

**Dynamic Neuromuscular Stabilization according to Kolar
DNS Exercise Course “Part I” Integrated Surf Movement Training
18 contact hours**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com



Course dates:

February 23 - 25, 2018

Instructor:

Michael Rintala, DC

Chris Prosser, WSL Medical Director/ Chiropractor

Organizer:

Rodrigo Berthona Perez

Holistic Pro Health Performance

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Location:

Unit 106/87 Griffith street

Coolangatta

Gold Coast QLD

Australia

INDIVIDUAL ONLINE REGISTRATION WITH PRAGUE SCHOOL AT:

https://www.rehabps.cz/rehab/course.php?c_id=1115

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!

COURSE OUTLINE:

1. Introduction to the basic principles and concepts of Dynamic Neuromuscular Stabilization (DNS) and Surf Movement training
2. Developmental Kinesiology Sequence - Integrated Stabilizing System of the Spine
 - Demonstration/participation
 - Ipsilateral and Contralateral patterns
 - Centration
 - DNS Flow
3. Integrate the concepts of DNS into a diverse range of body weight surf movement patterns inspired by disciplines such as capoeira, gymnastics, Pilates, Chinese martial arts, Brazilian Jiu Jitsu, yoga, Ginastica natural and dancing
4. Importance of the Diaphragm - Respiratory, Postural function and the coordination between the two in order to enhance the efficiency of your deep stabilizing system of the spine
5. We will explore drills, protocols, and exercises to enhance your:
 - Mobility
 - Stability
 - Coordination
 - Strength
 - Surf Movement Flow
6. DNS Assessment of the deep stabilizing system efficiency in the Surf Athlete
 - Review Surfing Biomechanics and the use of DNS Tests to identify specific inefficiencies of the integrated stabilizing system and Surf movement strength
 - Explore basic upper and lower body surf movements designed to strengthen your muscles, tendons, joints, and nervous system.
 - Review of the common injury sites seen in the professional and domestic Surfer Athlete
 - DNS Active Exercise Based on Developmental Positions and Surf Movement: modifications to train basic sport movements of Surfing

-Active Exercise Prescription Based on Developmental Positions –Putting together a flow sequence of DNS Active Exercises specific for the Surf Athlete and Surf Movement specific strength

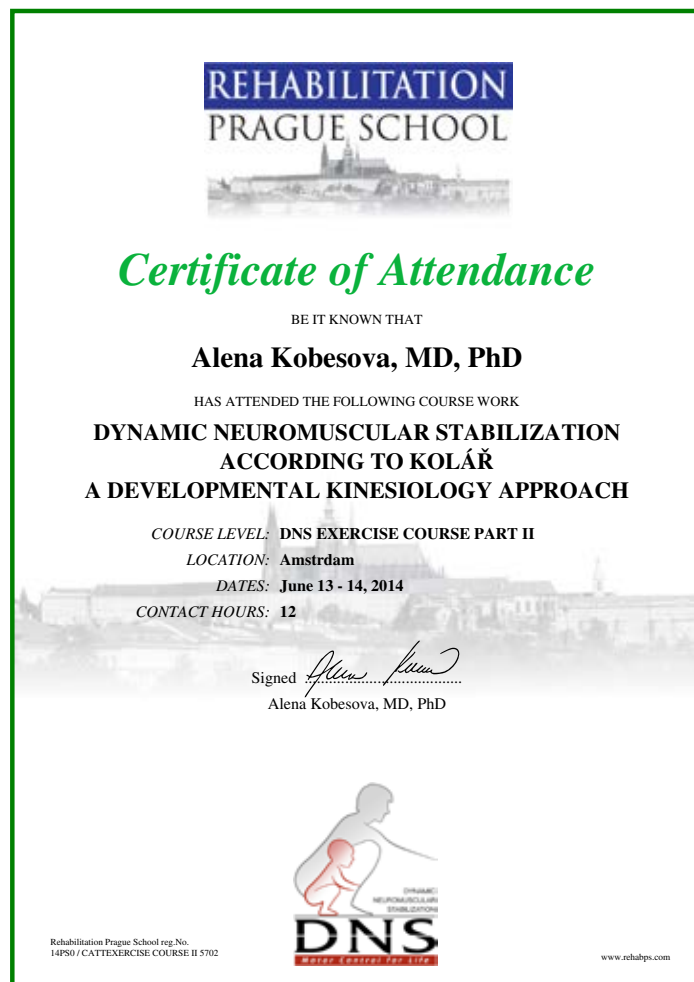
-Putting it all together - Preparing the athlete for competition, pre-habilitation, re-habilitation, training or play

For more info please visit our website

[http://www.rehabps.com/REHABILITATION/Sports %26 Fitness.html](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.

Assisting Instructors:

Dr Chris Prosser. B.Sc. B.App.Sc(Chiro). C.C.S.P.

A 1988 NSW University and 1991 R.M.I.T graduate Chris is in private practice in Mermaid Beach, Australia and holds the position of the World Surf League (WSL) Medical Director.

Dr. Prosser has been part of the World Professional Surfing Tour since 1994 and has previously been a treating Physician to the Australasian Professional Golf Association (PGA) Tour from 1992 - 2001, Winter Olympics, X Games and a wide variety of professional sporting bodies.

Rodrigo B Perez

Rodrigo's journey in the health and fitness industry started in 2001, when he completed a Bachelor of Exercise Science in Brazil. He worked as a personal trainer and swim/triathlon coach for several years in Brazil before moving to Australia over 10 years ago.

Rod is a yoga practitioner who has over 10 years of experience in Brazilian Jiu-Jitsu (brown belt), and he aims to achieve black belt in the near future. He also incorporates capoeira with surfing, which strongly influenced his coaching style and class design.

In 2008, he opened his own fitness studio, Holistic Pro Health Performance (HPHP), following many years in the industry. Throughout his career, Rod has continued to develop his professional skills, and has participated in training courses such as C.H.E.K Practitioner Level 1 (Corrective High-Performance Exercise Kinesiology), Advanced Diploma of Sports (Support Athlete and Remedial Massage), Myofascial Dry Needling, Ido Portal Method, DNS Certified Exercise Trainers (Dynamic Neuromuscular Stabilization from Prague School), FMS level 1 and 2 (Functional Movement System), Wim Hof Method (breath and ice bath), FMA (Functional Muscle Acceleration - as strength trainer and mentor) and recently completed level 1, 2 and 3 of Ginastica Natural.

