

**Dynamic Neuromuscular Stabilization according to Kolar  
Functional assessment and treatment of  
viscero-somatic patterns**

**DNS approach to patients with internal and gynaecological diagnoses**

**Prerequisite: DNS course “A” or introduction to DNS**



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***Date:***

**June 22-23, 2013**

***Location:***

**University Hospital Motol,  
Rehabilitation Clinic  
V Uvalu 84  
Prague 5, Czech Republic**

***Instructors:***

**Martina Jezkova, DPT  
Petr Bitnar, DPT**

***Organizer:***

**Alena Kobesova, MD, PhD  
[alenamudr@me.com](mailto:alenamudr@me.com)**

***Course Price:***

**Euros 280,-**

## Course Schedule

Day 1: 9.00 – 17.00

Day 2: 8.00 – 15.00

### **COURSE OBJECTIVES: Functional DNS assessment and treatment of patients with**

- Gastro-oesophageal reflux disease
- Swallowing problems, globus, odynophagia
- Constipation
- Non-specific abdominal pain
- Functional sterility
- Urinary and bowel incontinence

#### **Patient assessment will be performed and demonstrated:**

- Typical viscera-vertebral patterns for the specific diagnoses
- Visceral mobilization techniques
- Application of DNS based treatment techniques
- Patient education and self-treatment techniques

## Course Description

Dysfunction of internal organs may lead to various clinical pictures in the locomotor system. In the functional diagnosis of the motor system it is critical to consider the **viscero-somatic** relationships as a possible etiopathogenetic factor. “Mere” **GIT dysfunction** may have a great influence on a patient’s health; its consequences are rather complex, also reflected in the function of the locomotor system.

It is essential to bear in mind that patients with internal organ pathology, irritation and reflex changes – such as muscle TrPs, joint blockages, soft tissue dysfunction, altered motor stereotypes – in the locomotor system occur as a rule. Patients with diagnoses involving the internal organ system are thus important potential clients of the rehabilitation specialists. This course will focus on the functional diagnosis and treatment of viscero-vertebral patterns.

Gynaecological diseases are also closely linked to functional deficits of the movement system. Although this connection, or its etiopathogenetic meaning, has not been sufficiently validated, it needs to be taken into consideration that any gynaecological disorder is registered by the CNS through receptors. Then, the CNS reactively or adaptively develops protective changes in muscle tone, including the smooth muscle. Clinically, it is important that symptoms in the movement system in some cases of gynaecological dysfunctions, such as amenorrhea, dysmenorrhoea and sometimes functional sterility, are quite alike and show similar characteristics. These are protective motor patterns.

The possibility of gynaecological causes needs to be considered in patients with back pain who demonstrate a chain of functional deficits of the muscle system, such as pelvic nutation, pelvic floor spasm, unilateral gluteal muscle hypotonia, TrPs in the hip adductor region, etc. However, a large number of functional spinal and pelvic dysfunctions exist that are mistakenly considered to be gynaecological diseases.

Gynaecological dysfunctions that are being significantly influenced by movement system function include menstrual cycle deficits, dysmenorrhoea, premenstrual syndrome, certain gynaecological infections, functional sterility and deficits during menopause (climacterium). Another syndrome which can be positively affected by rehabilitation is stress incontinence. Training ideal coordination between muscles of the pelvic floor, diaphragm and abdominal muscles may significantly decrease undesirable spontaneous loss of urine.

**A Certificate of ATTENDANCE** will be awarded by Prague School to every attendee

## Course instructors:



### **Martina Ježková, DPT**

Martina Ježková completed her Physiotherapy Master's degree at the Faculty of Physical Education and Sport, Charles University, Prague in 2001. Since, she has been working as a physiotherapist at the Rehabilitation Clinic, University Hospital Motol in Prague both at the outpatient and inpatient departments. In 2002, she became an instructor in rehabilitation, teaching both physiotherapy and medical students at the 2<sup>nd</sup> Faculty of Medicine, Charles University, Prague.

Specialized in the functional assessment and treatment of both adult and paediatric patients, she has completed numerous professional courses including the Brügger approach; functional assessment and treatment according to Mojžišová; Klapp Crawling; and kinesiотaping.

A certified Vojta therapist since 2004, Martina has completed courses in Reflex Locomotion, "Vojta treatment approach for adult, children, and newborn patients". Martina has, since 2004, served as a certified instructor in musculoskeletal techniques according to Lewit and since 2005, as an international certified instructor in Dynamic Neuromuscular Stabilization according to Kolar.

In her rehabilitation practice, Martina particularly focuses on the treatment of babies with cerebral palsy, children with central coordination disturbance, neurological patients and gynaecologic patients with functional sterility and urinary stress incontinence.



### **Petr Bitnar, DPT**

Petr Bitnar completed his Master's degree in Physiotherapy at the 2<sup>nd</sup> Faculty of Medicine, Charles University, Prague in 2008. Since, he has been working as specialist lecturer in physiotherapy and rehabilitation at the Rehabilitation Clinic, University Hospital Motol, Charles University in Prague.

The title of his Master's thesis was: "Relationships between the gastrointestinal tract and the musculoskeletal system". Viscero-vertebral relations continue to be his main professional interest, in 2009 forming the topic of his postgraduate PhD program.

Petr has completed numerous professional courses including, pain projection in the musculoskeletal system; the McKenzie approach; functional assessment and treatment according to Mojžišová; Klapp crawling approach to the scoliosis patient; mobilization and relaxation techniques according to Lewit; Vojta's reflex locomotion; pelvic stabilization, and manual lymph drainage.

Since 2009, Petr has been certified as a lympho-therapist and served as an instructor in Dynamic Neuromuscular Stabilization according to Kolar, focusing mainly on viscerosomatic relations within the DNS principles.

He has presented his original research in "Diaphragm function in patients with gastro-oesophageal reflux disease" on numerous scientific conferences. His posters are available at the Prague School website at:

[http://www.rehabps.com/REHABILITATION/Literature\\_Research\\_files/Bitnar%20LES\\_GER\\_1.jpg](http://www.rehabps.com/REHABILITATION/Literature_Research_files/Bitnar%20LES_GER_1.jpg)

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Petr Bitnar is also co-author of the key Czech rehabilitation textbook, by Kolar et al. "Rehabilitation in Clinical Practice", Galén, 2010. The English version to be available in 2013.