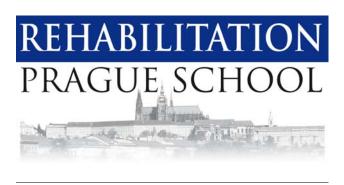
# Dynamic Neuromuscular Stabilization Course C





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## 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

## Date:

May 14-17, 2015 Teaching hours: Day 1-3: 9.00-17.00 Day 4: 9.00 – 14.00

# Organizer:

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

#### TENTATIVE COURSE PROGRAM

## Thursday, May 14

Morning:

**Prof. Kolar, PhD:** DNS – review of the most important DNS principles – Three levels of motor control

**Prof. Kolar, PhD:** Developmental kinesiology: primitive reflexes, postural reactions, postural activity. Baby's demonstration

Afternoon:

Martina Ježkova, Veronika Cmolikova: DNS for female health/pelvic floor dysfunction

## Friday, May 15

Morning:

**Petr Bitnar, MPT**: DNS approach to patients presenting somato-visceral patterns **Ondrej Cakrt, DPT, PhD:** Functional assessment and treatment in patients with vertigo and balance disturbance

Afternoon:

**Zuzana Suzan, Veronika Cmolikova, Bronislav Schreier:** practical workshop: DNS testing, DNS active exercise and reflex locomotion with a special focus <u>on hip and shoulder</u> assessment and treatment; refining manual DNS skills (workshop)

## Saturday, May 16

Morning:

Marcela Safarova, Julia Demekova: DNS assessment and treatment of patient with neurological diagnosis

Marcela Safarova, Julia Demekova: Advanced reflex locomotion patterns (hanging position, finished flexion, RC4A, RC4B) and its integration within DNS active exercise (workshop)

Afternoon:

Marcela Safarova, Veronika Cmolikova: DNS management of patients with scoliosis; demonstration of assessment and DNS treatment of scoliotic patients (demo, workshop).

## Sunday, May 17

Morning:

Zuzana Suzan, Bronislav Schreier, Veronika Cmolikova, Julie Demekova:: Basic DNS principles for fitness exercise