# Dynamic Neuromuscular Stabilization
# Course C

REHABILITATION
PRAGUE SCHOOL

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DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

## *Location:*

**Day 1:**
**Center of Movement Medicine (CPM) Waltrovka**
Walterovo náměstí 329/2
Praha 5 – Jinonice 158 00

**Days 2-4:**
**GOODMOOVE**
Praha – Podolí
Na Lysině 772/12,
147 00

## *Date:*

**June 6-8, 2024**
**Teaching hours:**
**Day 1-3: 9.00-17.00**
**Day 4: 9.00 – 14.00**

## *Organizer:*

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

## *TENTATIVE COURSE PROGRAM*

## **Day 1** Thursday – June 6, 2024 - Waltrovka

***Morning: 9-12.30 (Prof. Pavel Kolář, prof. Alena Kobesová)***
***Postural Dysfunction***
Understanding postural function as a source of movement system disturbances and pain in both the general population and athletes.
Principles of Movement Correction
Fundamental principles for correcting movement patterns to prevent repetitive strain injuries. Techniques to enhance sports performance through improved biomechanics.
Training for Proper Alignment and Joint Position
Strategies for maintaining optimal joint position throughout movements.
DNS Assessment and Treatment
Treatment strategies and practical demonstrations.

***12.30-13.30 Lunch break***

***Afternoon: 13.30-17.00 (Petr Bitnar)***
***Vertebro-visceral relationships***
Lecture on the application of DNS in addressing vertebro-visceral patterns in patients.
Demonstrations of practical DNS techniques.

## **Day 2** Friday – June 7, 2024 - Good Move by Chramosta

***Morning: 9-12.30 (Lenka Oplatkova, Jiri Halamka)***
***Scoliosis***
Definition and classification of scoliosis.
Ontogenetic factors contributing to the development of scoliosis.
Risk factors associated with scoliosis.
Spine Control and Motor Development.
The role of spine control in motor development and its impact on scoliosis.
Assessment and Treatment Strategies for infants and adults with scoliosis and body asymmetry.
Overview of bracing options.

***12.30-13.30 Lunch break***

***Afternoon: 13.30-17.00 (Lenka Oplatkova)***
***Scoliosis***
Patient demonstration
DNS flow and group exercise to reduce body asymmetry

## **Day 3** Saturday – June 8, 2024 - Good Move by Chramosta

***Morning: 9-12.30 (Zuzana Suzan, Veronika Nasslerová)***
***Pelvic Girdle and Hip Joint: Assessment and Treatment***

Phylogenetic and ontogenetic influences on the pelvic girdle and hip joint.
Anatomical parameters from a developmental perspective.
Common conditions affecting the pelvic girdle and hip joint: Femoroacetabular Impingement Syndrome. Arthritis.
DNS Assessment and Treatment for the pelvic girdle and hip joint.
Workshop and patient demonstration

***12.30-13.30 Lunch break***

***Afternoon: 13.30-17.00 (Zuzana Suzan, Veronika Nasslerová)***
***Pelvic Floor***
Developmental Perspective
Exploration of pelvic floor muscle function from a developmental standpoint.
Interrelated Kinetics
Understanding the kinesiological relationship between the diaphragm and pelvic floor.
Typical postural disturbances and joint dysfunctions in gynecological diagnoses.
Identification of hypersensitive zones associated with these conditions.
Workshop and patient demonstration

**Day 4** Sunday – June 9, 2024 - Good Move by Chramosta

***Morning: 9-12.00 (Zuzana Suzan, Veronika Nasslerová)***
***Shoulder Girdle: Assessment and Treatment***
Developmental and Evolutionary Insights
Phylogenetic and ontogenetic influences on the shoulder girdle.
Anatomical parameters from a developmental perspective.
Common Shoulder Girdle Disorders: Hemiplegic Shoulder, Frozen Shoulder, Impingement Syndrome, SLAP Lesion
DNS Assessment and Treatment Approaches: Treatment strategies tailored to specific shoulder disorders.

***12.00-12.30 Coffee break***

***Afternoon: 12.30-14:00 (Zuzana Suzan, Veronika Nasslerová)***
**DNS Flow: Group Exercise in Developmental Positions**
Exploring undifferentiated positions as a foundational exercise.
Practice of ipsilateral and contralateral pattern transitions to enhance coordination and mobility.
Incorporating forward and backward movements within the exercise sequences.
Final discussion, Summary, certificates