

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 Ježková, 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 on hip and shoulder 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