

DNS EXERCISE FLOW

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 Flow is a refresher course, covering the various postures & positions learned in Exercise I & II / DNS A & B.

PARTICIPATION REQUIREMENTS

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PRAGUE SCHOOL OF REHABILITATION

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

You need to have completed Ex I & II or DNS A & B.

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

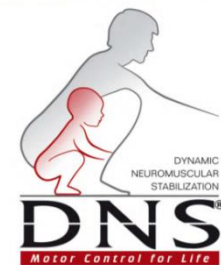
- A refresher course, designed to review and refine the developmental sequence in order to enhance the individual's skill set & knowledge base.
- Covering individual active exercises / developmental positions, both prone and supine.
- Work on the transitions, improving the quality of the flow and sequencing of the different positions, with and without weight, including positions and transitions for stretching.
- Work through random sequences focusing on variability of movement such as the Czech Get Up.
- Integration of DNS concepts and principles into Klapp Crawling exercises.
- DNS Exercise Flow is a two day course. CPD Hours = 12.

For further information:

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



- Cover the application and flow to transitional movements between individual posture & positions
- Practicing the 'Czech Get Up' original positions, position modification incorporating the important DNS principles, focus especially on the support zones
- Optimally prepare students for the next level of DNS training



Dynamic Neuromuscular Stabilization according to Kolar

DNS

This course covers the transitional movements between individual positions, as well as, the training of the entire verticalization process known as "DNS Movement Flow".

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 (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.