

DYNAMIC NEUROMUSCULAR STABILIZATION

Basic Course B (3 days: 20 contact hours)

ESO, Maidstone, UK

January 28-30, 2011

Instructors:



Assoc. Professor Pavel Kolar, PaedDr., Ph.D.

Professor Pavel Kolar is a physiotherapist who serves as the Director of the Rehabilitation Department at the University Hospital Motol School of Medicine, Charles University in Prague, Czech Republic and also has an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia. He is the founder of Dynamic Neuromuscular Stabilization, a “cutting edge” approach in diagnosis and treatment of musculoskeletal and neurological disorders including cerebral palsy. Professor Kolar has taught DNS in Europe, North America, Asia, Australia and New Zealand. He is also the appointed team clinician for the Czech sport teams.



Alena Kobesova, MD, Ph.D.

Dr. Kobesova is a neurologist and physiatrist who serves as the Assistant Academic Director of the Rehabilitation Clinic, the 2nd Medical School and Physiotherapy School at Charles University, Prague. Dr. Kobesova also has an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia. She is a certified instructor in Manual Medicine in the Czech Republic and has studied extensively with Professor Karel Lewit and Associate Professor Pavel Kolar. Dr. Kobesova has been organizing and instructing international manual medicine and rehabilitation courses, including Kolar’s Approach to Dynamic Neuromuscular Stabilization (DNS) since 2000.

WHO SHOULD ATTEND

Physiatrists, Pediatricians, Neurologists, Residents, Physical Therapists, Physical Therapist Assistants, Occupational Therapists, Occupational Therapy Assistants, and Chiropractors who have already completed DNS course "A".

COURSE OBJECTIVES

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review and introduction to more advanced theory.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Demonstration of babies: Be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies.
- Demonstration of adult patients with pain in the locomotor system – stabilization assessment and treatment strategy.
- Postural analysis & testing of integrated spinal stabilization system– review of Course A tests and introduction to additional advanced tests.
- Reflex locomotion: Review of 1st phase of reflex turning and reflex creeping
- Introduction to 2nd phase of reflex turning and 1st position
- Integration of corrective exercises based on newly taught DNS functional tests and RL positions.
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice.
- To optimally prepare participants for the next level of training (Course “C”)

AGENDA : TENTATIVE SCHEDULE

day1&2: 9.00 - 17.00

day 3: 9-00 - 15.00

Day 1

Morning:

Review: Basic principles of developmental kinesiology & Ontogenesis

Review: Stabilization of Spine, Trunk and Pelvis in Sagittal Plane, Breathing Stereotype (ideal and pathological models). Video demonstrations

Afternoon:

Demonstration: Assessment of Babies

DNS tests demonstration & workshop

Day 2

Morning:

Reflex locomotion: Review of 1st phase of reflex turning and reflex creeping

Hands on workshop

Afternoon:

Reflex locomotion: 2nd phase of reflex turning and 1st position

Case presentation: Assessment of Adults

Day 3

Morning:

Active DNS Exercise Based on Developmental & Reflex Locomotion Positions:

Review of lower positions demonstrated in course "A".

Demonstration: "Higher" and more advanced positions

Afternoon:

DNS active exercise: hands on workshop

Case presentation: Assessment of Adults

DNS CERTIFICATES

A Certificate of ATTENDANCE will be awarded by Prague School

OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee of 100 Euros.

The test will consist of an **analysis of babies at various developmental stages. A video CD will be given to the participant for analysis.** Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

For more info about the DNS educational track please visit:

http://www.rehabps.com/REHABILITATION/Structure_course_A-D.html