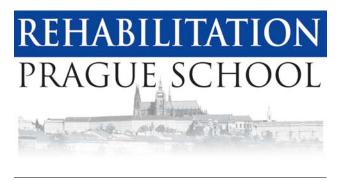
Dynamic Neuromuscular Stabilization "Final course D"

Prague, August 17-22, 2015





www.rehabps.com

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 <u>Tuesday, August 18</u> 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