and breathing patterns disorders. GIT dysfunction forms a group of diseases without any clear structural pathology that may have a great influence on a patient's health; its consequences are rather complex, also reflected in the function of the locomotor system. It is essential to bear in mind that in patients with internal organ pathology, irritation and reflex changes (muscle TrPs, joint blockages, soft tissue dysfunction, altered motor stereotypes) in the locomotor system occur as a rule. Patients with diagnoses involving the internal organ system are thus important potential clients of the rehabilitation specialists.

Functional assessment and treatment of the most frequent types of clinical diagnoses such as gastroesophageal reflux disease, dysphagia, non-specific abdominal pain, stress incontinence, or breathing pattern disorders will be demonstrated on patients and practiced during hands on workshops.

**PRAGUE SCHOOL CERTIFICATES:**

A **Certificate of ATTENDANCE** will be awarded by the PRAGUE SCHOOL

**REHABILITATION  
PRAGUE SCHOOL**



***Certificate of Attendance***

BE IT KNOWN THAT

**Assoc. Prof. Alena Kobesova, MD, PhD**

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION  
ACCORDING TO KOLÁŘ  
A DEVELOPMENTAL KINESIOLOGY APPROACH**

*COURSE LEVEL:* **SKILLS COURSE**

*LOCATION:* **Prague**

*DATES:* **June 25 - 26, 2016**

*CONTACT HOURS:* **12**

Signed .....

Petr Bitnar, MPT



Rehabilitation Prague School reg.No.  
16PS0 / CATTSKILLS 10009

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## Course Instructor



**Petr Bitnar, MPT**

Petr Bitnar completed his master's degree in Physiotherapy at 2<sup>nd</sup> Faculty of Medicine, Charles University, Prague in 2008. Since 2008 he has been working as lecturer specialist in physiotherapy and rehabilitation at the Rehabilitation Clinic, University Hospital Motol, Charles University in Prague. Petr's master degree thesis was :” Relationships between gastrointestinal tract and musculoskeletal system “. Viscero-vertebral relations continue to be his main professional interest, forming a topic of his postgradual PhD program since 2009. Petr has completed numerous professional courses including, course in pain projection in musculoskeletal system, McKezine Approach, Functional assessment and treatment according to Mojžíšová, Klapp crawling approach to scoliotic patients, Mobilization and relaxation techniques according to Lewit, Course in reflex locomotion according to Vojta, Course in pelvic stabilization, and course in manual lymphodrainage. Peter has been certified lymphotherapist since 2009. Petr Bitnar serves as an instructor in Dynamic Neuromuscular Stabilisation according to Kolar since 2009 focusing mainly on viscerosomatic relationships within the DNS principles. Peter has also presented his original research in “Diaphragm function inpatients with gastroesophageal reflux disease” on numerous scientific conferences twice receiving award for the best poster of the conference. His posters are available at PS website

**For more info please visit our website [www.rehabps.com](http://www.rehabps.com)**

See Dr. Bitnar's original research in diaphragm function in patients with gastro-oesophageal reflux disease at:

[http://www.rehabps.com/REHABILITATION/Literature\\_Research\\_files/Bitnar%20LES\\_GER\\_1.jpg](http://www.rehabps.com/REHABILITATION/Literature_Research_files/Bitnar%20LES_GER_1.jpg)

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