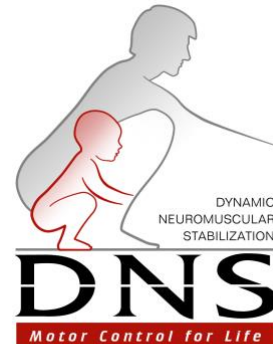


# Dynamic Neuromuscular Stabilization Course B



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***Location:***

**GOODMOOVE  
Praha – Podolí  
Na Lysině 772/12,  
147 00**

***Date:***

**March 21-24, 2024  
Teaching hours:  
Day 1-3: 9.00-17.00  
Day 4: 9.00 – 14.00**

***Organizer:***

**Assoc. Prof. Alena Kobesova, MD, Ph.D.  
[alenamudr@me.com](mailto:alenamudr@me.com)**

***Instructors:***

**Marcela Safarova, DPT, PhD  
Petr Bitnar, DPT, PHD  
Lenka Oplatkova, PT  
Eliska Urbarova, PT  
Jiri Halamka, PT  
Jachym Kolar PT**

## ***TENTATIVE COURSE PROGRAM***

### **Thursday, March 21**

#### ***MORNING: 9.00-12.30***

**Marcela Šafářová, Jáchym Kolář:** Developmental kinesiology: postural activity, ipsilateral and contralateral pattern.

#### ***AFTERNOON: 13.30-17.00***

**Marcela Šafářová, Jáchym Kolář:** Review of the tests demonstrated in course A, introduction to more DNS tests and review of principles for DNS active exercise based on functional assessment (core stabilization, stepping forward and supporting function- differentiation and timing, anticipatory movements, integration of breathing stereotype...)

Patient demonstration: determine the quality of postural-locomotion pattern

### **Friday, March 22**

#### ***MORNING: 9.00-12.30***

**Lenka Oplatková, Jiří Halámka**

DNS: Ipsilateral pattern, combine manual guiding and activation to train the ideal quality of postural stabilization

Testing and treatment - side lying position, low oblique sitting

#### ***AFTERNOON: 13.30-17.00***

**Petr Bitnar**

Viscero-vertebral relations

Functional examination and therapy of patients with gastro-oesophageal reflux and other GIT motility disorders, practical demonstration.

### **Saturday, March 23**

#### ***MORNING: 9.00-12.30***

**Lenka Oplatková, Jiří Halámka**

DNS: Ipsilateral pattern, combine manual guiding and activation to train the ideal quality of postural stabilization - high oblique sitting

**Eliska Urbarova, Jiří Halámka:**

DNS: Contralateral pattern, combine manual guiding and activation to train the ideal quality of postural stabilization. - tripod

DNS active exercise in differentiated position

Differentiated quadruped position

***AFTERNOON: 13.30-17.00***

**Eliska Urbarova, Jiří Halámka**

DNS: Contralateral pattern, combine manual guiding and activation to train the ideal quality of postural stabilization. - tripod

DNS active exercise in differentiated position

High kneeling, hanging stance

Dynamic flow exercise, transitions in differentiated positions

**Sunday, March 24**

***MORNING: 8.00-13.30***

**Eliška Urbářová, Jáchym Kolář**

Rewiew of undifferentiated positions – workshop - active exercise in undifferentiated positions and modifications

DNS applications – babies, kids, neurological patients, sport, seniors.