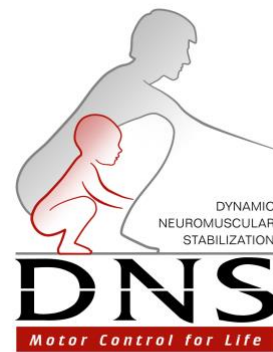
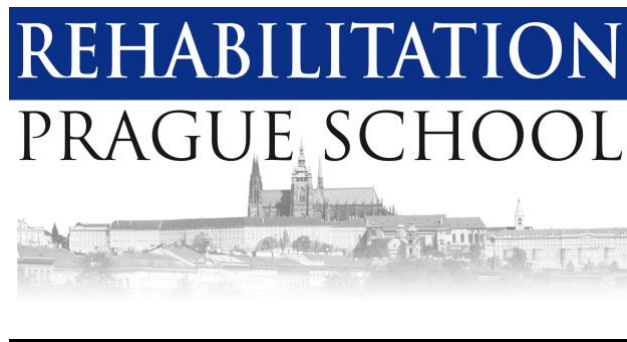


Dynamic Neuromuscular Stabilization

“Final course D”

Prague, August 19-23, 2024



www.rehabps.com

August 19, 2024

Day 1 (Monday)

CENTER OF MOVEMENT MEDICINE

Waltrovka

U Trezorky 329, 158 00 Praha 5 - Jinonice

August 20-23

Day 2 - 5 (Tuesday - Friday)

GOODMOVE

Praha – Podolí

Na Lysině 772/12,

147 00

Course by invitation only!

ORGANISATION: Alena Kobesová

alenamudr@me.com

FACULTY:

DNS FOUNDER: PAVEL KOLÁŘ

DNS PRAGUE SCHOOL TEAM:

Petra Valouchova, Julie Demekova, Jana Vesela, Michal Truc, Veronika Nesslerova,
Katerina Waldmannova, Jiri Halamka, Jachym Kolar

Monday, August 19 (Center of Movement medicine, Waltrovka)

9:00-9:30 **Alena Kobesová:** Registration and welcome, participant's introduction

9:30-10:30 **Prof. Pavel Kolář:** DNS summary and update

10:30-11:00 Coffee break

11:00-12:30 **Prof. Pavel Kolář:** Diagnostic approach based on assessment of postural and locomotion function. Patient demo

12:30-13:30 Lunch break

13:30-15:00 **Summary of DNS assessment** - Diagnostic considerations

DNS Instructors: Julia Demekova, Petra Valouchova, Katerina Waldmannova

15:00-15:15 Coffee break

15:15-17:00 **Dynamic DNS tests/transitional phases, muscle synergies in IPSI, CONTRALATERAL patterns**

DNS Instructors: Julia Demekova, Petra Valouchova, Katerina Waldmannova

Tuesday, August 20 (GOODMOVE)

9:00-10:45: **DNS based manual techniques**

DNS Instructors: Julia Demekova, Michal Truc, Veronika Nasslerova

10:45-11:00 Coffee break

11:00-12:30 **Manual techniques and stretching in functionally centered positions**

DNS Instructors: Julia Demekova, Michal Truc, Veronika Nasslerova

12:30-13:30 Lunch break

13:30-15:00 **Mobilization techniques - ribs and related muscle chains**

DNS Instructors: Michal Truc, Julia Demekova, Veronika Nasslerova

15:00-15:15 Coffee break

15:15-17:00 **Patient demonstration:** functional assessment and treatment of musculoskeletal problems

DNS Instructors: Michal Truc, Julia Demekova

Wednesday, August 21 (GOODMOVE)

9:00-10:30 **Elbow, wrist and palm**

DNS Instructors: Jana Vesela, Michal Truc, Jiri Halamka

10:30-10:45 Coffee break

10:45-12:30 **Workshop upper limb, transitional positions**

DNS Instructors: Jana Vesela, Michal Truc, Jiri Halamka

12:30-13:30 Lunch break

13:30-15:00 **Refining DNS exercise skills – higher positions**

DNS Instructors: Petra Valouchova, Jana Vesela, Jiri Halamka

15:00-15:15 Coffee break

15:15-16:15 **Patient demonstration:** functional assessment and treatment of musculoskeletal/orthopedic problems

DNS Instructors: Jana Vesela, Petra Valouchova, Jiri Halamka

16.15 – 17:00 **Group exercise**

DNS Instructors: Petra Valouchova, Jana Vesela

Thursday, August 22 , (GOODMOVE)

9:00-11:00 **Foot assessment and treatment**

DNS Instructors: Petra Valouchova, Julia Demekova, Katerina Waldmannova

11:00-11:15 Coffee break

11:15-12:45 **Foot and lower limb workshop, transitional positions**

DNS Instructors: Petra Valouchova, Julia Demekova, Katerina Waldmannova

12:45-13:45 Lunch break

13:45-17:00: **Viscero-vertebral and vertebro-visceral patterns – practical aspects in assessment and treatment**

Guest Instructor: Petr Bitnar

Friday, August 23 (GOODMOVE)

9:00-10:45 **Performance enhancement in the athletic population: Contra and ipsilateral patterns in athletic performance**

DNS Instructors: Petra Valouchova, Jana Vesela

10:45-11:00 Coffee break

11.00-12:30 **Refining DNS exercise skills - workshop with sport tools**

DNS Instructors: Jana Vesela, Jachym Kolar

12:30-13:30 Lunch break

13:30-15:30 **Refining DNS exercise skills, developmental flow**

DNS Instructors: Jana Vesela, Jachym Kolar

15.30-15:45 Coffee break

15:45-16.30 **Patient demonstration: functional assessment and treatment of an athlete/orthopedic patient**

DNS Instructors: Petra Valouchova, Jana Vesela

16.30 – 17.00 Discussion, Conclusions, Q&A+ certificates of attendance