

DYNAMIC NEUROMUSCULAR STABILIZATION

Course : Dynamic Neuromuscular Stabilization Course A

Instructors: Veronika Cmolikova MPT and Ruud Alsemgeest BSc, MSc, DC

Registration: ruud@funktionsfabriken.se



DNS Sweden presents: DNS A in Stockholm

From Nov 4-6 2016 you can participate in Dynamic Neuromuscular Stabilization Course A. Veronika Cmolikova and Ruud Alsemgeest from Prague School of Rehabilitation will be teaching the essentials of this exciting technique in a 3-day seminar, held at Funktions Fabriken, a private treatment clinic located at Södermalm 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 A course, the main principles of DNS will be outlined, providing an insight of its foundations, with plenty of opportunity for hands-on practise. As the facility only allows for a limited number of participants, our student-instructor ratio is great! For further information, please visit www.rehabps.com.

Please do not hesitate to contact the organisation committee at ruud@funktionsfabriken.se should you have any questions and/or comments.

Registration:

- Registration fee SEK 5995,- (incl. 25% VAT)
- Last registration date 15.10.2016
- Register at ruud@funktionsfabriken.se
- 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 Funktions Fabriken

Private rehabilitation clinic Funktions Fabriken, located in the south (Södermalm) of Stockholm, is one of Sweden's leading DNS treatment centers. From here, chiropractors Anna Jonasson and Ruud Alsemgeest work to serve their patients, ranging from babies to pensioners, from weekend warriors to elite athletes (e.g. Crossfit, running).

The clinic is located in a quiet area, amongst shops and local bars and restaurants. It can easily be reached by car and public transport. Sweden's biggest airport, Arlanda, is about 40minutes away by train/metro.

A link of how to get to u scan be found on www.funktionsfabriken.se.

For any inquiries and for registration you can email to ruud@funktionsfabriken.se.

Course Schedule

Day 1- Friday 4 November 2016

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 postural tests – assessment principles

Day 2 – Saturday 5 November 2016

9.00 – 10.30 Basic postural stabilization assessment and treatment principles

10.30 – 11.00 Coffee break

11.00 – 12.30 Postural stabilization: basic supine positions corresponding with developmental positions assessment and treatment/self-treatment principles: theory and demonstration

12.30 – 13.30 Lunch

13.30– 15.00 Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop

15.00 – 15.30 Coffee break

15.30 – 17.00 Postural stabilization : basic supine positions corresponding with developmental positions: hands on workshop

Day 3 – Sunday 6 November 2016

8.30 – 10.30 Postural stabilization : basic prone positions corresponding with developmental positions theory and demonstration: assessment and treatment/self-treatment principles:

10.30 – 11.00 Coffee break

11.00 – 12.30 Postural stabilization : basic prone positions corresponding with developmental positions: hands on workshop

Course Goals

Course attendees will have a clear understanding of:

- 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.

Course attendees will possess:

- Skills to utilize the most important tests to evaluate the stabilizing system of the spine.
- Skills for evaluation of breathing stereotypes.
- The most important techniques used in active treatment of the stabilizing system of the spine utilizing the principles of ontogenesis.

With the above knowledge and skills, the attendee should be able to clinically apply these principles for:

- Treatment of functional pathology of the locomotor system, vertebrogenic and radicular pain syndromes where the deep stabilizing system of the spine plays a crucial role.
- Treatment of functional pathology of the locomotor system resulting from poor early development.

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.



Certificate of Attendance

BE IT KNOWN THAT

Alena Kobesova, MD, PhD

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: A

LOCATION: Prague

DATES: April 13 - 15, 2012

CONTACT HOURS: 18

Signed

Alena Kobesova
Alena Kobesova, MD, PhD



Rehabilitation Prague School.org No.
12750 / CATIA 3285

www.rehabps.com



Certificate of Achievement

BE IT KNOWN THAT

Alena Kobesova, MD, PhD

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: A

LOCATION: Prague

DATES: April 13 - 15, 2012

EXAMINATION: December 20, 2012

Signed

Alena Kobesova
Alena Kobesova, MD, PhD



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Participants who would like to participate in the educational track towards becoming a certified practitioner can take exam for an additional fee of €50,-. 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.