

DNS Golf Specific Sports Course



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Open to Sports Medicine/Rehabilitation Specialist, Personal Trainers, Golf Instructors.

Instructor: Local certified DNS instructor
Prague school physiotherapist

This course is designed to introduce the concepts of Dynamic Neuromuscular Stabilization (DNS) according to Kolar and demonstrate its application to the sport of Golf. The course will cover both assessment of the locomotor system as it pertains to the golf swing and exercise strategies designed to enhance efficiency and performance.

The goals of the instructors for this course will be to:

- Demonstrate an understanding of the basic principles of developmental kinesiology.
- Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
- Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.
- Evaluate and correct poor respiratory patterns. Emphasis on the role of the diaphragm as an integral aspect of the deep stabilization of the spine and how it applies to the golf swing.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Correlate dysfunction which appears with the DNS functional testing to common swing faults found with the golf swing.
- Integrate corrective exercises based on DNS functional tests and developmental positions as they are applicable to the golf swing.
- Demonstrate exercises in higher developmental positions and emphasize their application to the the golf swing - tripod, bear, squat, lunge, step up and its modifications & training of body awareness.
- Review of developmental kinesiology in the context of adult optimal posture, sports performance, global motor patterns and

the relationship to enhancing outcomes in golf and human movement.

- Demonstrate exercises utilizing the principles of developmental kinesiology with the use of elastic bands, weights, and other equipment available to the trainer or sports medicine specialist.
- Demonstrate how DNS corrective exercises can easily be integrated with other exercise strategies in order to enhance the efficiency/performance of the golf swing and **prevent injury**.
- Discuss & demonstrate DNS exercises for other sports specific techniques: throwing, jumping, stroke, skating etc.