

**DYNAMIC NEUROMUSCULAR STABILIZATION**  
**Course C**



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**REGISTRATION**

***COURSE LOCATION***

**Center of Movement Medicine (CPM) Waltrovka**

**May 18 –20. : 9.00-17.00**

**May 21. : 9.00-13.00**

Walterovo náměstí 329/2 Praha 5 – Jinonice 158 00

***ORGANIZER***

**Alena Kobesova**

[alenamudr@me.com](mailto:alenamudr@me.com)

***FACULTY***

**Prof. Pavel Kolar** – the author of the DNS concept



***CERTIFIED DNS INSTRUCTORS***

Veronika Čmolíková

Lenka Oplatková

Jana Veselá

Eliška Urbářová

## ***TENTATIVE COURSE PROGRAM***

### **Thursday, May 18, 2023**

**9:00 - 12:30** *Instructor: Veronika Čmolíková and Jana Veselá*

**Review of DNS principles.** Developmental positions: specific muscle synergies, zones of support, extremity function (support = opened kinematic chain, phasic = closed kinematic chain), anticipatory motion based on the transition, global movement patterns.

#### **DNS assessment and treatment strategies - advanced approach.**

Postural function as a source of movement system disturbance and pain in general population and athletes. General principles to correct movement patterns to prevent repetitive repetitive strain injury and to improve sport performance. Procedures to train proper alignment of initial joint position and optimal joint position throughout the movement.

**12:30-13:30 – time for lunch**

### **13:30-17:00 SCOLIOSIS**

*Instructor: Veronika Čmolíková and Jana Veselá*

**Assessment and treatment approach to scoliosis:** definition and classification, ontogenetic aspects related to scoliotic development, risk factors, assessment of infants and adults with scoliosis and postural asymmetry, bracing and DNS treatment positions and strategies

#### **Client demonstration**

### **Friday, May 19, 2023**

**9:00 - 12:30 DEVELOPMANTEL KINESIOLOGY – BREATHING STEREOTYPES AND POSTURAL-LOCOMOTION FUNCTION:**

**Review by prof. Kolar.**

*Instructor: Prof. Kolář and prof. Kobesová*

#### **CLIENT DEMONSTRATION**

**12:30-13:30 – time for lunch**

### **13:30-17:00 SHOULDER**

*Instructor: Veronika Čmolíková and Jana Veselá*

**Assessment and treatment of the shoulder girdle:** phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective, DNS assessment and treatment in shoulder girdle disorders - hemiplegic shoulder, frozen shoulder, impingement syndrome, SLAP lesion

**Saturday, May 20, 2023**

**9:00 - 12:30 PELVIC GIRDLE**

*Instructor: Lenka Oplatková and Eliška Urbářová*

**Assessment and treatment of the pelvic girdle and hip joint:**

phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective, the most common pathological conditions – femoroacetabular impingement syndrome, arthritis, DNS assessment and treatment procedures

**12:30-13:30 – time for lunch**

**13:30-17:00 PELVIC FLOOR**

*Instructor: Lenka Oplatková and Eliška Urbářová*

**Assessment and treatment of pelvic floor issues and women's health:**

pelvic floor muscle function from developmental perspective; associated kinesiology between diaphragm and pelvic floor; typical postural disturbances, functional trigger point chains, joint dysfunction and hypersensitive zones in gynecological diagnoses; DNS assessment and rehabilitation for stress incontinence, anorectal dysfunction, amenorrhea and dysmenorrhea, functional sterility, pelvic organ prolapse and pelvic pain syndromes, vertebral-visceral relationships; rehabilitation for pregnant females

**Sunday, May 21, 2023**

**9:00-10:30 SCOLIOSIS**

*Instructor: Lenka Oplatková and Eliška Urbářová*

**Workshop: assessment and treatment of scoliosis**

**11:00-13.00 FLOW WORK – GROUP EXERCISE**

*Instructor: Lenka Oplatková and Eliška Urbářová*

**13:00 Summary, certificates**