

Dynamic Neuromuscular Stabilization Course B



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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: DNS – review of the most important DNS principles – Three levels of motor control

Prof. Kolar: Developmental kinesiology: primitive reflexes, postural reactions, postural activity. Baby's demonstration

Afternoon:

Marcela Safarova, Eliska Gerzova: Integration of reflex locomotion integration within DNS: RTI, RC: review, introduction to RTII, 1st position (workshop)

Friday, May 15

Morning:

Marcela Safarova, Eliska Gerzova: Review of the tests demonstrated in course A, introduction to more DNS tests (workshop). DNS active exercise based on functional assessment

Afternoon:

Marcela Safarova, Julie Demekova: DNS principles in assessment and treatment of children. Proper handling of babies

Saturday, May 16

Morning:

Zuzana Suzan, Bronislav Schreier: DNS based mobilization techniques.

Afternoon:

Zuzana Suzan, Bronislav Schreier: Functional assessment based DNS exercise - combination of the principles in clinical practice (workshop Test-Treat-Re-test)

Sunday, May 17

Morning:

Zuzana Suzan, Bronislav Schreier, Veronika Cmolikova, Julie Demekova: Basic DNS principles for fitness exercise, refining manual DNS skills (workshop)