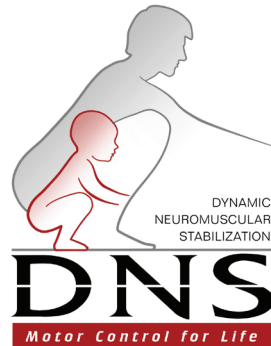


Dynamic Neuromuscular Stabilization according to Kolar
DNS Tennis Specific Sports Course
12 contact hours

REHABILITATION
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Los Angeles, CA, USA
June 23-24, 2018

DNS Tennis
Specific Sports Course

The 2 day DNS Tennis course with Pavel Kolar, Ph.D., P.T. is designed to introduce the concepts and principles of DNS as they apply to the assessment, treatment, and training of the Tennis athlete.

This course will be valuable for coaches, strength and conditioning specialist, personal trainers and clinical professionals working with the Tennis athlete.



Prof. Pavel Kolar, Ph.D., P.T.
is the founder of Dynamic
Neuromuscular Stabilization
(DNS).

Concept based on human
ontogenesis and
developmental kinesiology



Professor Kolar is a physiotherapist by training who holds a doctorate in human physiology and pato-physiology. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic.

As Director of the Rehabilitation Department, Professor Kolar oversees the following:

1. The Rehabilitation Unit for adult patients, both outpatients and in-patients.
2. The Rehabilitation Unit for children
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit
5. The School of Physiotherapy
6. Pavel Kolar's center of Movement Medicine (www.cpmchodov.cz)

Professor Kolar is renowned for his work in rehabilitation and the application/utilization of DNS methods to high level athletes in the world of sport.

He is the team clinician for the Czech Olympic teams, Soccer team, Men's Davis Cup and Women's Fed Cup tennis teams and the national ice hockey teams.





Tennis Course Objectives:

- Developmental kinesiology aspects for the ideal stereotype of the tennis athlete
- Basic core stabilization as a prerequisite for locomotion patterns
- The role of the diaphragm during aerobic/anaerobic exercise; dual postural-respiratory diaphragmatic function and how it applies to the movement quality and performance.
- Biomechanics of the tennis athlete with regard to sequencing, timing, and interactions with the ground "Kinematic Sequence"

- The extremities functional differentiation for tennis strokes, stepping forward and supporting function for the interplay between the ipsilateral and contralateral pattern during this specific sport technique.
- DNS active exercise positions to train core stabilization as a prerequisite for the ideal stroke stereotype
- Biomechanics and developmental kinesiology principles applied to the tennis athletes.
- The most frequent types of musculoskeletal dysfunction resulting from non-optimal sport technique stereotypes and poor methodology of training.
- Manual treatment, mobility/strengthening, and coordination (active) exercises from the developmental perspective in order to prepare the athlete for play, educating the athlete.

Course Information Page:

<http://www.rintalachiro.com/seminars/dns-tennis--june-23-24--2018.html>

https://www.rehabps.cz/rehab/course.php?c_id=1066



What is Dynamic Neuromuscular Stabilization

Etiology of musculoskeletal pain, in particular back pain, is often evaluated from an anatomical and biomechanical standpoint, and the influence of external forces (i.e. loading) acting on the spine. What is often missing is the evaluation of internal forces induced by the patient's own musculature. The stabilizing function

of muscles plays a critical and decisive postural role, which in turn, is dependent on the quality of central nervous system (CNS) control. Pavel Kolar's approach to Dynamic Neuromuscular Stabilization (DNS) is a new and unique approach explaining the importance of the neurophysiological principles of the movement system.

DNS encompasses principles of developmental kinesiology during the 1st year of life. These principles define ideal posture, breathing stereotypes and functional joint centration from a "neuro-developmental" paradigm.


DNS presents a critical set of functional tests to analyze the quality of functional stability of the spinal and joint stabilizers, and to assist in finding the "key link" of dysfunction. The stabilization training approach is based on ontogenetic global postural-locomotor patterns. The primary goal is to optimize distribution of internal forces of the muscles acting on each segment of the spine and/or any other joint. In the DNS training concept, client education and participation are imperative to reinforce ideal coordination among all stabilizing muscles to achieve the best sport performance.

DNS Sport Course attendees are advised on how to start training the ideal postural-stabilization function in the easiest and most primitive positions. They then learn how to progress the exercises by using more challenging positions, applying resistance and/or by adding limb movement to meet client's specific requirements and sport goals. This strategy was developed by Pavel Kolar, P.T., Paed. Dr., Ph.D., and is an evolution of the work of his predecessors - Dr. Vojta, Dr. Lewit, Dr. Janda and many others.

PRAGUE SCHOOL CERTIFICATES & OPTIONAL EXAMINATION:

A **Certificate of ATTENDANCE** is awarded by the PRAGUE SCHOOL to each DNS course participant.

**REHABILITATION
PRAGUE SCHOOL**



Certificate of Attendance

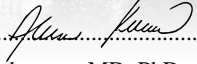
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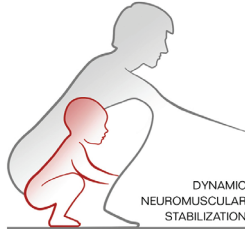
Alena Kobesova, MD, PhD

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, MD, PhD



DYNAMIC
NEUROMUSCULAR
STABILIZATION

DNS
Motor Control for Life

Rehabilitation Prague School reg.No.
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