

Introduction to Dynamic Neuromuscular Stabilization According to Kolar (DNS): From the Prague School of Rehabilitation

The nervous system establishes programs that control human locomotion, which is comprised of posture and movement. This 'motor control' is largely established during the first critical years of life. The "Prague School" emphasizes neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes.

The "Prague School" of Rehabilitation and Manual Medicine was established by key neurologists/physiatrists, all of whom were giants in the 20th Century rehabilitation movement: Professors' Vaclav Vojta, Karel Lewit, Vladimir Janda, and Frantisek Vele.

Based upon the groundbreaking neurodevelopmental and rehabilitation principles described by these mentors, Pavel Kolar has organized the next generation of clinical protocols that are designed to restore and stabilize locomotor function. This new rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS).

Learning objectives:

- Demonstrate an understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life
- Describe the relationship between development during the first year of life and pathology of the movement system in adulthood.
- Evaluate and correct poor respiratory patterns
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Integrate corrective exercises based on the DNS functional tests and developmental positions. Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education.

Target Audience

- **Chiropractors**
- **Osteopath**
- **Physiotherapists/Sports Therapists**
- **Sports Massage Therapists min level 4 with minimum 3 years of practice**
- **Rehabilitators**



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Dr Kobesova is the Assistant Academic Director of the Rehabilitation Clinic, the 2nd Medical School and also the Physiotherapy School, Charles University, Prague. She is an instructor of neurology and also of Physical/Manual medicine and rehabilitation. Dr Kobesova organizes and teaches courses for international groups of clinicians who travel to the Czech Republic to study the "Prague School" methods, Especiall Dynamic Neuromuscular Stabilization approach. (www.rehabps.com).

Booking Info

The Massage Training School
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DATES

19th & 20th May 2012

COURSE FEE

£255 (£100 deposit)

ENROLMENT FORM

*To be sent with deposit to The Massage Training School 51, Imperial Road Exmouth EX8 1DQ -
cheques payable to "The Massage Clinic"*

FULL NAME :

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WHERE DID YOU HEAR ABOUT THE WORKSHOP?

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