Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Basic Course "A"

Contact Hours: **18**

Course date:
July 9 - 11, 2021

Location:
Designed 2 Move
Rondweg 15
5406 NK Uden
Netherlands

Instructor:
Zuzana Suzan, MPT

Organizer:
Designed 2 Move
mark@designed2move.nl
https://www.designed2move.com

www.rehabps.com

Tentative Course Program

Day 1 Friday – July 9, 2021

9.00 – 10.30	Developmental kinesiology, ontogenesis – basic principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Developmental stages in the 1st year of life – physiological & pathological development.
12.30 – 13.30	Lunch.
13.30 – 15.00	Stabilization of spine, trunk and pelvis in sagittal plane, breathing stereotype (ideal and pathological models).
15.00 – 15.15	Coffee break.
15.15 – 17.00	Stabilizing system of the spine: DNS postural tests – assessment principles.

Day 2 Saturday – July 10, 2021

9.00 – 10.30	Basic postural stabilization assessment and treatment principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Postural stabilization: basic supine positions corresponding with developmental positions: assessment and treatment/self-treatment principles: theory and demonstration.
12.30 – 13.30	Lunch.
13.30– 15.00	Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop.
15.00 – 15.15	Coffee break.
15.15 – 17.00	Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop.

Day 3 Sunday – July 11, 2021

8.30 – 10.30	Postural stabilization: basic prone positions corresponding with developmental positions – theory and demonstration: assessment and treatment/self-treatment principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Postural stabilization: basic prone positions corresponding with developmental positions: hands on workshop.
12.30 – 13.30	Lunch.
13.30 – 15.00	Postural stabilization: demonstration of higher positions corresponding with development 3-14 months: intro to DNS course B. Final discussion.

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=1582

Course Goals and Description

- Improve understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life
- Identify and describe key milestones in human development
- Introduce the three level of sensorimotor control in functional assessment and treatment
- Demonstrate the relationship between development during the first year of life and pathology of the locomotor system in adulthood
- Introduce new terminology pertinent to rehabilitation such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine
- Define ideal postural stabilization from a developmental perspective: intra-abdominal pressure regulation, dual role of the diaphragm in stabilization and respiration, stabilization via co-contraction
- Identify common stereotypes of faulty postural stabilization ("open scissors syndrome", forward drown posture, backward drown posture, "hour glass syndrome")
- Explain and demonstrate biomechanics of undifferentiated, ipsilateral and contralateral postural-locomotion patterns; closed and opened kinematic chains, stepping forward and supporting function
- Evaluate and correct poor respiratory patterns
- Demonstrate the correlation between poor respiration patterns and functional pathology of the locomotor system
- 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: exercise in undifferentiated static positions; position transfer during locomotor function; exercise progression using unstable surfaces; increased difficulty of the exercises utilizing resistance, dual tasking and other challenges
- Clarify how DNS corrective exercises can integrate with other exercise strategies
- Cover the basics of application of DNS concept in sport training
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education
- Optimally prepare students for the next level of training (Course "B")

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 50 Euros.

The DNS A test is completely automatic and on line. As soon as you register, you will receive a unique link to start the test. The test is designed to sharpen your understanding and reinforce the concepts of DNS to make you a better trainer, therapist or physician. The test is comprised of 50 multiple choice questions, including 10 picture questions. You can spend as much time as you want to take the test.

To pass the test you must answer 35 out of the 50 questions correctly. You will get a maximum of three attempts to pass the test. As soon as you submit your test, you will receive your results immediately both on the screen and they will be sent to you via email.

At the end of the course, a Certificate of Attendance will be awarded by local instructor.

REHABILITATION
PRAGUE SCHOOL

Certificate of Attendance

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS ATTENDED THE FOLLOWING COURSE WORK

DYNAMIC NEUROMUSCULAR STABILIZATION ACCORDING TO KOLÁŘ A DEVELOPMENTAL KINESIOLOGY APPROACH

COURSE LEVEL: **A**
LOCATION: **Los Angeles**
DATES: **January 28 - 30, 2012**
CONTACT HOURS: **18**

Signed .....
Assoc. Prof. Alena Kobesova, MD, PhD

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Rehabilitation Prague School
12PS1 / CATT A 18140

www.rehabps.com

Upon successful completion and passing of the DNS Test A, a Certificate of Achievement from Prague School of Rehabilitation will be awarded (electronic version by email).

REHABILITATION
PRAGUE SCHOOL

Certificate of Achievement

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH

COURSE LEVEL: **A**
LOCATION: **Los Angeles**
DATES: **January 28 - 30, 2012**
EXAMINATION: **September 21, 2017**

Alena Kobesova MD, PhD

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STABILIZATION
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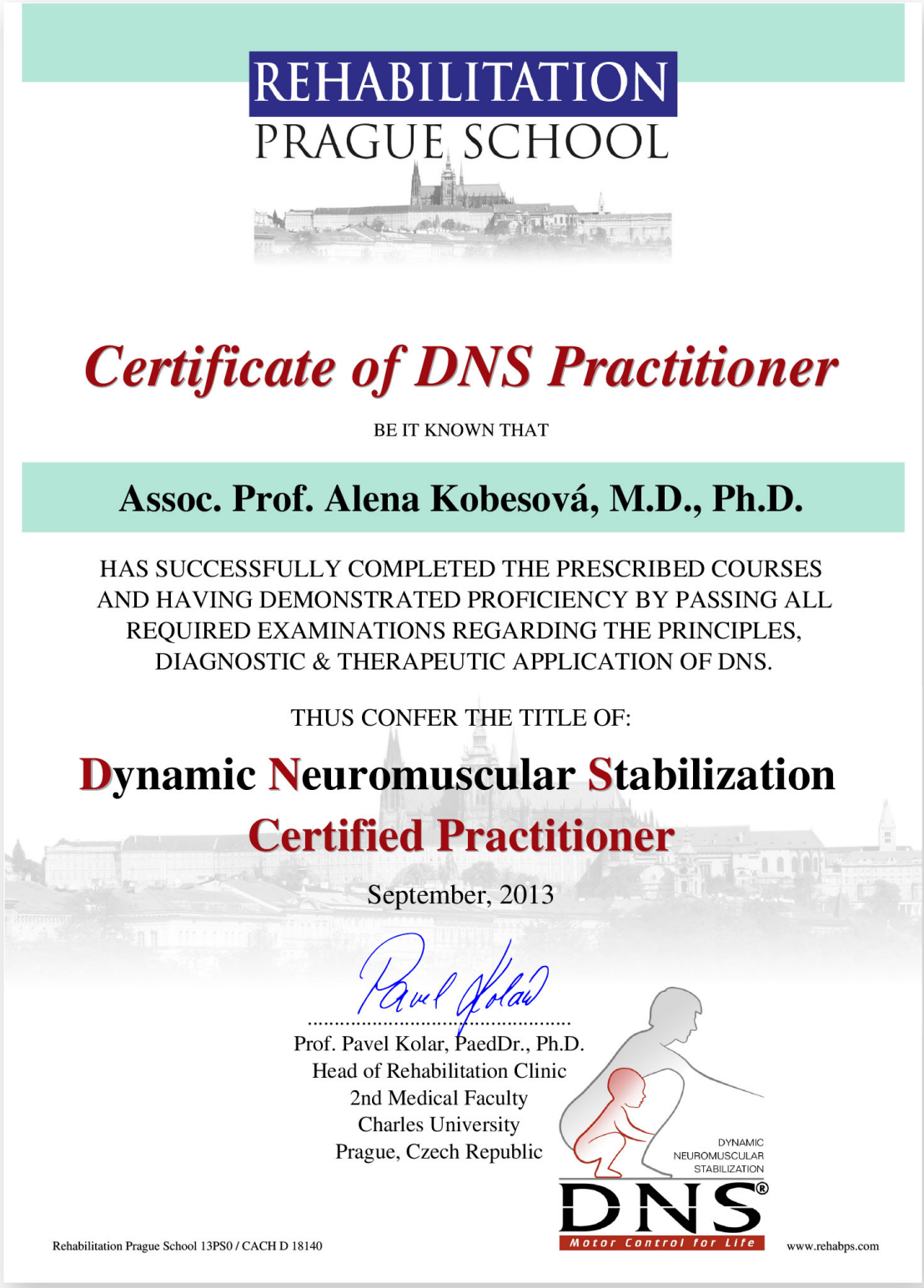
Upon successful completion and passing of the courses A-D and tests, a Certificate of DNS Practioner from Prague School of Rehabilitation can be awarded. You will be recognized as a Certified Practitioner in the Dynamic Neuromuscular Stabilization approach. After obtaining the final diploma, you can be listed among **DNS Certified Practitioners** on the website of the Prague School for a fee of 20 EUR for an unlimited period. You are required to take at least one DNS course every 3 years to retain your certification status.



REHABILITATION
PRAGUE SCHOOL

Certificate of DNS Practitioner

BE IT KNOWN THAT

Assoc. Prof. Alena Kobesová, M.D., Ph.D.

HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES, DIAGNOSTIC & THERAPEUTIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

Dynamic Neuromuscular Stabilization

Certified Practitioner

September, 2013

Prof. Pavel Kolar, PaedDr., Ph.D.
Head of Rehabilitation Clinic
2nd Medical Faculty
Charles University
Prague, Czech Republic

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Course Instructor

Zuzana Suzan, MPT

Zuzana is a physiotherapist at the Professor Kolar's private rehabilitation clinic: Centre of Movement Medicin Waltrovka, Prague, Czech Republic. She is a lecturer at Charles University, 2nd School of Medicine, where she teaches physical therapy to the students of the physiotherapy undergraduate program as well as to medical students.

Zuzana received her Master's Degree in Physiotherapy in 2003, Palacky University, Olomouc, Czech Republic. In 2006, she completed a course in Reflex Locomotion according to Vojta, focusing on the treatment of adult patients.

From 2003 to 2011, Zuzana worked as a full-time member of the rehabilitation staff at the Rehabilitation clinic, University Hospital Motol in Prague. She has extensive experience in functional assessment and the treatment of patients with neurological, musculoskeletal and orthopaedic diagnoses. She is also experienced with paediatric cases. She has worked with both the inpatient and outpatient departments at the Motol rehabilitation clinic, as well the Spinal Unit and Pain Management Centre.

Since 2013, Zuzana has been working at Professor Kolar's private rehabilitation clinic; "Centre of Movement Medicine". In her private praxis she focus on developing better movement strategies and treatment for Equestrians, being competitive rider herself.

Zuzana works closely under the mentorship of Professor Pavel Kolar, and is an expert in the Dynamic Neuromuscular Stabilization (DNS) approach. She has been teaching DNS since 2005, and has taught in the Czech Republic, Slovakia and numerous other European countries, as well as Asia and North and South America.

Author of the DNS concept

Professor Pavel Kolar, P.T., Paed. Dr., Ph.D.

Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojta and Vladimir Janda, profoundly influenced him in his evolution of DNS. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. He also acts as an adviser to the Director of the Hospital and serves as vice-dean of bachelor and master study at Second Medical Faculty, Charles University, Prague.

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: outpatient and inpatient.
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit.
5. The School of Physiotherapy.
6. Department of Sports Medicine.

Professor Kolar is renowned for his work in rehabilitation, in addition to his utilization of DNS methods to celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Soccer team, 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 and serving as 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. This award is typically reserved for those in their later years after many decades of significant contributions to society, while Professor Kolar's contribution of DNS earned him the coveted award while still in his early 40's!!

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. He and his trained therapists utilize DNS techniques in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying "stabilization and respiratory function of the diaphragm" and its relation to conservative treatment of back pain syndromes.

In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity". From 2009 to 2012 Prof. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar has taught DNS in numerous countries all over the world.

Professor Kolar resides in Prague with his wife and three children.