

# Dynamic Neuromuscular Stabilization

## “Final course D”

Prague, August 17-22, 2015



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**August 17-22, 2015**

**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 17

#### ***Morning:***

**Petra Valouchova, Eliska Gerzova, Lenka Oplatkova, Magdalena Lepsikova:**

Refining manual DNS skills: DNS Tests and DNS active exercise based on the DNS tests results – workshop in small groups

#### ***Afternoon:***

**Petra Valouchova, Eliska Gerzova, Lenka Oplatkova, Magdalena Lepsikova:**

Reflex Locomotion: Kinesiology of reflex locomotion anticipatory movements, modifications of basic positions (RT4A, RT4B, finished flexion, hanging position).  
Refining manual skills - workshop in small groups

## Tuesday, August 18

### *Morning:*

**Martina Jezkova, Eliska Gerzova, Petra Valouchova, Zuzana Suzan, Magdalena Lepsikova:** DNS based mobilization techniques

### *Afternoon:*

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

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

<http://www.cpmchodov.cz>

## Wednesday, August 19

### *Morning:*

**Martina Jezkova, Julia Demekova, Zuzana Suzan, Lenka Oplatkova:** DNS assessment and treatment of infants with central coordination disturbance and DNS approach to children with poor posture/spinal deformity

### *Afternoon:*

**Martina Jezkova, Julia Demekova, Zuzana Suzan, Lenka Oplatkova:** "Practice what you want": Workshops in the small groups – choose what you want to train under the instructor's supervision

## Thursday, August 20

### *Morning:*

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

### *Afternoon:*

**Petr Bitnar, Martina Jezkova:** Viscero-vertebral patterns: Practical aspects in assessment and treatment

## Friday, August 21

### *Morning:*

**Zuzana Suzan, Michal Truc, Julia Demekova, Lenka Oplatkova:** Refining DNS manual skills: Work in small groups: Test-Treat-Retest: workshop in small groups

### *Afternoon:*

**Zuzana Suzan, Michal Truc, Julia Demekova, Lenka Oplatkova:** The most frequent types of athletic injuries: prevention & corrective exercise: workshop in small groups

## Saturday, August 22

### *Morning:*

**Zuzana Suzan, Michal Truc, Julia Demekova, Lenka Oplatkova:** Performance enhancement in the athletic population: Refining DNS manual skills - workshop in small groups

