

# REHABILITATION PRAGUE SCHOOL



## Primary DNS Certified Instructors

Primary instructors are experienced clinicians who have studied under Professor Kolar. They have had extensive one-on-one training with Drs. Pavel Kolar and Dr. Kobesova, as well as Prague School physiotherapists.



Inger F. Villadsen

Prague School is proud to endorse and certify them to teach the basic principles of DNS in Course Levels A & B + Exercise Level I & II courses.

They will serve as co-instructors with Czech instructors for all other DNS C & Exercise III courses. Inger Villadsen has been a DNS Certified Instructor since 2007

## DNS Certified Exercise Trainers



Ciaran Lavers



Rebecca Williams

DNS Certified Exercise Trainers are Health, Fitness, and Sport Professionals who have satisfactorily completed the required DNS Exercise Training coursework consisting of DNS Exercise Courses I, II and III.

They have passed the practical testing associated with their training, and have demonstrated competency in both knowledge and skill execution in the application of the DNS Exercise assessment & training principles.

They have earned the title "Certified DNS Exercise Trainer" (DNSET) issued by the Prague School of Rehabilitation, Prague, Czech Republic

### Prague Registration Fee:

Each course also includes a fee charged by The "Prague School" of Rehabilitation and Manual Medicine. This fee goes toward DNS research, access to the school library, course notes & literature as well as registers the course participant officially, providing a certificate of attendance.

This is essential if one is seeking to complete the exams and become professionally qualified and recognized as a DNS practitioner.

There are two categories of DNS training:

### 1. Exercise

Exercise courses are designed to introduce DNS principles as it relates to exercise and fitness training. These courses are targeted towards Clinicians, trainers, coaches, body work therapists, exercise physiologists & kinesiologists. If you are interested in undertaking an exercise course, but do not fall into one of these categories, please contact us for further advice on participation.

Process of Certification for DNS Exercise Courses:

- After the completion of each course, a Certificate of ATTENDANCE will be awarded by local instructor (issued by the Prague School after receipt of registration fee).
- **DNS Exercise I**  
An online test can be taken after course completion; fee is payable to Prague School. (If not seeking to be certified, you can not take the test, but choose to simply proceed to Exercise II)
- **DNS Exercise II**  
An online test can be taken after course completion; fee is payable to Prague School. (If not seeking to be certified, you do not need to undertake the test, in order to proceed to the next level with course Exercise III)
- **DNS Exercise III**  
After completing DNS Exercise III, the DNS Trainer Practical Certification Test, may be taken to become a DNS Certified Trainer. A Prague instructor usually attends the course, and carries out the Practical Certification Testing. A fee is payable to Prague School for taking the practical test.

Additional Notes:

- 4-8 months of time to practice is required between Exercise I, II & III if student is taking only the minimum of these 3 courses for certification.
- To ensure adequate practice with clients, the practical test can only be taken one year after completion of the first DNS course (either DNS Exercise I or DNS A) and after passing an online test after Exercise II course.
- You may still choose to take DNS Exercise III prior to that 1-year span. However, if you wish to take the trainer certification practical test, you will have to re-take Level III again and sit for the practical test.
- When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee of 20 Euros. You are required to take at least 1 DNS course every 3 years to retain your certification status.

### 2. DNS A – D Courses

These DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These DNS courses are for licensed health professionals (MD, DO, PT, DC, OT, ATC, massage therapists). In addition, the organizer reserves the right to limit the audience to certain groups of professionals.

As with all other clinical academic tests, DNS tests are given with specific parameters. You have 8 weeks from that date you receive a test to return it to your course instructor. Any tests received after 8 weeks will be considered an incomplete/non-pass.

Another test fee, the same amount as paid for the test initially, must be paid in order for the instructor to proceed with test grading and subsequent certification. You must provide your e-mail address, phone number and mailing address on the returned test or it will not be accepted for grading. Non-licensed health/medical professionals are not eligible to take this test.

Process of Certification for DNS A – D Courses:

- After the completion of each course, a Certificate of ATTENDANCE will be awarded by local instructor (issued by the Prague School after receipt of registration fee).

- **DNS A**

After completing the course, participants who are seeking to become a certified practitioner can take an exam for an additional fee of 50 Euros.

The DNS A test is completely automatic and online. As soon as you register, you will receive a unique link to start the test. 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. 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. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.)

If not seeking to be certified, you do not need to undertake the test, in order to proceed to the next level (DNS B)

- **DNS B**

After completing the course, participants who are seeking to become a certified practitioner can take an exam for an additional fee of 100 Euros.

The test will consist of an analysis of babies at various developmental stages, with a web link to view videos being mailed to you for analysis. Participants are required to return the test to the DNS 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.

If not seeking to be certified, you do not need to undertake the test, in order to proceed to the next level (DNS C)

- **DNS C**

After completing the course, participants who are seeking to become a certified practitioner can take an exam for an additional fee of 100 Euros.

The test will consist of an analysis of adult patients. A link to view the videos will be sent to participant for analysis. Participants are required to return the test to the DNS 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.

If not seeking to be certified, you do not need to undertake the test, in order to proceed to the next level (DNS C)

- **DNS D**

This course is undertaken in Prague. Eligible participants will be recommended by DNS instructors to the Admissions Committee for consideration, and invited to attend.

Approved applicants must meet the following criteria for participation in Course D:

- Completion of A – C courses and at least two additional DNS workshops. The additional DNS workshops may include repeated A-C courses, DNS skills review sessions, DNS special workshops e.g sports performance, neurological disorders, pediatrics, etc.
- Receipt of Certificates of Achievement in Courses A, B & C
- Application for Course D must take place no earlier than three years and no later than seven years, following completion of Course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during A Certificate of ATTENDANCE will be awarded by Prague School of Rehabilitation

EXAMINATION to be recognized as a CERTIFIED DNS PRACTITIONER has an examination fee of 200 Euros (included in the D course price)

The test will consist of a written exam and practicum. Knowledge, observational & manual skills will be evaluated on an on-going basis throughout the course by the instructors. A written exam will be given to the participants after the conclusion of the course. The written exam should be completed and submitted back to Prague School.

Upon successful completion and passing of the course D and tests, a Certificate of DNS PRACTITIONER from Prague School of Rehabilitation will be awarded.

You will be recognized as a CERTIFIED PRACTITIONER in the Dynamic Neuromuscular Stabilization approach.

Being a Certified DNS Practitioner:

When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee of 20 Euros. You are required to take at least 1 DNS course every 3 years to retain your certification status.

Further Benefits Include:

- Updated information or articles/research pertaining to DNS
- Advanced practice sessions with Prague physiotherapists
- Special advanced courses with Professor Kolar and/or Prague PTs.