

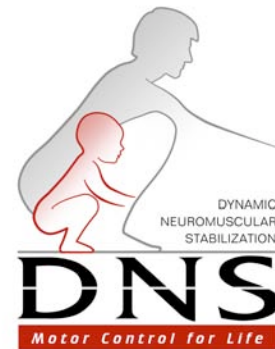
Dynamic Neuromuscular Stabilization

“Final course D”

Prague, September 15-20, 2014



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September 15-20, 2014

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, September 15

Morning:

Marcela Safarova, Julia Demekova, 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, Sarka Spanhelova, Marcela Safarova, Julia Demekova: 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

Tuesday, September 16

Morning:

Jiri Cumpelik:

Somatognostic training and Yoga training principles within stabilization function

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 17.30 after the course

Wednesday, September 17

Morning:

Ondrej Cakrt: Functional assessment and treatment in patients with vertigo and balance disturbance

Pavel Kolar, Marcela Safarova, Martina Jezkova: Functional assessment and treatment in neurological patients (stroke, Parkinson disease, myopathy, MS)

Afternoon:

Marcela Safarova, Martina Jezkova, Julie Demekova: DNS assessment and treatment of infants with central coordination disturbance and DNS approach to children with poor posture/spinal deformity

Thursday, September 18

Morning:

Magdalena Lepsikova, Martina Jezkova: Assessment and training of cortical function. Integration of cortical function training and yoga principles within the DNS

Afternoon:

Petr Bitnar: Viscero-vertebral patterns: Practical aspects in assessment and treatment. Patient's demonstration

Friday, September 19

Morning:

Sarka Spanhelova, Michal Truc, Jana Vesela: Refining DNS manual skills: Work in small groups: Test-Treat-Retest: workshop in small groups

Afternoon:

Petra Valouchova, Michal Truc, Jana Vesela: The most frequent types of athletic injuries: prevention & corrective exercise: workshop in small groups

Saturday, September 20

Morning:

Petra Valouchova, Michal Truc, Jana Vesela: Performance enhancement in the athletic population: Refining DNS manual skills - workshop in small groups