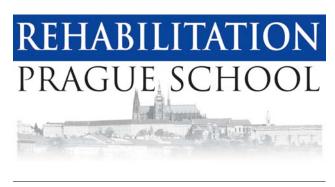
Dynamic Neuromuscular Stabilization "Final course D"

Prague, August 15-20, 2016





www.rehabps.com

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:

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

<u>Active exercise</u> 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 voga 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