

DNS Golf Specific Sports Course March 11-13, 2016 in Dublin, Ireland.



<https://kihealthconcepts.leadpages.co/dnsgolf/>

Assessment, Treatment, and specific Active Exercises utilizing Dynamic Neuromuscular Stabilization for the golf athlete.

Pavel Kolar, PT (Prague School of Rehabilitation) and Max Prokopy (University of Virginia Biomechanics lab) will detail how to integrate DNS into your treatment and training programs in order to enhance rehabilitation and performance with these athletes.

List of instructors:

Pavel Kolar, P.T., Paed. Dr., Ph.D.

Zuzana Susan, PT Prague School of Rehabilitation

Michael Rintala, D.C. PGA Tour Sports Medicine Team

Brett Winchester, D.C. Primary DNS Certified Instructor

Max Prokopy, M. Ed., CSCS (Biomechanics)

Course objectives for DNS Golf Specific Sports course:

- 1. Postural-locomotion function from a developmental perspective**
- 2. Using Developmental kinesiology concepts and principles for the ideal stereotype of the golf swing**
- 3. Biomechanics of the golf swing with regard to sequence, timing, and interactions with the ground - “Kinematic Sequence”**
- 4. Basic core stabilization as a prerequisite for locomotion patterns**
- 5. The role of the diaphragm during the golf swing - dual postural-respiratory diaphragmatic function and how it play's into the golf swing.**
- 6. Assessment, queuing and training of the proper breathing stereotype**
- 7. The extremities - functional differentiation for the golf swing - Phasic and supporting function for the muscle interplay during the ipsilateral pattern during the golf swing.**
- 8. DNS Active Exercise positions to train ideal core stabilization as a prerequisite for the ideal swing stereotype**
- 9. Biomechanics and developmental kinesiology principles applied to the golf athlete.**
- 10. The most frequent types of musculoskeletal dysfunction resulting from non optimal swing stereotypes and poor methodology of training.**
- 11. Manual treatment, mobility/strengthening, and coordination (Active Exercises sequence) from the developmental perspective in order to prepare the golf athlete for play; educating the golfer.**