

DNS EXERCISE I

Exercise Course for Health Care & Exercise Professionals



Introduction

Emerging research has proven the existence of the deep or core stabilizing muscles and their impact in controlling safe joint motion. This is especially true for the joints of the spinal column, where the complexity of the biomechanical and neurophysiological demands is phenomenal.

The “Prague School” of Rehabilitation and Manual Medicine was established by key neurologists/physiatrists, their in-depth research has organized clinical protocols that are designed to facilitate the capacity to restore and stabilize locomotor function.

This innovative rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS).

DNS Exercise Part I is designed to introduce DNS principles as it relates to exercise and fitness training.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

This course is targeted towards Clinicians, trainers, coaches, body work therapists, exercise physiologists & kinesiologists.

The organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer if you are part of a group not listed above.

Course Objectives

- Demonstrate an understanding of the basic principles of developmental kinesiology.
- Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
- Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.
- Evaluate and correct 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 in supine, prone, low kneeling, oblique sit, and quadruped global movements.
- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies.
- DNS Exercise I is a two day course. CPD Hours = 12.

For further information:

<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Cover the basics of application of DNS principles as it relates to exercise and fitness training.
- Provide basic clinical exercises for clinicians to better integrate the DNS approach in their regular practice.
- Optimally prepare students for the next level of training (Exercise Course Part II)



DNS

This DNS Exercise Part I course is designed to examine the fundamental human movement and apply the appropriate stabilizing exercises in order to enhance functional performance.

Inger Villadsen

D.C. M.SC (CLIN EPI) POSTGRAD DIP. NMS REHABILITATION

Dr. Inger Villadsen, a chiropractic graduate from Odense University and the Anglo European College of Chiropractic in Bournemouth, England (1985), continues to practice full-time in Australia. Her current focus is on Dynamic Neuromusculoskeletal Stabilization as a clinical tool to evaluate and manage all patient encounters, with the goal of empowering patients to actively change their circumstances. Furthermore, she is engaged in performance training using the DNS principles for elite athletes and performers.

Dr. Villadsen has been a certified DNS instructor since 2007, lecturing and supporting Prague School instructors in DNS courses and workshops across Australia, Japan, Europe, China, India, and North America. She is dedicated to expanding the understanding of DNS methods and contributing to the associated body of knowledge.

DNS Australia was founded in 2018 and has grown over the years to offer all levels of DNS workshops.



Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor

CERTIFICATION IN DNS EXERCISE COURSE

To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course (either DNS Exercise I or DNS A). 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 test. Also, completing an online test after DNS exercise II is a prerequisite for taking the practical test at DNS Exercise III course.

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.

Course Program

DAILY PLAN	8.30am - 9.00am	Registration (Saturday only)
	9.00am - 10.30am	Seminar/workshop
	10.30am - 11.00am	Break
	11.00am - 12.30pm	Seminar/workshop
	12.30pm - 1.30pm	Break
	1.30pm - 3.00pm	Seminar/workshop
	3.00pm - 3.30pm	Break
	3.30pm - 5.00pm	Seminar/workshop

COST:

Will be advised on website, when course is advertised, please note there is an additional fee of 80 Euros charged by the Prague School of Rehabilitation, which facilitates the certification and contributes towards research. (Website link displayed on registration page)

REGISTRATION:

Available online at www.dnsaustralia.com

CANCELTION & REFUNDS:

Cancellation must be forwarded to DNS Australia by email, cancellation requests will be refunded less a \$50 admin fee. Refunds will be given for cancellation received up to one week before course commences.

DNS Australia are not responsible for any airfares or other expenses incurred, should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the workshop registration fee would be issued. DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop.