



World Surf League (WSL) Dynamic Neuromuscular Stabilization (DNS) Exercise Course “Part 1” Surfing Medicine

**Carcavelos Portugal
October 7th - 9th 2016**

9:00am - 1:00pm

Lunch

2:00pm - 6:00pm



Course outline:

- 1) Introduction to the basic principles and concepts of Dynamic Neuromuscular Stabilization (DNS)
- 2) Developmental Kinesiology Sequence - Integrated Stabilizing System of the Spine
 - Demonstration/participation
 - Ipsilateral and Contralateral patterns
 - Centration
 - DNS Flow
- 3) Importance of the Diaphragm
 - 3 functions
- 4) DNS Assessment
- 5) Review Surfing Biomechanics and the use of DNS Tests to identify specific inefficiencies of the integrated stabilizing system
- 6) Review of the common injury sites seen in the Surfing Athlete
- 7) Integration of manual techniques with DNS
- 8) DNS Active Exercise Based on Developmental Positions: modifications to train basic sport movements of Surfing
- 9) Active Exercise Prescription Based on Developmental Positions –Putting together a flow sequence of DNS Active Exercises specific for preparing the Surfing Athlete for his/her task
- 10) Putting it all together - Preparing the athlete for competition, pre-habilitation, re-habilitation, training or play



Keynote Speakers:

Dr Petra Valouchova, PT, Ph.D.

Petra graduated at the Palacky University Dept of Physical Therapy in 1998 and specializes in rehabilitation of locomotor system dysfunction; she is a certified Vojta therapist and Bobath concept therapist and in 2001 did her dissertation and Ph.D. in Kinanthropology with a focus on Biomechanics.

Since 2002 Petra has been a physical therapist at the Rehabilitation department of University Hospital Motol in Prague and lectures at the Charles University Medical School.

Since 2004 she has been a senior instructor of the Dynamic Neuromuscular Stabilization principle courses and from November 2011 became head Physiotherapist at the private clinic of Prof. Kolář Movement Medicine Centre located in Prague.

Petra lives in Czech Republic nearby Prague with her husband, daughter and son.

Dr Michael Rintala, D.C.

Michael Rintala, D.C. is in private practice in San Diego, California with a focus on sports medicine and rehabilitation. He graduated from the Los Angeles College of Chiropractic in 1997.

Dr. Rintala has been studying the principles and techniques of Dynamic Neuromuscular Stabilisation with Prof. Pavel Kolar since 2004 and is one of the Non-Czech Primary International instructors for DNS.

Dr. Rintala has been part of the Professional Golf Association (PGA) Tour Sports Medicine Team since 2005. He is also a treating doctor for the World Surf League (WSL) and a wide variety of other organizations ranging from Dance to Action Sports.





Keynote Speakers:

Dr Nuno Oliveira MD.

Dr. Oliveira is an Orthopaedic surgeon in the Portuguese Armed Forces Hospital in Lisbon, with a focus on sports trauma and knee surgery.

A 2005 graduate from the Lisbon Medical Sciences College and a 2009 post graduate in Sports medicine Nuno has completed a fellowship in knee surgery and sports trauma in the Catalan Institute of Traumatology and Sports Medicine (ICATME).

Dr. Oliveira has been part of the "Sporting Clube de Portugal" medical staff since 2011 and clinical director of the Portuguese WSL WCT events since 2009.

Dr Chris Prosser. B.Sc. B.App.Sc(Chiro). C.C.S.P.

A 1988 NSW University and 1991 R.M.I.T graduate Chris is in private practice in Mermaid Beach, Australia and holds the position of the World Surf League (WSL) Medical Director.

Dr. Prosser has been part of the World Professional Surfing Tour since 1994 and has previously been a treating Physician to the Australasian Professional Golf Association (PGA) Tour from 1992 - 2001, Winter Olympics, X Games and a wide variety of professional sporting bodies.

Venue:

Praia Mar Hotel, Conference Room

Rua do Gurue, 16, 2775-581 Carcavelos
Lisbon, Portugal

<http://www.themahotels.pt/en/hotels/info/hotel-praia-mar.html>

3 Day Course Fee:

\$590 euro inclusive of the Prague School registration fee

Registration Contacts:

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Dr Nuno Oliveira

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