

**June 11-13. 2021 DNS Integrative Assessment I**  
**Friday, 9-5pm, Saturday, 9-5pm, Sunday, 9-4pm: Robert**  
**Lardner, PT, William Tortoriello, DC; 20 CEU**

**Program Description:** A neuro-developmental approach to assessment utilizing a tiered framework that integrates specific DNS exercise with manual therapy treatment prescriptions

**Program Goals / Objectives:**

Registrants will be able to...

- provide a focused, structured physical examination of the axial skeleton
- understand the difference between “upper” and “lower” tiered examination procedures and findings
- re-frame the utility and intention of manual therapy based on a neuro-centric, developmental approach
- identify and correct distortion patterns of the axial skeleton
- choose specific DNS exercises based on exam findings to create lasting results

**Program Topics:** Physical Examination of Axial Structures; Manual Therapy techniques for Axial Structures; Physical Therapy and Rehabilitation of Axial Structures;

**Program Outline:**

| <b>TIME</b> | <b>CE Hrs</b> | <b>TOPIC</b>                          | <b>INSTRUCTOR</b>    |
|-------------|---------------|---------------------------------------|----------------------|
| Friday      |               |                                       |                      |
| 9-10am      | 1             | Intro to Neuro Developmental Approach | Lardner, Tortoriello |
| 10am-12pm   | 2             | Distortion Patterns of Pelvis         | Tortoriello          |
| 12-1pm      |               | LUNCH                                 |                      |
| 1-3pm       | 2             | Practical Lab: Pelvis                 | Lardner, Tortoriello |
| 3-5pm       | 2             | Distortion Patterns of L/S            | Lardner              |

|                 |       |  |                      |
|-----------------|-------|--|----------------------|
| <b>SATURDAY</b> |       |  |                      |
| 9-10am          | 1     | Review Pelvis Distortion                               | Tortoriello          |
| 10am-12pm       | 2     | Practical Lab: L/S                                     | Lardner, Tortoriello |
| 12pm-1pm        | LUNCH |  |                      |
| 1-3pm           | 2     | Hip Distortion Patterns                                | Lardner              |
| 3-5pm           | 2     | Practical Lab: Functional Testing                      | Lardner, Tortoriello |
| <b>SUNDAY</b>   |       |  |                      |
| 9-10am          | 1     | Review L/S and Hip Distortions                         | Tortoriello          |
| 10-12pm         | 2     | Distortion Patterns of Thoracic Cage, C/S and Shoulder | Lardner              |
| 12-1pm          |       | LUNCH  |                      |
| 1-3pm           | 2     | Practical Lab: T/S, C/S and Shoulder                   | Lardner, Tortoriello |
| 3-4pm           | 1     | Review Questions                                       | Lardner, Tortoriello |

### **References:**

Dynamic Neuromuscular Stabilization, Course Notes  
 Assessment and Treatment of Muscle Imbalance: A Janda Approach, Human Kinetics  
 Applied Kinesiology, A Synthesis, 2<sup>nd</sup> ed., Triad Of Health Publishing  
 Primal Reflex Release Technique, Course Notes  
 Clinical Kinesiology, Muscle Testing Manuals, A. Beardall

### **Instructional Methods:**

Powerpoint Lecture, Hands-On Practical Lab training;