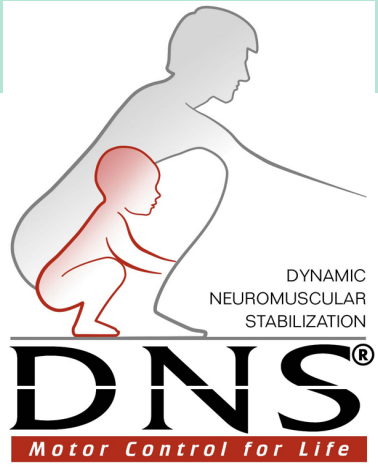

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Pediatric Course Part 3

Contact Hours: **24**

Course date:
June 24 - 27, 2021

Location:
University Hospital Motol
Dpt. Of Rehabilitation and Sports Medicine
V Uvalu 84
Prague 5, Czech Republic

Instructors:
Marcela Safarova, DPT, PhD
Martina Jezkova, MPT
Petra Valouchova, MPT, PhD
Magdalena Lepsikova, MPT

Organizer:
Assoc. Prof. Alena Kobesova, MD, PhD
alenamudr@me.com
http://www.rehabps.com

REHABILITATION
PRAGUE SCHOOL

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Tentative Course Program

Day 1 Thursday – June 24, 2021

9.00 – 10.45	Cerebral Palsy: ethiology, assessment, classification, forms.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Kinesiology aspects of cerebral palsy, treatment.
12.30 – 13.30	Lunch.
13.30 – 15.00	Patient demo.
15.00 – 15.15	Coffee break.
15.15 – 17.30	Workshop – active exercise – flow for kids.

Day 2 Friday – June 25, 2021

9.00 – 10.45	The child with muscle tone disturbance (SMA, CMT, hyopotonic child, myopathy) – lecture.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Workshop – handling in different specific cases, sharing experiences.
12.30 – 13.30	Lunch.
13.30 – 15.00	Premature baby, developmental consequences.
15.00 – 15.15	Coffee break.
15.15 – 16.30	Workshop – active exercise higher position (squat, bear, oblique sit, kneeling).
16.30 – 17.30	Patient demo, discussion, closing the day.

Day 3 Saturday – June 26, 2021

9.00 – 10.45	Peripheral paresis (brachial plexus paresis, meningomyelocoele).
10.45 – 11.00	Coffee break.
11.00 – 12.30	Patient demo or a video analysis.
12.30 – 13.30	Lunch.
13.30– 15.00	Young school age and sport load, growing problems.
15.00 – 15.15	Coffee break.
15.15 – 16.40	Workshop – topic according to participants suggestions.
16.40 – 17.30	Patient demo, discussion, closing the day.

Day 4 Sunday – June 27, 2021

9.00 – 10.45	Older school age and sport load from a DNS perspective, typical sport injuries.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Patient demo or active exercise small groups.
12.30 – 13.15	Lunch.
13.15– 15.00	DNS FIT KID program

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=1932

Course Goals and Description

- Cerebral palsy: development, classification CP forms, kinesiology aspects, way of treatment.
- Peripheral paresis – Obstetrical brachial plexus paresis, meningomyelocoele; assessment and treatment approach according to DNS.
- Premature baby, developmental consequences.
- The child with muscle tone disturbance (SMA, CMT, hyopotonic child, myopathy).
- Young school age and sport load, growing problems etc.
- Older school age and sport load.
- Life patient's demonstration, cases.
- Video analysis.
- Hands-on workshops to refine manual skills, work in small groups.

Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 4 days.
- The intermediate Pediatric DNS Course (part 2) is over 4 days.
- Advanced Pediatric DNS Course (part 3) 4 days.
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

DNS Pediatric educational track ground rules:
Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course).

Eligibility requirements to apply for the final DNS course D
(6 days course in Prague, by invitation only):

- Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
- Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
- Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions.

Prague School certificates & optional examination:
Participants who would like to take part in the educational track towards becoming a certified practitioner can take DNS Pediatric test 3. The test consists of 10 videos of babies and 10 pictures presenting assessment and treatment procedures. The student is asked with each image to describe the functional clinical picture, and comment on demonstrated treatment and suggest optimal treatment strategy, and to explain the answers. Test fee is 100 Euros. Participants are required to return the test to the Prague School instructor within 8 weeks following the course.

Please, bring a rag doll to the course to train practical skills!

At the end of the course, a Certificate of Attendance will be awarded by local instructor.

REHABILITATION
PRAGUE SCHOOL

Certificate of Attendance

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS ATTENDED THE FOLLOWING COURSE WORK

DYNAMIC NEUROMUSCULAR STABILIZATION ACCORDING TO KOLÁŘ A DEVELOPMENTAL KINESIOLOGY APPROACH

COURSE LEVEL: **PEDIATRIC COURSE PART 3**
LOCATION: **Chicago (Skokie)**
DATES: **October 9 - 12, 2014**
CONTACT HOURS: **24**

Signed .....
Assoc. Prof. Alena Kobesova, MD, PhD

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Rehabilitation Prague School
14PS0 / CATT Pediatric 3 18140

www.rehabps.com

Upon successful completion and passing of the DNS pediatric test part 3 a Certificate of Achievement from Prague School of Rehabilitation will be awarded (electronic version by email).

REHABILITATION
PRAGUE SCHOOL

Certificate of Achievement

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH

COURSE LEVEL: **PEDIATRIC COURSE PART 3**
LOCATION: **Chicago (Skokie)**
DATES: **October 9 - 12, 2014**
EXAMINATION: **July 15, 2020**

Alena Kobesova MD, PhD

DYNAMIC
NEUROMUSCULAR
STABILIZATION
DNS®
Motor Control for Life

Rehabilitation Prague School
14PS0 / CACH Pediatric 3 18140

www.rehabps.com

Upon successful completion and passing of the DNS pediatric courses 1-3 and tests, Certificate of DNS Pediatric Practitioner from Prague School of Rehabilitation can be awarded. After obtaining the final diploma, you can be listed among **DNS Pediatric Practitioners** on the website of the Prague School for a fee of 20 EUR for an unlimited period. You are required to take at least one DNS course every 3 years to retain your certification status.

REHABILITATION
PRAGUE SCHOOL

Certificate of DNS Pediatric Practitioner

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES, DIAGNOSTIC & THERAPEUTIC PEDIATRIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

Dynamic Neuromuscular Stabilization
Certified Pediatric Practitioner

October, 2014

Prof. Pavel Kolar, PaedDr., Ph.D.
Head of Rehabilitation Clinic
2nd Medical Faculty
Charles University
Prague, Czech Republic

DYNAMIC NEUROMUSCULAR STABILIZATION
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Course Instructors

Marcela Safarova, DPT, PhD

Ms. Safarova graduated from Charles University Dept of Physical Therapy and specializes in rehabilitation of locomotor system dysfunction. She works as a physiotherapist of the Rehabilitation Department at the University Hospital Motol in Prague.

Ms. Safarova is a certified Vojta therapist and she is going to be the certified assistant for Vojta´s method teaching. She has trained and worked with Professor Kolar and Dr. Kobesova at the rehabilitation department for several years, where she treats both adults and children. Recently she is focusing more on the pediatric clients and specializes on the treatment of adolescent idiopathic scoliosis. She regularly instructs both medical and physiotherapy students at the hospital. Fluent in English, Ms. Safarova has worked as an assistant skills instructor for several Professor Kolar's courses for international clinical groups who came to study in Prague, in addition to lecturing on his methods in Denmark, Sweden, Austria, China, Taiwan, Japan, Israel, Jordan, Australia and USA. In addition to reflex locomotion methods, she is a certified teacher of Professor Karel Lewit’s techniques, just finished the second level of Stecco FM course in 2018. She is graduated from Charles University Prague June 2009; PhD thesis: Musculoskeletal System Dysfunction in Patients in Long-Term Remission of Wilms Nephroblastoma.

She resides close to Prague with her family.

Publications

- ŠAFÁŘOVÁ, M., KOBESOVÁ, A., KOLÁŘ,P.: Dynamic neuromuscular stabilization and the role of nervous system control in the pathogenesis of musculoskeletal disorders. In Oxford Textbook of Musculoskeletal Medicine. Oxford University Press, 2015, 978-0-19-967410-7.
- KOBESOVÁ, A., ŠAFÁŘOVÁ, M., KOLÁŘ,P.: Dynamic neuromuscular stabilization; Exercise in the developmental positions to achieve spinal stability and functional joint centration. In Oxford Textbook of Musculoskeletal Medicine. Oxford University Press, 2015, 978-0-19-967410-7.
- SLABÝ, K.; MALIŠ, J.; RADVANSKÁ, J.; ŠULC, J.; ŠAFÁŘOVÁ, M.; RADVANSKÝ, J.: Prevalence of functional impairments preventable by lifestyle modification in long -term survivors of Wilm´s tumor, preliminary results. In 2nd International Tuebingen-Symposium on Pediatric Solid Tumors. Tuebingen, Germany: 2007.
- RADVANSKÝ, J.; RADVANSKÁ, J.; SLABÝ, K.; ŠULC, J.; ŠAFÁŘOVÁ, M.: Late effects od Wilm´s tumor treatment: can appropriate life style minimize consequences ? In European Symposium on Late Complications after Childhood Cancer. Lund, Sweeden: 2007.
- KOBESOVA, A.; MORRIS, C. E.; LEWIT, K.; SAFAROVA, M.: Twenty- -old pathogenic 'active' postsurgical scar: a case study of a patient with persistent right lower quadrant pain. J Manipulative Physiol Ther, 2007, vol. 30, no. 3, s. 234-23.

Martina Jezkova, MPT

Martina Ježková completed her Physiotherapy Master's degree in 2001, at the Faculty of Physical Education and Sport, Charles University, Prague. She was a student of esteemed Professors Janda and Lewit, whom she later worked with at the Rehabilitation Clinic, University Hospital Motol, Prague.

In her 17 years of clinical rehabilitation practice at the University hospital, Motol, Martina worked with a broad scope of patients, including babies with cerebral palsy and children with central coordination disturbance, scoliosis, neurological disorder patients, gynaecology patients with functional sterility, pelvic floor dysfunction and other pelvic health issues. She also worked with professional and amateur athletes and elderly patients, to develop movement optimization strategies. In 2018 Martina opened her own private physiotherapy practice, outside of Prague.

Martina was certified therapist in Reflex Locomotion according to Vojta since 2004 and attends regular refresher courses. She has completed numerous professional development and instructor level trainings, including: Development Kinesiology in Rehabilitation and Dynamic Neuromuscular Stabilization principles (with Prof. Pavel Kolář), Manipulative Therapy in rehabilitation and Post Isometric Relaxation, soft tissue manipulation and manipulation of spine and extremity with Prof. Karel Lewit and Functional Sterility assessment and treatment according to Mojžíšová. In January 2014 Martina completed her first Yoga Instructor certification in Australia. Since 2014 she has continued to study and incorporate Yoga as part of her approach to movement rehabilitation and in 2018, she became a certified Iyengar Yoga instructor. Martina has also completed short courses in Klapp crawling (based on developmental kinesiology), Kinesiotaping, Fascial manipulation techniques according Stecco, fascial Yoga and Yoga for MS patients.

Martina closely works under Professors Pavel Kolar's supervision and teaches movement rehabilitation approaches, both nationally and internationally. From 2002 to present, she has been an instructor in rehabilitation at the 2nd Faculty of Medicine, Charles University, Prague, teaching both Physiotherapy and Medical students. Since 2004, Martina has served as a certified instructor in Musculoskeletal Techniques according to Lewit and since 2001 as an international certified instructor in Developmental Kinesiology and Dynamic Neuromuscular Stabilization according to Kolář. Drawing from her clinical practice, Martina has also developed specialized DNS courses in Women's Health and in the application of DNS principles to Yoga in Rehabilitation.

Petra Valouchova, MPT, PhD

Petra graduated with a Master's degree from the Department of Physical Therapy at Palacky University in Olomouc in 1998. She specializes in locomotor system dysfunction rehabilitation. She achieved her Doctorate in Kinanthropology with a focus on Biomechanics in 2001. Her main interest is biomechanics and the kinematic analysis of gait.

Since 2002 Petra worked as a physical therapist at the Rehabilitation and Sport Medicine Department at the Motol University Hospital in Prague. She treats adults and children with movement impairments caused by neurological, orthopaedic and traumatic disturbances.

Petra is also a university lecturer of physical therapy and general medicine at the Charles' University Medical School. Her lectures include Sports Medicine, Biomechanics, Bobath Concept and Vojta Reflex Locomotion methods. She has also specialized in surface electromyography assessment and has published several articles regarding surface electromyographical studies.

As of October 2011, Petra became Chief physiotherapist at the Centre of Movement Medicine located in Prague (www.cpmpk.cz) – which is one of the two private clinics owned by Professor Kolář and oversees both departments of physical therapy since 2018.

Petra is a certified in Dynamic Neuromuscular Stabilization, Vojta Reflex locomotion principles, Mobilization and Soft Tissue Techniques according to Lewit, and the Bobath Method for adults. She also completed courses in Neurodynamics according to Butler, Quadrupedal Locomotion method according to Klapp, Taping methods including Kinesiotaping, Stecco Fascia Manipulation, and the Barral Institute method of Visceral Manipulation.

Petra works closely under Professor Pavel Kolar's supervision, she is an expert in Dynamic Neuromuscular Stabilization and is also a certified Instructor in Developmental Kinesiology and Dynamic Neuromuscular Stabilization since 2002.

She regularly teaches DNS courses throughout Europe, USA, Canada, South America, China, Taiwan, Indonesia and Australia.

Petra has been a Fitness Step Team World Champion in 2003 and 2004, and European Champion in 2004.

Petra currently resides in Czech Republic, near Prague with her husband, daughter and son.

Publications - papers in English:

- Valouchová, P., Lewit, K (2009) Surface electromyography of abdominal and back muscles in patients with active scars, Journal of Bodywork and Movement Therapies July 2009, Volume 13, ISSN 1360-8592, pp. 262–267
- Valouchová, P., Lewit, K. (2009) Influence of active scars in abdominal wall on abdominal and back muscles activity in chronic low back pain - surface electromyography pilot study. Journal of International Musculoskeletal Medicine, Volume 30, Number 3, Publisher: Maney Publishing, pp. 127-132(6)
- Valouchova P, Liebenson C. Self-management: Patient section, The New Abds, Journal of Bodywork and Movement Therapies., 2009;13:112-113

Chapters in books:

- Valouchová, P., Lewit, K. Manual therapy treatment of scar tissue Chapter 7.8. In Schleip R. Fascia: The Tensional Network of the Human Body: The science and clinical applications in manual and movement therapy 1st Edition. 2010. ISBN-10: 0702034258
- Valouchová, P., Kolář. P. (2013) Examination of postural function – Gait in Kolář et al. Clinical Rehabilitation, Prague: School Rehabilitation, pp. 50-52, ISBN 978-80-905438-0-5
- Valouchová, P. Kolář. P. (2013) Kinesiology of shoulder girdle in Kolář, P. et al. Clinical Rehabilitation, Prague: School Rehabilitation, pp. 154- 163, ISBN 978-80-905438-0-5
- Valouchová, P. Dyrhonová, O. Kříž, J., Kolář, P. (2013) Treatment rehabilitation in orthopedics and traumatology – Shoulder girdle in Kolář, P. et al. Clinical Rehabilitation, Prague: School Rehabilitation, pp. 508- 518, ISBN 978-80-905438-0-5
- Zedka, M., Valouchová, P. (2013) Laboratory examination of movement – Electromyografic analysis in Biomechanics in Kolář, P. et al. Clinical Rehabilitation, Prague: School Rehabilitation, pp. 216-218, ISBN 978-80-905438-0-5
- Kobesova A, Valouchova P, Kolar P Dynamic Neuromuscular Stabilization: Exercises Based on Developmental Kinesiology Models, Functional Training Handbook, Wolters & Kluwer, 2014: 25-51. , 13:978-1-58255-920-9.
- Kolar P, Kobesova A, Valouchova P, Bitnar P. Dynamic Neuromuscular Stabilization: assessment methods, Recognizing and Treating Breathing Disorders, 2014;93-98, 978-0-7020-4980-4
- Kolar P, Kobesova A, Valouchova P, Bitnar P. Dynamic Neuromuscular Stabilization: developmental kinesiology: breathing stereotypes and postural-locomotion function, Recognizing and Treating Breathing Disorders, 2014;11-22, 978-0-7020-4980-4
- Kolar P, Kobesova A, Valouchova P, Bitnar P. Dynamic Neuromuscular Stabilization: treatment methods, Recognizing and Treating Breathing Disorders, 2014;163-168, 978-0-7020-4980-4

Magdalena Lepsikova, MPT

Magdalena Lepsikova graduated from Charles University Prague, Dept. of Physical Therapy and specializes in rehabilitation of locomotor system dysfunction of adults and children. Since 2001, she has been physiotherapist at the Physical Therapy Department, Motol University Hospital, Prague. Since 2005, she has worked at 2nd Faculty of Medicine, Charles University, Prague as a lecturer. She regularly instructs both medical and physiotherapy students at the hospital. In 2007, she won the prize “The teacher of the year” at 2nd Faculty of Medicine.

Ms. Lepsikova is a certified Vojta therapist and has trained and worked with Professors Lewit and Kolar at the rehabilitation department for 17 years, treating both adults and children. In the treatment of children, her main focus is the treatment of idiopathic scoliosis.

She has also completed courses of Neurodynamics according to Butler, Bobath concept for adults and Fascia manipulation according to Stecco –level I and II. She is a certified instructor of Dynamic Neuromuscular Stabilisation (DNS).

Fluent in English, Ms. Lepsikova has served as an instructor of several courses for Professor Lewit and Kolar for international groups of clinicians who come to study in Prague, in addition to lecturing on their methods in many European countries, the U.S., Canada, Malaysia, Japan, South Korea and Taiwan. In addition to the DNS approach, she is a certified instructor in Manual Medicine according to Prague school of prof. Lewit.

She resides in Prague with her husband and two daughters.

Publications in English:

Papers:

- Lewit, K., Lepšíková, M. Foot dysfunction in EMG findings. (abstrakt) The Journal of Orthopaedic Medicine, 2006, vol. 28, no. 2. s. 97.
- Lewit, K., Lepšíková, M. Chodidlo – významná část stabilizačního systému. Rehabilitace a fyzikální lékařství, 2008, vol. 15, no. 3, s. 99-104. ISSN: 1211-2658.
- Smékal, D., Velebová, K., Hanáková, D., Lepšíková, M. The effectiveness of specific physiotherapy in the treatment of temporomandibular disorders. Acta Universitatis Palackianae Olomucensis Gymnica, 2008, vol. 38, no. 2, s. 45-54. ISSN: 1213-8312.
- Lewit, K., Kobesová, A., Lepšíková, M. Das tiefe stabilisierende System der Wirbelsäule Seine Bedeutung für funktionelles Denken. Manuelle Medizin, 2010, vol. 48, no. 6, s. 440-446. ISSN: 0025-2514 (Print) 1433-0466 (Online).
- Kobesová, A., Kolář, P, Mlčková, J., Švehlík, M., Morris, CE., Frank, C., Lepšíková, M., Kozák,J.Effect of functional stabilization training on balance and motor patterns in a patient with Charcot-Marie-Tooth disease. Neuro Endocrinol Lett. 2012, vol. 33, no. 1, s.3-10. ISSN: 0172-780X (Print)0172-780X (Linking) IF 1.621

- Lewit, K., Lepšíková, M. The role of the feet as an important part of the stabilization system. Int Musculoskelet Med., 2012, 34(2), 55-61. ISSN: 1753-6146
- Lepšíková, M., Čech, Z., Kolář, P.: Změny somatognozie v klinickém obraze chronických bolestivých poruch pohybového aparátu. Medicína po promoci, 2013, vol. 14 (2), s.42-7. ISSN: 1213-8312
- Lewit, K., Čihák, R., Lepšíková, M. Insufficiency of finger flexors and extensors and its importance for hand function: A clinical and electromyographic investigation. International Musculoskeletal Medicine, 2015, 37(4), 178-183. ISSN: 1753-6146. DOI 10.1179/1753614615Z.178 000000000116.

Book Chapters:

- Kolář, P. et al.: Clinical Rehabilitation. 1st. edition. Alena Kobesová, Praha 2013. 765pp. ISBN 978-80- 905438-0-5. Chapters:
- Lepšíková, M., Smékal, D.: Examination of Muscle Strength. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Kolář, P., Lepšíková, M.: Examination of Motor Function from the Prospective of Cortical Plasticity. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Lepšíková, M., Kolář, P.:Kinesiology of the Hip Joint. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Lepšíková, M., Kolář, P.:.Active Assistive Exercise. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Lepšíková, M., Kolář, P.: Exercises Aimed at the Restoration of Sensation (Somatesthesia). In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Lepšíková, M.: Feldenkrais Method. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Bitnar, P., Lepšíková, M.: Dysfunction in neuromuscular transmission and muscle diseases. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013.
- Lepšíková, M., Kolář, P., Dyrhonová, O.: Hip Joint. In: Kolář et al.: Clinical Rehabilitation. Alena Kobesová. Praha 2013

Author of the DNS concept

Professor Pavel Kolar, P.T., Paed. Dr., Ph.D.

Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojta and Vladimir Janda, profoundly influenced him in his evolution of DNS. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. He also acts as an adviser to the Director of the Hospital and serves as vice-dean of bachelor and master study at Second Medical Faculty, Charles University, Prague.

As Director of the Rehabilitation Department, Professor Kolar oversees the following:
1. The Rehabilitation Unit for adult patients, both outpatients and in-patients.
2. The Rehabilitation Unit for children: outpatient and inpatient.
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit.
5. The School of Physiotherapy.
6. Department of Sports Medicine.

Professor Kolar is renowned for his work in rehabilitation, in addition to his utilization of DNS methods to celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Soccer team, Davis Cup tennis teams and national ice hockey teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling and serving as 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. This award is typically reserved for those in their later years after many decades of significant contributions to society, while Professor Kolar's contribution of DNS earned him the coveted award while still in his early 40's!!

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. He and his trained therapists utilize DNS techniques in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying "stabilization and respiratory function of the diaphragm" and its relation to conservative treatment of back pain syndromes.

In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity". From 2009 to 2012 Prof. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar has taught DNS in numerous countries all over the world.

Professor Kolar resides in Prague with his wife and three children.