

Dynamic Neuromuscular Stabilization

“Final course D”

Prague, August 15-20, 2016



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August 15-20, 2016

Day 1-5: 9.00-17.00

Day 6: 9-14.00

Faculty Hospital Motol

2nd Medical Faculty, Charles University

V Úvalu 84

Prague 5 - Motol, Czech Republic

Department of Rehabilitation

minus 1st floor, wing D

Monday, August 15

Morning:

Petra Valouchova, Jana Vesela, Lenka Oplatkova, Veronika Cmolikova: Review of developmental position, kinesiology content. Transition movements, assessment in dynamic tests – workshop in small groups

Afternoon:

Petra Valouchova, Jana Vesela, Lenka Oplatkova, Veronika Cmolikova: Kinesiology of reflex locomotion and spontaneous anticipatory movements during DNS exercise, modifications of DNS positions and integration with RL principles.

Topics:

1) Side lying, 2)Kneeling, 3)Prone and 4)Supine position.

Groups rotate taking 90min block with each instructor

Tuesday, August 16

Morning:

Prof. Pavel Kolar: DNS update. Ontogenesis/primitive reflexes and postural reactions its importance in the DNS. Infant's and patient's demonstration

Afternoon:

Martina Jezkova, Julia Demekova, Petra Valouchova, Jana Vesela: Pediatric block OR active exercise. Choose what you prefer:

Pediatric block Martina Jezkova and Julia Demekova: infant's handling workshop, two pediatric patients demo

Active exercise Petra Valouchova and Jana Vesela: review of exercise in higher positions and transitions, two adult patient demonstration

Evening: get-together party: Centrum Pohybove Mediciny – Chodov, from 18.00 after the course

<http://www.cpmchodov.cz>

Wednesday, August 17

Morning: Program for 2 groups, after morning break the groups switch the program

Petr Bitnar: Viscero-vertebral and vertebro-visceral patterns: practical aspects in assessment and treatment

Martina Jezkova: DNS based yoga techniques

Afternoon:

Martina Jezkova, Julia Demekova, Petra Valouchova, Jana Vesela: Practical workshop in small groups that will rotate – work under a supervision of each instructor practicing various exercise positions and skills

Thursday, August 18

Morning:

Pavel Kolar, Martina Jezkova, Julia Demekova: Functional assessment and treatment in neurological patients (stroke, Parkinson disease, myopathy, MS)

Afternoon:

Martina Jezkova, Lenka Oplatkova, Bronislav Schreier, Zuzana Suzan: DNS based mobilization techniques in small groups (C,T,L spine and ribs mobilization)

Friday, August 19

Whole day: Zuzana Suzan, Michal Truc, Bronislav Schreier, Veronika Cmolikova, Eliska Gerzova:

Workshops in small groups.

Topics: 1) Foot 2) Scoliosis 3) Shoulder girdle 4) Pelvic girdle.

Groups rotate taking 90min block with each instructor

Saturday, August 20

Morning:

Zuzana Suzan, Michal Truc, Bronislav Schreier, Veronika Cmolikova, Eliska Gerzova: Performance enhancement in the athletic population. Contra and ipsilateral patterns in athletic performance

Refining DNS manual skills - workshop in small groups