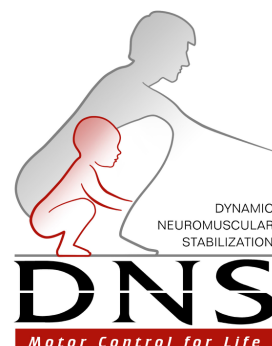


Dynamic Neuromuscular Stabilization Course B



www.rehabps.com



Location:

Centrum pohybové medicíny
Pobočka Waltrovka
Walterovo náměstí 329/2
158 00 Praha 5-Jinonice
www.cpmk.cz/kontakt/

Date:

May 16-19, 2019
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

Faculty:

Certified DNS Instructors:

Marcela Safarova, Lenka Oplatková,
Veronika Nesslerová, Petra Valouchová, Eliška Urbářová, Jana
Veselá, Karolína Ptáková, Sylva Pintarová

TENTATIVE COURSE PROGRAM

Thursday, May 16, 2019

9:00-12:30

General DNS principles to functionally assess and treat clients with musculoskeletal disturbance: Core stabilization, stepping forward and supporting function, ipsilateral and contralateral patterns, differentiation and timing, anticipatory movements, integration of breathing stereotype. Skeletal and functional relationships.

LEAD INSTRUCTOR: LENKA OPLATKOVÁ

Developmental kinesiology: primitive reflexes, postural reactions, postural activity.

Infant's demonstration: determine the quality of postural-locomotion pattern, primitive reflexes and postural reactions assessment, determine the developmental age. Proper handling of babies

LEAD INSTRUCTOR: MARCELA ŠAFÁŘOVÁ

13:30-15:15

DNS assessment with focus to infants – spontaneous motor activity, primitive reflexes and postural reactions. How they are interrelated. Photo and video examples.

LEAD INSTRUCTOR: MARCELA ŠAFÁŘOVÁ

15:15-15:30 Coffee break

15:30-17:00

Short discussion with course students about their individual DNS experience: unclear points, what needs to be reviewed practically and theoretically in the course.

Workshop: Group exercise with respect to developmental sequence

LEAD INSTRUCTOR: LENKA OPLATKOVÁ

Friday, May 17, 2019

9:00-10:45

Review of the **3M model** supine and prone position + its modifications/ test and exercise

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

10:45-11:00 Coffee break

11:00-12:30

DNS: muscle analysis in developmental positions; Ipsi and contralateral patterns, combine manual guiding with instructions to the client to train the ideal quality of postural stabilization

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

13:30-15:15

Introduction to **side-lying position and oblique sits**/ tests and exercise

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

15:15-15:30 Coffee break

15:30-17:00

Workshop: practical training in side lying position-oblique sit-low kneeling

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

Saturday, May 18, 2019

9:00-10:45

Workshop: Group exercise – dynamic variation with respect to developmental sequence. Review of the **quadruped position** + differentiated position on four.

Bear position

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

10:45-11:00 Coffee break

11:00-12:30

Patient demonstration: functional DNS testing and plan for the therapeutical approach and self-treatment

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

13:30-15:15

Workshop: Introduction to higher positions **tripod and squat**/ tests and exercise

15:15-15:30 Coffee break

15:30-17:00

Workshop: Introduction to higher positions **high kneeling and hanging stance** / tests and exercise

LEAD INSTRUCTOR: VERONIKA NASSLEROVÁ

Sunday, May 19, 2019

9:00-11:00

DNS principles for **fitness exercise (Program with the C group)**

Czech Get Up demonstration

11:00-11:30 Coffee break

11:30-13:30

DNS principles for **fitness exercise – practical workshop**

LEAD INSTRUCTORS: JANA VESELÁ, VERONIKA NASSLEROVÁ