Dynamic Neuromuscular Stabilization
“Final course D”
Prague, August 13-18, 2018

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
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