Dynamic Neuromuscular Stabilization according to Kolar
Introductory Course with a special emphasis on paediatric aspects

April 29 - May 1, 2013

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DNS Lector:
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INDIVIDUAL ONLINE REGISTRATION WITH PRAGUE SCHOOL AT:
Please, besides registering with the organizer, register online with Prague School
and pay individual registration fee Euros 80.
Your online registration with Prague School is prerequisite to attend the course!
Monday, April 29, 2013

Morning:
Developmental kinesiology – physiological development during first year of life
DNS, terminology – neutral joint position, punctum fixum, punctum mobile
Chest, spinal and pelvic sagittal stabilization; signs of ideal postural – locomotor patterns
Clinical – developmental definition of ideal breathing stereotype

Afternoon:
Functional clinical assessment of babies: primitive reflexes, postural reactions, spontaneous motor activity
Relationship between disturbed early development and postural insufficiencies in adulthood.
Video demonstrations

Tuesday, November 30, 2013

Morning:
DNS clinical assessment of babies and children – workshop
Introduction to DNS treatment principles and strategies

Afternoon:
Developmental postural-locomotion positions – how to utilize developmental positions in treatment
Anticipatory locomotion movements – ipsilateral and contralateral patterns

Wednesday, May 1, 2013

Morning:
Assessment and training of sagittal stabilization and ideal respiratory pattern: basic training positions – prone, supine, side lying, quadruped etc. – workshop
DNS approach to children with poor posture, scoliosis, abnormal development of the hips
DNS strategy and management, patient’s and parent’s education

Afternoon:
Somatestesthesia, cortical control of movement stereotypes. Gross and fine motor control; somato-sensory aspects
Final questions and answers

Course Goals

Course attendees will have a clear understanding of:

- The basic principles of developmental kinesiology.
- Development during the first year of life: stabilization of the spine in the sagittal plane, development of the phasic movements coupled with trunk rotation.
- Principles of early paediatric screening: postural activity, postural reactions, primitive reflexes
- The relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- The reflex consequences following central neural programs during the first year of life.
- Functional stabilization of the spine
- Correction of poor stereotypical respiration.
• New terminology such as functional joint centration and decentration, stabilization, punctum fixum. In addition, posture will be discussed from a developmental point of view.
• The most important principles of reflex locomotion: Locomotor patterns, stepping forward and support function, support/stimulating zones.

With the above knowledge, the attendee should be able to clinically apply these principles for:

• Functional assessment of babies and children to recognize signs of possible abnormal development
• Treatment of functional pathology of the locomotor system resulting from poor early development.
• Treatment of functional pathology of the locomotor system, where the deep stabilizing system of the spine plays a crucial role.

Leading Course Instructor

Martina Jezkova, DPT

Martina Jezkova has been involved in the international instruction program of Prague School myoskeletal techniques including Dynamic Neuromuscular Stabilization according to Kolar (DNS) since 2002. She has 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” as well as with Prof. Pavel Kolar, the founder of the Dynamic Neuromuscular Stabilization.

Dr. Jezkova has completed an 8-week course in Reflex Locomotion according to Vojta and became certified Reflex Locomotion practitioner. She has over 10 years of clinical experience studying from and working with Professor Pavel Kolar, becoming highly skilled in his techniques. Dr. Jezkova has also completed other “Prague School“ courses such as Klapp crawling based on development kinesiology and Diagnosis and Therapy according to Ludmila Mojžišová

Dr. Jezkova is active staff member of the Rehabilitation Clinic, University Hospital Motol, 2nd Medical Faculty, Charles University in Prague, where Professor Kolar serves as the head of the Rehabilitation Clinic and also of the Physiotherapy School. She serves as instructor in rehabilitation to both medical and physiotherapy students at Charles University. Dr. Jezkova has instructed Dynamic Neuromuscular Stabilization (DNS) according to Kolar in the Czech Republic, Denmark, France, England, Slovenia, USA and Australia.
Author of the DNS concept

Prof. Pavel Kolar, PaedDr., Ph.D.

Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojte and Vladimir Janda, profoundly influenced him in his approach. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. This is the largest hospital in Central Europe. He also acts as an adviser to the Director of the Hospital.

As Director of the Rehabilitation Department, Professor Kolar oversees the following:
1. The Rehabilitation Unit for adult patients, both outpatients and in-patients.
2. The Rehabilitation Unit for children
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit
5. The School of Physiotherapy

Professor Kolar is renowned for his work in rehabilitation, in addition to his treatment of celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Davis Cup tennis teams and national ice hockey teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling the President’s personal clinician when he went abroad. Because of the profound influence of DNS to rehabilitation in the Czech Republic, Professor Kolar was awarded the prestigious "Presidential Award for Professional Excellence" by Czech President Vaclav Klaus in 2007.

Professor Kolar is currently directing an extensive research project in his department concerning developmental kinesiology and its application in early diagnosis of central nervous system disorder in newborns and infants. Using developmental kinesiology in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying postural activity of the diaphragm and conservative treatment of radicular pain syndromes. In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: “Dynamic MRI and spirometric analysis of diaphragmatic activity.

Professor Kolar is also a member of interdisciplinary team at the Orthopedic Unit at the hospital. This concerns evaluation of children suffering from cerebral palsy and poor posture resulting in orthopedic deformities and indications for surgical treatment. His work is highly appreciated by orthopedists, who consider his opinion to be very important for surgical indications.

Professor Kolar has taught his methods in Europe, North America, Asia and Australia. In 2009 Dr. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.