

# DNS Level 1: Course Details

**Date:** January 25-27, 2013

**Location:** OA Performance Center, 15 Lund Rd., Saco, ME

**DNS Course Requires Advanced Certification and skills and therefore is only available to the following Occupations:** PT, MD, DO, DC, OT and ATC

**Seminar Tuition:**

Prior to December 30, 2012: \$650      After December 30, cost increases to \$750

**\*\* Registration is done first through the Prague School website to pay administrative fee which supports their research. Then contact the host site for final registration.**

**Agenda:**

**Day 1:** (8:00 AM – 5:00 PM)

AM    Registration & Continental Breakfast

Ontogenesis: Postural & Motor development from a developmental kinesiology model

PM    Lecture/Lab: Respiration

Test of the Intrinsic Spinal Stabilizing System (ISSS)

**Day 2:** (8:30 AM – 5:00 PM)

AM    Lab: ISSS Testing & Training (cont.)

PM    Lecture/Lab: Basic Theory for Reflex Locomotion & Reflex Turning

**Day 3:** (8:30 AM – 5:00 PM)

AM    Lab: Reflex Creeping

PM    Lecture/Lab: Role of active exercises

**PLEASE WEAR APPROPRIATE LAB ATTIRE FOR VISUAL AND PALPATION OF MUSCLES**

**Hotel:** Hampton Inn, Saco, ME (207) 282-7222, Reduced Rate—mention "Orthopaedic Associates"  
<http://hamptoninn3.hilton.com/en/hotels/maine/hampton-inn-saco-biddeford-PWMSCHX/index.html>

**Contact:** Michael Mullin: [mmullin@orthoassociates.com](mailto:mmullin@orthoassociates.com) (207) 828-2121

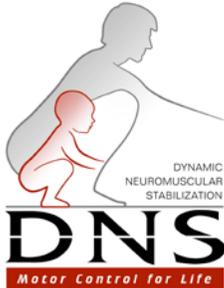
**Cancellation Policy:** A full refund will be given for complete registration cancellations made before December 30th, 2012. After December 30th, a \$50 cancellation fee will be assessed. A written letter requesting cancellation must be emailed to [mmullin@orthoassociates.com](mailto:mmullin@orthoassociates.com) If you have any special needs that require additional assistance, please call us. Requests must be received at least two weeks prior to event date.

**Registration:** First through Prague School website, then OA Performance Center (207) 710-5509

**Link to Prague School Website:** <http://www.rehabps.com/REHABILITATION/DNS.html>

**Link to OA Performance Center Website:** <http://www.orthoassociates.com/LP10>

# OA Performance Center announces DNS Course "A" in Saco, ME, January 25-27, 2013



## Dynamic Neuromuscular Stabilization Course "A"

The "Prague School of Rehabilitation and Manual Medicine" was established by key neurologists/physiatrists, all of whom were giants in the 20th century rehabilitation era i.e. Karel Lewit and the late Professors Vaclav Vojta, Vladimir Janda & Frantisek Vele. Based on groundbreaking neurodevelopmental and rehabilitation principles by these men, Professor Pavel Kolar has successfully integrated the work of his predecessors in proposing the underlying neurodevelopmental mechanism for how the movement system develops hand-in-hand with CNS maturation. This complex approach is "cutting-edge" in that it provides a window into the complexity and plasticity of the CNS and its effect on the movement system. The DNS approach can be used in the rehabilitation of a myriad of neurologic, musculoskeletal pain syndromes as well as performance athletic training.

For more information on this approach please check out [www.rehabps.com](http://www.rehabps.com)

## Course Description

The nervous system establishes programs that control human locomotion that includes posture and movement. This critical "motor control" is largely established during the first years of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system on which the Prague School was established, the scope of clinical rehabilitation options for many of our neurologic and musculoskeletal pain patients have been expanded.

The DNS approach involves every component of the movement system (i.e. muscles, joints, nerves and soft tissue) by stimulating movement control centers in the brain through activation of ideal inborn movement stereotypes. This, in turn, helps restore the structural and postural alignment of the body's neuro-musculo-skeletal system by evoking the global motor patterns. Global motor patterns form the foundation of human movement and represent genetically predetermined elements for uprighting and equilibrium. These patterns are essential for the control of posture and dynamic stability of the spine through the lifespan of the individual. Participants in this course will be introduced to the application of these principles.

**Instructional Level:** Course "A"

### **Course Objectives:**

- Demonstrate an understanding of the basic principles of developmental kinesiology
- Describe the relationship between the development during the first year of life and the pathologic movement system in adulthood
- Evaluate and correct respiratory patterns
- Demonstrate an understanding for the basis of reflex locomotion and its role in the DNS approach
- Perform the basic techniques for reflex turning and reflex creeping
- Assess and train the intrinsic spinal stabilizing system based on the principles of DNS and reflex locomotion

### **Continuing Education:**

OA Center for Orthopaedics is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 21 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the CE activity.

BOC Provider Number P3505



### **INSTRUCTORS**

**Robert Lardner** was born in Nigeria in 1961. His first career was as a professional ballet and modern dancer after studying at the Rambert Ballet Academy outside London, England. Going back to University he graduated from the Department of Physical Therapy, Lund's University, Sweden in 1991. He has worked in several in- and out- patient rehabilitation facilities in Sweden prior to moving to the United States in 1992. Having been a staff physical therapist at McNeal Hospital, Clearing Industrial Clinic, and a physical therapy supervisor at Mercy Hospital, he has also been in charge of physical therapy services at a number private outpatient and sports clinics. He has also studied with Professors of Janda, Lewit and Kolář from the Czech Republic who are pioneers of functional rehabilitation and manual medicine and who have strongly influence his philosophy and practice of physical therapy. He is a member of the International College of Applied Kinesiology (ICAK) Currently, he is in private practice in Chicago and teaches various rehabilitation seminars throughout the United States and Europe.

### **Zuzana Suzan**

All Czech physiotherapists (CPT's) involved in the international instruction program of Dynamic Neuromuscular Stabilization according to Kolar (DNS) have earned Master's degrees in Physiotherapy. They all have been studied extensively with Professor Karel Lewit, an international authority in manual medicine for more than 5 decades and the founder of the internationally renowned "Prague School of Manual Medicine & Rehabilitation". They have completed a 6-week course in Manual Medicine under Prof. Lewit and an Instructor's course in "Manual Techniques according to Lewit" thus being certified instructors in Manual Medicine in the Czech Republic.