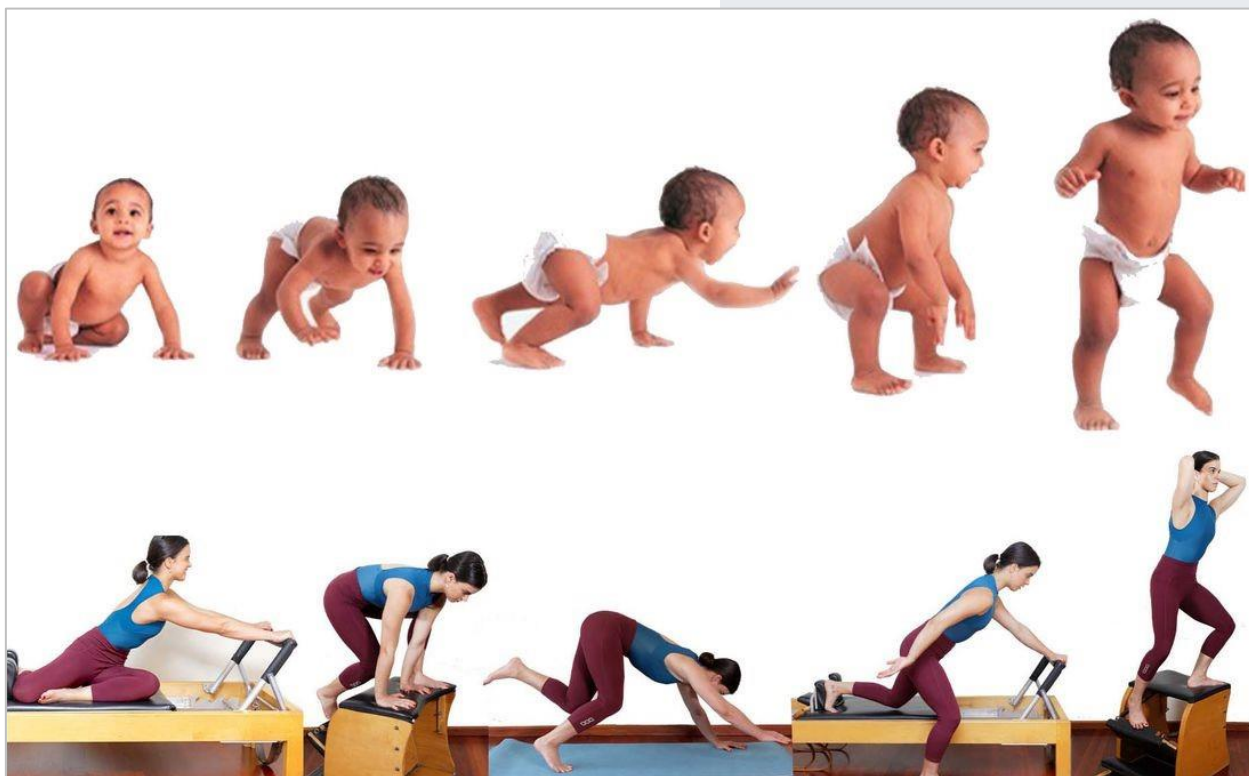


DNS EXIII- PILATES

Exercise Course for Pilates & Exercise Professionals



Introduction

Dynamic Neuromuscular Stabilisation (DNS) is a ground-breaking approach to optimising movement. It is based on Developmental Kinesiology, the science of how movement patterns develop from birth through the Central Nervous system (CNS). In the first year of life, a baby progresses through movement milestones – rolling over, sitting, crawling, standing, squatting etc.

These milestones build healthy joints, ideal posture and ideal movement patterns. As we mature, we develop bad habits that override these ideal patterns. DNS allows us to tap into the CNS and rebuild the foundations, stabilising and optimising movement for maximum performance.

Presented by Inger Villadsen with Chris Lavelle, this Pilates specific course teaches the principles and practices of the DNS method, including simple but powerful assessment and programming tools. We cover all the developmental “milestone” positions and transitions and their Pilates equivalents.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

This course is tailored explicitly for Pilates instructors, integrating the concepts and exercises of DNS into the Pilates exercise system.

DNS Exercise I and II need to have been completed, in order to attend this DNS III Pilates Based course.

Course Objectives

- Practice and instruct Sagittal Stabilization (SS), undifferentiated and differentiated movement patterns in DNS and Pilates with specific attention to ideal respiration, relaxation in muscle activation, joint centration and isolated movement in all joints.
- Discuss the impact of long term muscle imbalance and faulty movement in daily life and in Pilates exercise classes.
- Description of common imbalances, dysfunctions and degenerative conditions of the upper extremity, lower extremity and spine.
- Analysis of spine and pelvic dysfunctions, including non- specific lower back pain. Analysis of upper extremity dysfunctions, including rotator cuff, impingements, tendinitis, epicondylitis.
- Define neutral position of scapula on chest, physiological scapulo- humeral rhythm and how these influence the dynamic function of the gleno-humeral joint, cervical spine thoracic spine.
- Detailed analysis of lower extremity dysfunctions including groin pain, FAI, ACL injury, meniscus lesions, foot disorders.
- Define neutral position of the hip joint and the importance of maintaining isolated movement of the hip to lumbar and thoracic spine and the alignment of diaphragm and pelvic floor
- Analysis and practice of how DNS and Pilates exercise systems can be utilised to correct muscle imbalances and movement dysfunctions with emphasis on correct direction of muscle pull.
- Integration of DNS corrective exercise principles within Pilates exercise programming, with attention to musculoskeletal dysfunctions and injuries. DNS Exercise III Pilates is a three day course.



- Cover the application of DNS principles, tailored explicitly for Pilates instructors and integrate the concepts and exercises of DNS into Pilates exercises on the floor and Pilates machines.
- Exercises to improve body awareness, movement control, coordination and range of motion..
- Optional practical testing of the participant's skills to achieve Certified DNS Exercise Trainer Diploma, and be listed on the Prague School international website as certified DNS Exercise Trainers



Dynamic Neuromuscular Stabilization according to Kolar

DNS

This course focuses on using DNS concepts in Pilates to address common injuries, pathologies and postural dysfunctions. Discussing the impact of long-term muscle imbalance & faulty movement patterns, learning how to approach common imbalances, dysfunctions, degenerative conditions of the upper extremity, lower extremity, & spine.

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.

Chris Lavelle

Bachelor of Applied Science, Pilates teacher, Certified DNS Exercise Trainer



Christine began her Pilates Instructor training with Pilates Inc. in 1996. She has been a certified Pilates Instructor since 1998 (Pilates Inc., Romana's Pilates). By historical lineage, she is classified as a 2nd generation Pilates Instructor, having completed her training with Pilates Elder, Romana Kryzanowska. Christine studied with and taught alongside Romana in her training centre in New York in 1998/99 and continued to study with her until her retirement.

Christine has managed and taught in her own Pilates studio from 1999 to date. She was awarded teacher trainer status with Romana's Pilates in 2005. Christine commenced studying Dynamic Neuromuscular Stabilisation (DNS) with The Rehabilitation Prague School in 2013 and became a certified DNS exercise instructor in 2014.

Christine is a Principal Trainer member of the Pilates Alliance of Australasia (PAA) and also served as a Vice President on the PAA board for 9 years. Christine is passionate about sharing DNS with the Pilates community as she has experienced the power of the work when integrated into Pilates in her own and her client's bodies.

Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor

DNS EXERCISE TRAINER CERTIFICATION

Participants can attain certification with the esteemed Prague School of Rehabilitation by attending all three parts of the exercise stream and completing the Prague schools written and practical assessment. Each part of the training is also PAA approved for 15PDP's.

You will have the opportunity to take your practical test during Part 3 of the training. If you wish to do so, please make sure you have completed and passed the online component of the test before attending Part 3. You can access the written test through your Prague School online account.

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 three years to retain your certification status.

Course Program

HOURS:

Friday 26 th April	10am - 6.30pm
Saturday 27 th April	9am - 6pm
Sunday 28 th April	9am - 5pm

COST:

\$1265, includes GST and the compulsory Prague School registration fee of Euro 80 (AU\$130)

REGISTRATION:

Available online at <https://vitalmovement.com.au>

LOCATION:

512 New South Head Rd, Double Bay, NSW

Google Map Link Below:

<https://www.google.com/maps/place/512+New+South+Head+Rd,+Double+Bay+NSW+2028/@-33.8749113,151.2464477,17z/data=!3m1!4b1!4m6!3m5!1s0x6b12adc33cf26d4d:0x5345693761334b64!8m2!3d-33.8749113!4d151.2464477!16s%2Fg%2F11bw3g3w0y?entry=ttu>