

Dynamic Neuromuscular Stabilisation (DNS): Advanced Course

17 – 19 January, 2018

SYDNEY

Venue:

Wattle Room,
Metro Aspire Hotel Sydney
383-389 Bulwara Road
Ultimo NSW 2007
T: +61 2 9211 1499
W: www.metrohotels.com.au



Course Contents:

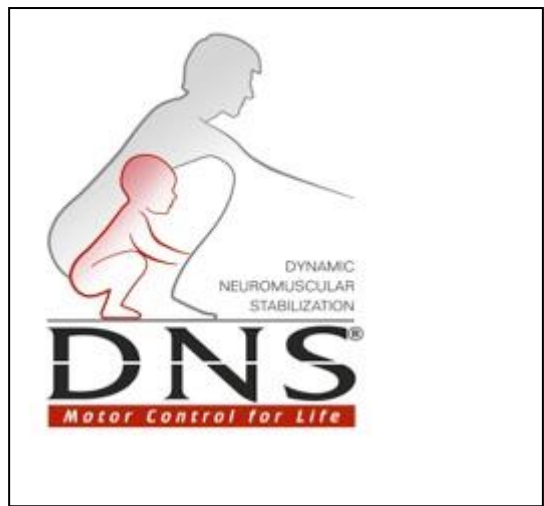
- Active exercises based on the principles of DNS including the identification of functional thresholds and utilising DNS exercises to improve them
- Advanced DNS techniques and indicators for progression
- Assessment and management of the athlete (golf, tennis, runners, soccer and hockey players)
- Mobilisation of ribs and spine based on the principles of developmental kinesiology
- Respiration
- Review of reflex locomotion
- Czech “get up” with Kettlebell

Presenter: Martina Ježková MPT



Martina Jezkova is a senior physiotherapist at the Motol Hospital Department of Rehabilitation, Charles University, Prague, completing her physiotherapy training in the Czech Republic.

She is certified as a Vojta Therapist and has worked with Professor Kolar at Motol Hospital for many years. She has extensive training in the application of DNS therapy and has taught DNS courses around the world. Martina is also a Yoga instructor.



Registration fee: \$ 1020.00 (Early bird) + EU 80.00 Prague Registration fee

\$ 1120.00 (Standard) + EU 80.00 Prague Registration fee

Prague registration > www.rehabps.com > Courses > DNS Advanced Sydney 17-19 Jan. 2018

> follow the prompts.

TIMETABLE:

- ✓ 8.30am - 9.00am Registration (Wednesday only)
 - ✓ 9.00am - 10.30am Seminar / Workshop
 - ✓ 10.30am - 11.00am Break
 - ✓ 11.00am - 12.30pm Seminar / Workshop
 - ✓ 12.30pm - 1.30pm Lunch
 - ✓ 1.30pm - 3.00pm Seminar / Workshop
 - ✓ 3.00pm - 3.30pm Break
 - ✓ 3.30pm - 5.30pm Seminar / Workshop
- Friday finishes 3.30pm**

PLEASE NOTE: AUDIO OR VIDEO TAPING OF THIS PRESENTATION IS NOT PERMITTED

COST: - including GST

(Australian dollars)

PRACTITIONER:	
Early bird (on or before 5.01.2018)	\$ 1,020.00
Standard	\$ 1,120.00
Prague Registration fee (www.rehabps.com)	EU 80.00

Morning, afternoon tea and a basic lunch will be provided. Please advise CEA if you have any dietary requirements.

CATEGORISATION OF THE PROGRAM: 17.0 FLA Hours



REGISTRATION FORM

DNS Advanced Course Sydney 2018

Please note:

1. All delegates are also required to access the Prague School website at www.rehabps.com to register for the workshop and pay an additional **Euro 80**. The Course notes can be downloaded on completion of Prague registration.

Early Bird (on or before 5.01.2018) () \$ 1020.00 + **Prague Registration**
Standard () \$ 1120.00 (www.rehabps.com)
 (All fees include GST)

Your Details	Payment by Credit Card
<p>Name:</p> <p>Address:</p> <p>..... Postcode:.....</p> <p>Occupation:</p> <p>Phone: Fax:</p> <p>Email:</p>	<p>Card No (We accept Mastercard or Visa):</p> <p><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p>Name</p> <p>Expiry Date: <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> Amount: \$ <input type="text"/></p> <p>CCV/CVC No. (3 or 4 numbers) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p>Card Type: <input type="checkbox"/>  <input type="checkbox"/> </p>
<p>Electronic transfer: Name: CEA BSB: 082-656 Account Number: 51 696 3051 Please advise CEA when you make a transfer.</p>	<p>Please make cheques payable to CEA. Payments can be made online via our website.</p>
<p>Website: www.cea.org.au FAX TO: 02 9452 2387 or TEL: 02 94522385 or MAIL TO: CEA PO Box 444, Frenchs Forest NSW 2086</p>	

Cancellation and Refund Policy for Workshop Registration

Cancellations must be forwarded to CEA by email or fax and all cancellation requests received by 5 January 2018 will be fully refunded, less a \$50.00 administrative fee. No refunds will be given for any cancellations received after 5 January 2018.

CEA will not be responsible for any airfares or other expenses incurred should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the conference registration fee would be issued. Also, CEA will not accept responsibility for injury or damage to persons or property occurring during the workshop. Insurance is the responsibility of individual delegates.