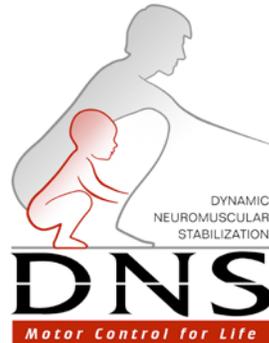


**Dynamic Neuromuscular Stabilization according to Kolar
DNS Exercise Course “Part I” Movement Skills/Czech Get-Up Course
18 contact hours**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com



Course dates:

February 28 - March 2, 2018

Instructor:

Michael Rintala, DC

Organizer:

Yu- Ming

Ashlee Su

Yuan- Ming Li

<https://www.facebook.com/CHANPYON.TAIWAN/>

anastasia.su.0413@gmail.com

886-905287691

Location:

No. 17, Xu-Zhou Road

Taipei 100

Taiwan

INDIVIDUAL ONLINE REGISTRATION WITH PRAGUE SCHOOL AT:

https://www.rehabps.cz/rehab/course.php?c_id=932

Please, besides registering with the organizer, register online with Prague School and pay individual registration fee Euros 80,-.

Your online registration with Prague School is prerequisite to attend the course!

Targeted Audience:

The DNS Movement Skills - Czech Get-Up (CzGU) Courses target strength coaches, personal trainers and clinical professionals working with an active population and looking to utilize DNS Movement Flow sequencing and loading of the developmental sequence while training and/or treating.

Attendees of these courses should expect an improved understanding of DNS and its application to the developmental uprighting sequence and loading that sequence in order to facilitate increased functional movement capacity

Prerequisites:

No prior DNS courses are required. DNS Movement Skills - CzGU is an Exercise 1 course with an emphasis on the developmental sequence under load. Coaches, trainers and physicians without any prior DNS experience can attend this course, which will count as an Exercise 1 course for the advancement through the DNS Exercise series.

Course Objectives

Three days - Includes DNS Exercise 1

- Provide an enhanced understanding of the biomechanics of the developmental sequence under load.
- Prepare the participant to execute the CzGU with an appropriate load in order to enhance the facilitation of the deep stabilizing system of the spine
- Improve participants' understanding of the kinematics of stabilization during the developmental sequence.
- Provide proper cuing to enable coaches and athletes to perform the techniques in a way that is consistent with DNS principles.

In addition to the DNS Exercise 1 curriculum we will be including the following:

- DNS to prepare the athlete for optimal movement efficiency:
- Combination of movement and manual techniques to prepare the following areas as we integrate the global patterns:

Foot (Toe Threading, Tripod/standing push off)

Hip (Counter rotation hip and head with arm differentiation, side lying posterior reach)

Thoracic Spine (Head in hands, Komodo dragon, facial release of the thoracic cage, etc.)

Breathing Exercises: Belts, bands

Review of Sagittal Stabilization - Workshopping

- Developmental Sequence:

Individual Active Exercises/Developmental positions - (Prone and Supine)

Work on the Transitions (quality of) during the Sequencing of the different positions.

Use of Bands, medicine ball and other devices in order to facilitate deep stabilization.

Putting it all into a DNS Movement Sequence

Starting from “Ipsilateral” - Supine

Starting from “Contralateral” - Prone

Take the class through random sequences focusing on variability of movement.

- “Czech Get Up”

Each position individually - no weight

Transitioning through the whole sequence

Each position with weight for those who are ready

Czech Get-Up: Kettlebell progression (options)

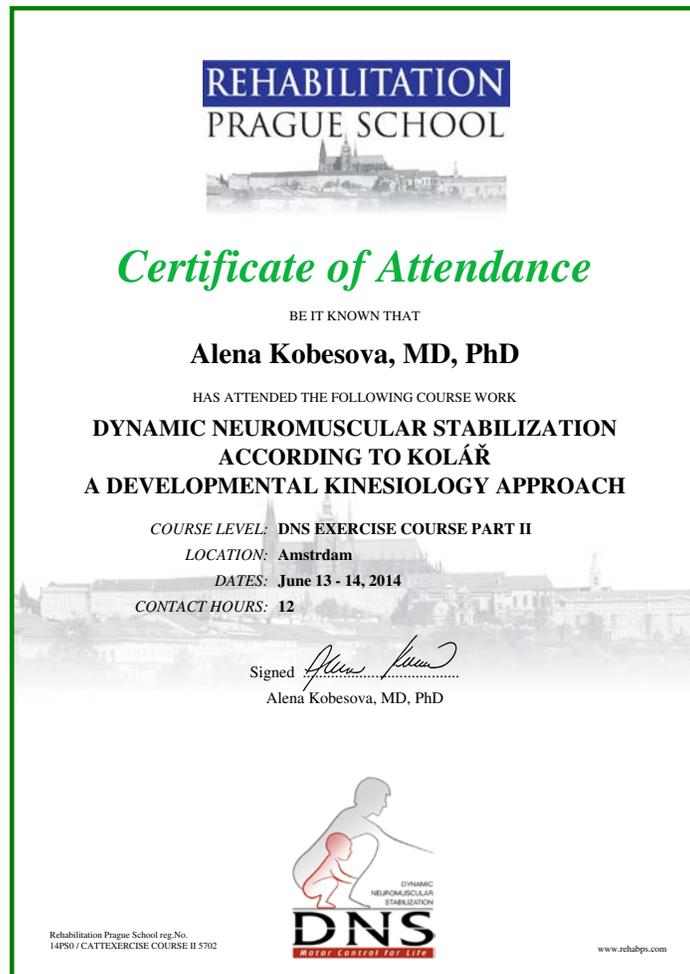
Group workshop

For more info please visit our website

<http://www.rehabps.com/REHABILITATION/Sports %26 Fitness.html>

PRAGUE SCHOOL CERTIFICATES:

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



Author of the DNS concept:

Prof. Pavel Kolář, PaedDr., Ph.D.



Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojte 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 for Bachelor and Master level study 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 inpatients.
2. The Rehabilitation Unit for children
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit
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 is currently directing an extensive research project 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 currently involved in a second research project, studying postural activity of the diaphragm and conservative treatment of radicular pain syndromes. In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity."

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 Motion Medicine". <http://www.cpmchodov.cz/>

DNS Course Instructor



Michael A. Rintala, D.C., C.S.C.S.

Michael Rintala, D.C. is in private practice in San Diego, California specializing in sports medicine and rehabilitation. He holds a Bachelor of Arts degree in Psychology from the University of California at San Diego. He graduated with a Doctor of Chiropractic degree from the Los Angeles College of Chiropractic in 1997.

The Prague School of Rehabilitation has been an important influence on Dr. Rintala's approach to patient care. Dr. Rintala started studying the concepts of the late Vladimir Janda, M.D. and Karl Lewit, M.D. while a student in chiropractic college. He has been studying the principles and techniques of Dynamic Neuromuscular Stabilization with Prof. Pavel Kolar since 2004.

Dr. Rintala has been part of the Professional Golf Association (PGA) Tour Sports Medicine Team since 2005. He is also a treating doctor for the Association of Surfing Professionals (ASP) and wide variety of other organizations ranging from Dance to Action Sports.

Dr. Rintala became a Certified DNS Practitioner in 2009, he continues to pursue greater mastery of DNS concepts and manual skills and strives to help others achieve that goal as well.