

# DNS RUNNING

Sports Specific Course for Exercise Professionals

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## Introduction

DNS is a contemporary and rapidly expanding approach that is being embraced by clinicians, coaches and sports trainers both internationally and domestically.

DNS utilises the principles of developmental kinesiology in training programmes to optimise global motor patterns thereby enhancing human movement and sports performance.

This course addresses exercises in higher developmental positions – specifically applicable modifications for runners enhancing their training of body awareness. Specific DNS exercises are discussed, demonstrated and taught for this particular sport, in this case running

## PARTICIPATION REQUIREMENTS

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### 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 Running.

# Course Objectives

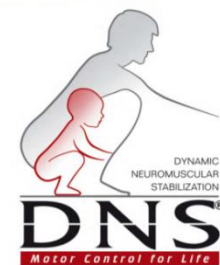
- Development kinesiology aspects for ideal stereotype of running and other sports performance.
- Biomechanics of gait and the running cycle.
- The role of the diaphragm during aerobic exercise; dual postural-respiratory diaphragmatic function.
- The extremities functional differentiation for running – stepping forward and supporting function for the contralateral pattern of running.
- DNS Exercise positions to train core stabilisation as a prerequisite of the ideal running stereotype.
- Biomechanical and developmental kinesiology principles for foot centration and foot orthotics and selection of optimal shoes for different types of running.
- The most frequent types of musculoskeletal dysfunction resulting from non optimal running stereotype and poor methodology of training: plantar fasciitis, Achilles tendonitis, knee pain, hip pain, low back pain.
  
- DNS Running is a two day course. CPD Hours = 12

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.
- Stretching and coordination exercises from the developmental perspective in order to get ready for running: educating the runner.



Dynamic Neuromuscular Stabilization according to Kolar

## DNS

This DNS Running course is designed to examine how to apply DNS principles & exercises for ideal stereotype of running and other sports 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

## Course Program

DAILY PLAN	8.30am - 9.00am	Registration (First Day 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](http://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