

DNS EXERCISE III

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 III also offers optional practical testing of the participant’s skills to achieve Certified DNS Exercise Trainer Diploma.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

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

DNS A and/or DNS exercise I and preferably II need to have been completed, in order to attend DNS III

Course Objectives

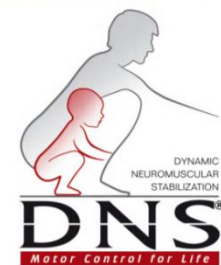
- Review the physiological framework for the DNS principles.
- Detailed definition of optimal postural stabilization, stepping forward (reaching, grasping, kicking) and supporting (taking off) function.
- The most common painful syndromes in various types of athletes, pathology in:
 - shoulder girdle (rotator cuff, biceps tendinitis)
 - elbow problems (epicondylitis)
 - pelvic girdle (hip joint & groin issues)
 - knee (ACL injury, meniscus lesions, jumper's knee)
- Case studies
- Examples of the most common sports and how to apply DNS principles based on the Discuss & demonstrate DNS exercises for specific sport techniques:
 - running/sprinting,
 - throwing sports (Baseball, Tennis, Basketball etc)
 - kicking/soccer
 - swimming, cycling, golf.
- DNS Exercise III is a three day course. CPD Hours = 18.

For further information:

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



- Cover the application of DNS principles as it relates to exercise and fitness training.
- Providing clinical exercises for clinicians to better integrate the DNS approach in their regular practice.
- Optional practical testing of the participant's skills to achieve Certified DNS Exercise Trainer Diploma.



Dynamic Neuromuscular Stabilization according to Kolar

DNS

This DNS Exercise Part III course is designed to examine how to apply DNS principles & exercises for specific sport techniques, in order to enhance functional performance.

Petra Valouchova

P.M.T., PhD



Petra graduated with a Master's degree from the Department of Physical Therapy at Palacky University in Olomouc in 1998. She specializes in locomotor system dysfunction rehabilitation. She achieved her Doctorate in Kinanthropology with a focus on Biomechanics in 2001. Her main interest is biomechanics and the kinematic analysis of gait.

Since 2002 Petra worked as a physical therapist at the Rehabilitation and Sport Medicine Department at the Motol University Hospital in Prague. She treats adults and children with movement impairments caused by neurological, orthopaedic and traumatic disturbances.

Petra is also a university lecturer of physical therapy and general medicine at the Charles' University Medical School. Her lectures include Sports Medicine, Biomechanics, Bobath Concept and Vojta Reflex Locomotion methods. She has also specialized in surface electromyography assessment and has published several articles regarding surface electromyographical studies.

Petra works closely under Professor Pavel Kolar's supervision, she is an expert in Dynamic Neuromuscular Stabilization and a certified Instructor since 2002.

Inger Villadsen

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

Inger was born in Denmark and studied chiropractic at Odense University and the Anglo European College of Chiropractic in Bournemouth, England graduating in 1985.

After working for three years in Europe, Inger migrated to Australia and commenced private practice in 1988.

Her practice, Nineways Chiropractic Clinic is where she is a practitioner addressing functional rehabilitation in chronic pain patients, particularly focusing on elite sports performers.

Inger is dedicated to disseminating a greater understanding of DNS methods and contributing to the associated body of knowledge.

She has been a certified DNS instructor since 2007, lecturing and/or supporting Prague School instructors in DNS courses and workshops in Australia, Japan, Europe, China, India and North America.



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).

If you wish to take the trainer certification practical test, completing 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 (Friday 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

CANCELLATION & 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.