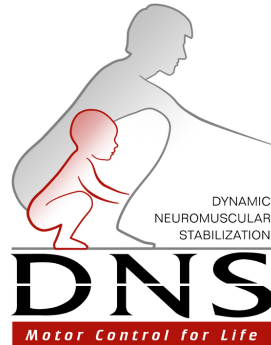


**Dynamic Neuromuscular Stabilization according to Kolar
DNS Yoga and Visceral Mobilisation
An integrated approach to rehabilitation
24 contact hours**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com



Course dates:

February 21 - 24, 2020

Instructor:

***Martina Jezkova, MPT
Petr Bitnar, DPT***

Organizer:

Chris Lavelle

***<https://vitalmovement.com.au/dns-exercise-pilates-instructor>
chrislavelle07@gmail.com***

(+61) 412652409

Location:

***Govinda Valley Retreat,
51 Carrington Rd, Otford
NSW, 2508, Australia***

Please note that this 4 day course is a "live in" retreat and all accomodation and meals are included!

Prague School Website Link:

https://www.rehabps.cz/rehab/course.php?c_id=1273

COURSE DESCRIPTION

The internal organ system and the movement system are functionally connected and continuously influencing each other. Dysfunction in one may result in dysfunction of the other and vice versa. Reflex changes resulting from visceral dysfunction or structural pathology have consequences throughout the entire movement system. Visceral irritation causes a complex of reflex changes called visceral patterns, which are very distinctive for each organ. In clinical practice, one of the most critical aspects of these visceral patterns is the way they influence muscle function.

In this groundbreaking course, Petr and Martina have combined their unique therapeutic approaches and specialties to develop a multifaceted approach to the functional assessment and treatment of visceral dysfunction, and its interaction with the musculoskeletal system. The curriculum includes manual therapy techniques, self-treatment protocols, and DNS/Yoga exercises, which can aid in the mobilisation and motilisation of all the major visceral organs. All techniques will be demonstrated and practiced during hands-on treatment and exercise sessions.

The course will focus on viscerosomatic patterns resulting from gastrointestinal tract (GIT) dysfunction¹ as well as pelvic floor dysfunction, functional sterility and breathing disorders. Special attention will also be given to the relationship between visceral function, and the muscle complex DNS defines as the Integrated Stabilizing System of the Spine (ISSS). Muscles constituting the ISSS are deep intrasegmental spinal muscles, pelvic floor, diaphragm, transversus abdominis, rectus and oblique abdominals, intercostal muscles, and deep neck flexors. Abnormal diaphragmatic function often presents in patients suffering from both GIT dysfunction and chronic back pain. Petr's research in this area, published in JBMT, is available here https://www.rehabps.cz/data/JBMT_Leg_raise.pdf

OBJECTIVES:

- DNS approach to postural assessment and treatment in chronic dysfunction of internal organs, including common clinical diagnoses such as gastroesophageal reflux disease, swallowing problems, breathing disorders, stress incontinence, constipation, functional sterility, and other abdominal and pelvic issues.
- Manual assessment and mobilization of the various visceral organs in the body
- Mobilization and soft tissue techniques in chronic dysfunction of internal organs
- Systematic trigger point therapy and global reciprocal muscle inhibition
- Specific traditional and modified yoga asanas that can aid in the mobilization and motilisation of the visceral organs.
- Explanation of anatomy of visceral ligaments, common adhesions and the therapeutical influence of yoga positions in specific vectors of movement
- Self-treatment tools that can be taught to patients to improve breathing pattern, visceral motility, visceral adhesions, and dysfunctional movement patterns.
- Principles and practice of therapeutic Yoga from a DNS perspective, including:
 - Developmental kinesiology relationships to yoga 'asana's
 - Watching for functional joint centration during static and dynamic loading.
 - Working in closed/open kinetic chains.
 - Correcting dysfunctional patterns with coordinated co-contraction of antagonists.

¹ GIT dysfunction forms a group of diseases without any clear structural pathology that may have a significant influence on a patient's health; its consequences are complex and are also reflected in the function of the locomotor system. It is essential to bear in mind that in patients with internal organ pathology, irritation and reflex changes in the locomotor system occur as a rule, i.e., muscle TrPs, joint blockages, soft tissue dysfunction, and altered motor stereotypes. Patients with diagnoses involving the internal organ system are thus important potential clients of the rehabilitation specialists.

- Applying all principles to specific groups of yoga asanas – standing and sitting poses, forward bends.

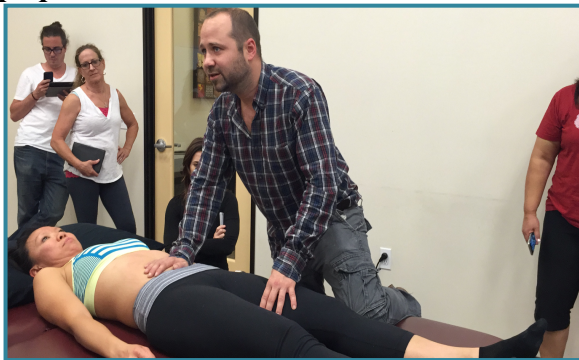
WHO CAN ATTEND:

Chiropractors, Osteopaths, Physiotherapists, Acupuncturists, Strength & Conditioning Specialists, coaches, Body Work therapists, Exercise Physiologists & Kinesiologists, Movement specialists (Yoga, Pilates, Gyrotonics instructors).

INSTRUCTOR CV's:

PETR BITNAR

If you have not had the opportunity to learn from Petr, now is the time! Besides his wonderful sense of humour, he is a world-leading authority on somato-visceral patterns and rehabilitation and has amazing palpation skills.



Petr Bitnar completed his master's degree in Physiotherapy at 2nd Faculty of Medicine, Charles University, Prague in 2008. Since 2008 he has been working as lecturer specialist in physiotherapy and rehabilitation at the Rehabilitation Clinic, University Hospital Motol, Charles University in Prague. Petr's master degree thesis was: "Relationships between the gastrointestinal tract and musculoskeletal system." Viscero-vertebral relations continue to be his primary professional interest, forming a topic of his postgraduate Ph.D. program since 2009. Petr has completed numerous professional courses including courses in Pain Projection in the Musculoskeletal system, McKenzie Approach, Functional Assessment and Treatment according to Mojžišová, Klapp Crawling approach to scoliotic patients, Mobilization and Relaxation techniques according to Lewit, Reflex Locomotion according to Vojta, Pelvic Stabilization, and manual Lympho-drainage. Petr has been certified Lympho-therapist since 2009. Petr has been an instructor in Dynamic Neuromuscular Stabilisation according to Kolar since 2009, focusing mainly on viscerosomatic relationships within the DNS principles. Petr has also presented his original research in "Diaphragm function in patients with Gastroesophageal reflux disease" on numerous scientific conferences, twice receiving an award for the best poster of the conference.

MARTINA JEŽKOVÁ.

Martina is renowned internationally for her teaching skills in Movement Rehabilitation approaches. Martina is also a certified Iyengar Yoga instructor and has spent many years integrating DNS principles into the use of Yoga in rehabilitation.



Martina Ježková completed her Physiotherapy Master's degree in 2001, at the Faculty of Physical Education and Sport, Charles University, Prague. She was a student of esteemed Professors Janda and Lewit, whom she later worked with at the Rehabilitation Clinic, University Hospital Motol, Prague.

Martina specialises in the functional assessment and treatment of both adult and paediatric patients. In her 18 years of clinical rehabilitation practice, Martina has worked with a broad scope of patients, including babies with cerebral palsy and children with central coordination disturbance, neurological disorder patients, gynaecology patients with functional sterility, unspecified infertility, Pelvic floor dysfunction, and other pelvic health issues. She also works with professional and amateur athletes and elderly patients to develop movement optimisation strategies.

Martina has completed numerous professional development and instructor level trainings, including: Development Kinesiology (DK) in Rehabilitation and Dynamic Neuromuscular Stabilisation principles (with Prof. Pavel Kolář), Manipulative Therapy in Rehabilitation and Post Isometric Relaxation (PIR), Soft tissue manipulation and manipulation of spine and extremity (with Prof. Lewit), Functional Sterility assessment and treatment according to Mojžíšová (manual therapy and exercise approach), Vojta Reflex Locomotion (treatment approach for adult, children, and newborn patients).

Martina was certified as a Vojta therapist in 2004 and attends regular refresher courses. She has also completed short courses in Brügger therapy, Klapp Crawling (based on DK), Kinesiotaping, Fascial manipulation techniques, Fascial Yoga and Yoga and MS. In January 2014 Martina completed her first Yoga Instructor certification with Purna Yoga, Byron Yoga Centre, Australia. Since 2014 she has continued to study and incorporate Yoga as part of her approach to movement rehabilitation. In 2018 became a fully certified Iyengar Yoga Instructor.

Martina is renowned internationally for her teaching skills in Movement Rehabilitation approaches. In 2002, she became an instructor in Rehabilitation at the 2nd Faculty of Medicine, Charles University, Prague, teaching both Physiotherapy and Medical students. Since 2004, Martina has served as a certified instructor in Musculoskeletal Techniques according to Lewit and since 2005, as an international certified instructor in Dynamic Neuromuscular Stabilisation, according to Kolář. Drawing from her clinical practice and other studies, Martina has developed specialized DNS courses in Women's Health and in the application of DNS principles to Yoga in Rehabilitation.

PRAGUE SCHOOL CERTIFICATES:

A **Certificate of ATTENDANCE** will be awarded by the PRAGUE SCHOOL

**REHABILITATION
PRAGUE SCHOOL**



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: Skills Course in Viscero-Somatic Patterns

LOCATION: Sydney

DATES: February 21 - 24, 2020

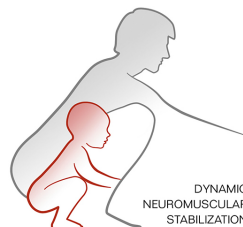
CONTACT HOURS: 24

Signed

Martina Jezkova, MPT

.....

Petr Bitnar, DPT



DNS
Motor Control for Life

Author of the DNS concept:
Prof. Pavel Kolář, PaedDr., Ph.D.



Professor Kolar is a physiotherapist by training. His mentors, Professor Karel Lewit, Vaclav Vojta and Vladimir Janda, profoundly influenced him in his approach. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. Prof. Kolar acts as a Vice-Dean at 2nd Medical faculty, Charles University in Prague and also as an adviser to the Director of the Hospital. 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 : outpatient and inpatient
5. The School of Physiotherapy

Professor Kolar is renowned for his work in rehabilitation, in addition to his treatment of celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Davis Cup tennis teams and national ice hockey and soccer teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling the President's personal clinician when he went abroad. Because of the profound influence of DNS to rehabilitation in the Czech Republic, Professor Kolar was awarded the prestigious "Presidential Award for Professional Excellence" by Czech President Vaclav Klaus in 2007.

Professor Kolar has been directing an extensive research projects in his department concerning developmental kinesiology and its application in early diagnosis of central nervous system disorder in newborns and infants. Using developmental kinesiology in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also involved in a research projects, studying postural activity of the diaphragm and functional assessment and treatment of musculoskeletal pain syndromes.

Professor Kolar is also a member of interdisciplinary team at the Orthopedic Unit at the hospital. This concerns evaluation of children suffering from cerebral palsy and poor posture resulting in orthopedic deformities and indications for surgical treatment. His work is highly appreciated by orthopedists, who consider his opinion to be very important for surgical indications.

Professor Kolar has taught his methods in Europe, North America, Asia and Australia. In 2009 Dr. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar owns and oversees the prestigious private rehabilitation centre in Prague called "Pavel Kolar's Centre of Movement Medicine". <http://www.cpmchodov.cz/>