

Dynamic Neuromuscular Stabilization

“Final course D”

Prague, August 14-19, 2017



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August 14-19, 2017

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 14

Morning:

Prague School Instructors: Review of developmental position, kinesiology content. Transition movements, assessment in dynamic tests – workshop in small groups

Afternoon:

Prague School 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 15

Morning: 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

Afternoon:

Prague School Instructors: Pediatric block **OR** active exercise. Choose what you prefer:

Pediatric block: infant's handling workshop, two pediatric patients demo

Active exercise: review of exercise in higher positions and transitions, two adult patient demonstration

Evening: get-together party

Wednesday, August 16

Morning:

Prof. Pavel Kolar: DNS update. Ontogenesis/primitive reflexes and postural reactions its importance in the DNS. Infant's and patient's demonstration

Afternoon:

Prague School Instructors: Practical workshop in small groups that will rotate – work under a supervision of each instructor practicing various exercise positions and skills

Thursday, August 17

Morning:

Pavel Kolar: Functional assessment and treatment in neurological patients (stroke, Parkinson disease, muscle dystrophy, MS)

Afternoon:

Prague School Instructors: DNS based mobilization techniques in small groups (C,T,L spine and rib's mobilization)

Friday, August 18

Prague School Instructors: 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 19

Morning:

Prague School Instructors:: Performance enhancement in the athletic population.

Contra and ipsilateral patterns in athletic performance

Refining DNS manual skills - workshop in small groups

Course Instructors:

Prof. PaedDr. Pavel Kolář, PhD

Marcela Šafářová, DPT, PhD

Martina Ježková, MPT

Júlia Demeková, MPT

Petra Valouchová, MPT, PhD

Veronika Čmolíková, MPT

Michal Truc, MPT

Jana Veselá, MPT

Lenka Oplatková, MPT

Magdaléna Lepšíková, MPT

Veronika Nesslerová, MPT

Organizer:

Assoc. Prof. Alena Kobesová, MD, PhD

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