

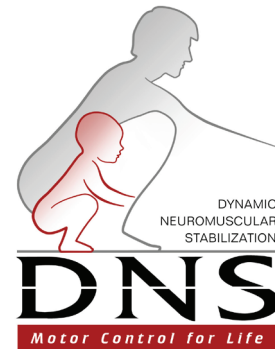
Dynamic Neuromuscular Stabilization

“Final course D”

Prague, August 13-18, 2018



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August 13-18, 2018

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

Course by invitation only!

Monday, August 13

Morning: Prague DNS Instructors: Review of developmental position, kinesiology content. Transition movements, assessment in dynamic tests – workshop in small groups

Afternoon: Prague DNS Instructors: Kinesiology of reflex locomotion and spontaneous anticipatory movements during DNS exercise, modifications of DNS positions and integration with RL principles.

Topics:

1) Side lying, 2)Kneeling, 3)Prone and 4)Supine position.

Groups rotate taking 45 min block with each instructor

Tuesday, August 14

Morning: Prof. Pavel Kolar: DNS update, ideo-motor functions. Patient demo

Afternoon: Prague School Instructors: Pediatric block **OR** active exercise. Choose what you prefer:

Pediatric block: infant's handling workshop, three pediatric patients demo

Active exercise: review of exercise in higher positions and transitions, two adult patient demonstration

Evening: get-together party

Wednesday, August 15

Morning: Prague DNS Instructors: Practical workshop in small groups that will rotate – work under a supervision of each instructor practicing various exercise positions and skills

Afternoon: Prague DNS Instructors: DNS based mobilization techniques in small groups (C,T,L spine and rib's mobilization)

Thursday, August 16

Morning: Prof. Pavel Kolar: Diagnostic approach based on assessment of postural and locomotion function. Patient demo.

Afternoon: Program for 2 groups, after morning break the groups switch the program

Petr Bitnar: Viscero-vertebral and vertebro-visceral patterns: practical aspects in assessment and treatment

Martina Jezkova: DNS based yoga techniques

Friday, August 17

Workshops in small groups.

Topics:

- 1) Foot
- 2) Scoliosis
- 3) Shoulder girdle
- 4) Pelvic girdle

Groups rotate taking 90min block with each instructor

Saturday, August 18

Morning: Prague DNS Instructors: Performance enhancement in the athletic population. Contra and ipsilateral patterns in athletic performance

Refining DNS manual skills - workshop in small groups

Prague School Instructors:

Marcela Safarova, DPT, PhD

Eliska Gerzova, MPT

Veronika Cmolikova, MPT

Lenka Oplatkova, MPT

Magdalena Lepsikova, MPT

Julia Demekova, MPT

Petra Valouchova, MPT, PhD

Veronika Nasslerova, MPT

Petr Bitnar, MPT

Martina Jezkova, MPT