

DYNAMIC NEUROMUSCULAR STABILIZATION

Course : Dynamic Neuromuscular Stabilization Course A

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Prague School meets Bosön Stockholm

From April 10-12 2015 you can participate in Dynamic Neuromuscular Stabilization Course B. Magdalena Lepsikova from Prague School of Rehabilitation will be teaching the essentials of this exciting technique in a 3-day seminar, held at the Nordic's leading centre of sports training and education: **Bosön** (Swedish National Sports Complex) at Lidingö in Stockholm, Sweden.

DNS is a technique which adequately uses developmental kinesiology to assess and improve the functional stability of the locomotor system. In other words, the approach focuses on the fact that motor development in the child will always determine motor function and posture in the adult. Problems with this centrally steered motor function will result in predetermined patterns of muscular tension and joint fixations, which can be improved dramatically by DNS treatment.

During the presented B course, the main principles of DNS will be outlined, providing an insight of its foundations, with plenty of opportunity for hands-on practise. For further information, please visit www.rehabps.com.

Please do not hesitate to contact the organisation committee at dnssweden@gmail.com should you have any questions and/or comments.

Registration fee:

- Registration fee SEK 5450,- (incl. VAT, payment before 01.03.15. Thereafter, registration fee SEK5950,-. Last registration date 09.03.15)
- Special offer: Registration fee including all meals (breakfast, lunch, dinner (excl. drinks)) and accomodation on Bosön's premises SEK8550,- (incl. VAT, payment before 01.03.15, based on single room, 2 nights. Additional night, and/or double room rates available upon request through dnssweden@gmail.com)
- Please note: an additional fee of €80,- is to be paid to Prague School upon registration through their website www.rehabps.com (this is a prerequisite for registration).



Dynamic Neuromuscular Stabilization

The nervous system establishes programs that control human locomotion, which is comprised of posture and movement. This 'motor control' is largely established during the first critical years of life. Therefore, the "Prague School" emphasizes neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes.

The "Prague School" of Rehabilitation and Manual Medicine was established by key neurologists/physiatrists, all of whom were giants in the 20th Century rehabilitation movement: Professors' Vaclav Vojta, Karel Lewit, Vladimir Janda, and Frantisek Vele.

Based upon the groundbreaking neurodevelopmental and rehabilitation principles described by these mentors, Pavel Kolář has organized the next generation of clinical protocols that are designed to restore and stabilize locomotor function. This new rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS).

Prof. Pavel Kolář, PT, PaedDr, PhD is a physiotherapist by training who holds a doctorate in pediatrics. He is the author of the revolutionary diagnostic and treatment approach known as Dynamic Neuromuscular Stabilization (DNS), which is based on developmental kinesiology. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojta and Vladimir Janda, profoundly influenced him in his evolution of DNS.

Professor Kolář is renowned for his work in rehabilitation, in addition to his utilization of DNS methods to celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Soccer team, Davis Cup tennis teams and national ice hockey teams. Because of the profound influence of DNS to rehabilitation in the Czech Republic, Professor Kolář was awarded the prestigious "Presidential Award for Professional Excellence" by Czech President Vaclav Klaus in 2007.

Welcome to Bosön - the heart of Swedish sports training and education!

Bosön - Swedish National Sports Complex - is the meeting place for sport leaders, national and international athletes, national teams and clubs as well as for people from other organisations and companies.

The complex, which is owned by the Swedish Sports Confederation, is beautifully situated at the seaside north of Stockholm. It is situated in the Stockholm archipelago, in the area Lidingö, only 20 minutes from Stockholm city.

Bosön can be reached easily by using public transport (instructions in English on how to get there can be obtained from the course organisers) or car.

For further information please visit www.boson.nu.

Course Schedule

Day 1

9.00 – 10.30 Developmental Kinesiology, Ontogenesis – Basic Principles

10.30 – 11.00 Coffee break

11.00 – 12.30 Developmental Stages in the 1st year of life – Physiological & Pathological Development

12.30 – 13.30 Lunch

13.30 – 15.00 Stabilization of Spine, Trunk and Pelvis in Sagittal Plane, Breathing stereotype (ideal and pathological models).

15.00 – 15.30 Coffee break

15.30 – 17.00 Stabilizing system of the spine: DNS tests

Day 2

9.00 – 10.30 Reflex Therapy to Obtain Ideal Stabilization: Reflex locomotion - basic principles: positions, zones, anticipated movement

10.30 – 11.00 Coffee break

11.00 – 12.30 1st phase of reflex turning - theory and demonstration

12.30 – 13.30 Lunch

13.30 – 15.00 Reflex creeping - theory and demonstration

15.00 – 15.30 Coffee break

15.30 – 17.00 Workshop:

Reflex therapy - 1st phase of reflex turning & reflex creeping

Day 3

8.30 – 10.30 Active Exercise Prescription Based on Developmental & Reflex Locomotion Positions **10.30 – 11.00** Coffee break

11.00 – 12.30 Workshop: DNS active exercise

12.30 – 14.00 Workshop: DNS Tests, DNS Active Exercise Prescription Based on Developmental & Reflex Locomotion Positions

Course Goals

- The basic principles of developmental kinesiology.
- Development during the first year of life: stabilization of the spine in the sagittal plane, development of the phasic

movements coupled with trunk rotation.

- The relationship between development during the first year of life and pathology of the locomotor system in adulthood. •

The reflex consequences following central neural programs during the first year of life.

- Functional stabilization of the spine
- Correction of poor stereotypical respiration.
- New terminology such as functional joint centration and decentration, stabilization, punctum fixum. In addition, posture

will be discussed from a developmental point of view.

- The most important principles of reflex locomotion: Locomotor patterns, stepping forward and support function, support/ stimulating zones.

Course Description

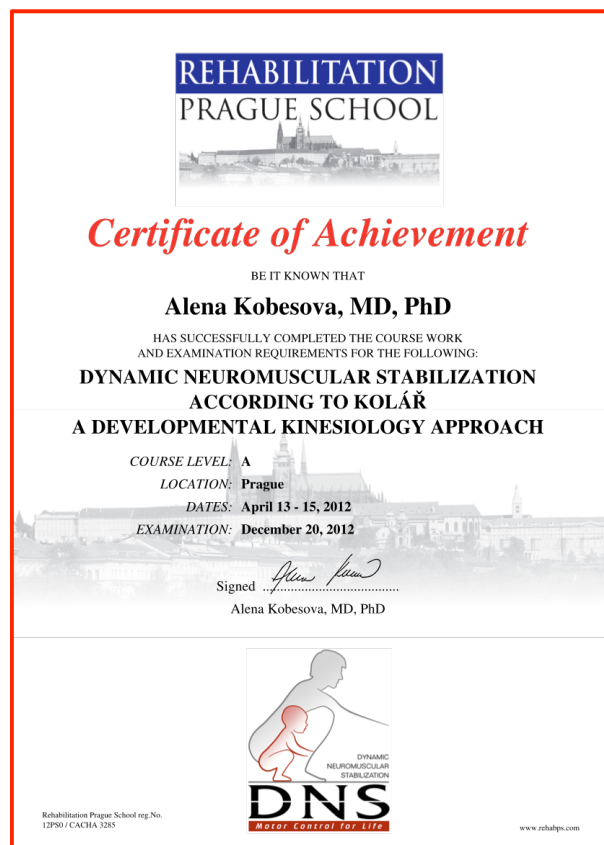
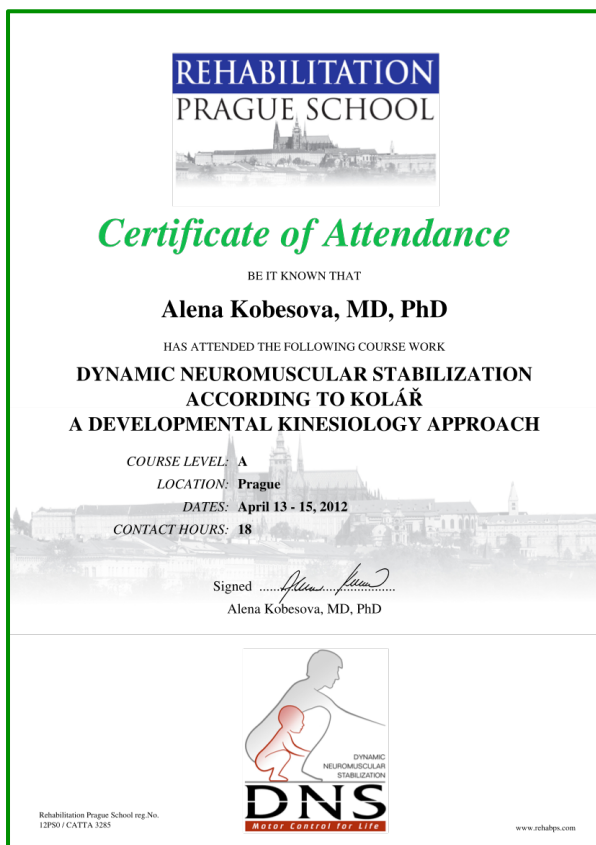
Much attention has been given in recent years to the development, maintenance and decline of functional stability of the locomotor system. Indeed, emerging research has proven the existence of the deep, or core, stabilizing muscles and their impact in controlling safe joint motion. This is especially true for the joints of the spinal column, where the complexity of the biomechanical and neurophysiological demands is phenomenal. With the increased understanding of functional stability have arisen new theories regarding the etiology of functional pathology and also of effective treatment methods to restore stability. Unfortunately, these techniques have yielded less than satisfactory results for many frustrated clinicians. Some methods, although based on sound principles, have been criticized as impractical.

It is during this period that a new method of intrinsic locomotor system stabilization has arisen to dramatically gain the attention of rehabilitation specialists. Pavel Kolar, PaedDr., Ph.D. has indeed spawned a new manual approach to activate the intrinsic system and achieve exciting levels of improved function in a remarkably brief period. Based upon the principles of developmental kinesiology, the neurophysiological aspects of the maturing locomotor system on which the Prague school was established, he has expanded the scope of clinical options in an exciting new direction. Attendees to the course will be introduced to these methods.

One of the most exciting aspects of the course is that this method describes the first new manual approach to the treatment of radicular syndromes since Cox and McKenzie did so decades ago. The success of this method has gained a great deal of interest among clinicians around the world.

Prague School Certificates & Optional Examination:

A **Certificate of ATTENDANCE** is awarded by the PRAGUE SCHOOL to each DNS course participant.



Participants who would like to participate in the educational track towards becoming a certified practitioner can take exam for an additional fee of 50 Euros. The test is available online after the course, consists of 40 multiple choice questions and 10 picture questions. Participants are required to return the test to the PS instructor within 8 weeks after the course. Upon successful completion and passing of the test, a **Certificate of ACHIEVEMENT** from Prague School of Rehabilitation will be awarded.