

DNS ADVANCED MSK

Clinical Course for Registered Practitioners



Introduction

This DNS Advanced course focuses on more complex clinical management explanation for clinicians to integrate more advanced DNS protocols into regular practice.

Covering advanced case assessment & treatment demonstration, along with follow-up discussions with the instructor regarding findings and rationale for techniques utilised.

Julia Demekova will join from the Prague School of Rehabilitation, presenting with Inger Villadsen to establish attendee individual goals (DNS understanding & skills) for participants.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

DNS A, B & C should be completed prior to this course.

DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics.

These courses are limited to licensed health professionals (MD, DO, PT, DC, OT, ATC, massage therapists).

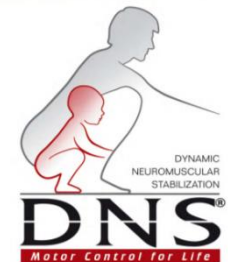
In addition, the organizer reserves the right to limit the audience. Please check with the organizer.

Course Objectives

- Lumbar and pelvis spine specific DNS tests - L spine anatomy review. Recognize physiological & pathological movement stereotypes/patterns
- Evaluate posture, integration stabilization system and respiration stereotype in the context of the L spine disorders
- Perform key dynamic tests to determine the integrity of the ISS to stabilize lumbar spine, pelvis, and hip
- Lumbar spine , pelvis and hip joint specific DNS therapeutic procedures
- Kinesiological aspects of movement patterns, and anticipatory planned movements for the L spine
- Demonstrate ideal pattern of sagittal stabilization and breathing stereotype using developmental kinesiology and reflex approach
- Advanced case assessment & treatment demonstration, with follow-up discussion with the instructor regarding findings and rationale for techniques utilised.
- The course will be a combination of lecture, demonstration Patient examples, various live case studies and work shopping.
- DNS Advanced is a three day course. CPD Hours = 18.
For further information:
<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- ❖ Demonstrate active exercises that are based on developmental postures to stabilize lumbar spine, pelvis and hip ideally
- ❖ Combine exercises in the developmental positions with verbal and manual instructions in order to achieve: functional joint centration, optimal sagittal stabilization of the spine, pelvis, and hip joint.
- ❖ DNS based mobilization techniques for the L spine and hip joints



Dynamic Neuromuscular Stabilization according to Kolar

DNS ADVANCED

This course is a collaborative event, presented by Inger Villadsen + Julia Demekova from the Prague School of Rehabilitation. Focus is on clinical assessment and corrective therapy application skills in this advanced DNS workshop.

Julia Demekova

MPT



Julia Demekova MPT is a 2007 graduate of Palacky University in Olomouc in the Czech Republic. Since 2009, Julia has practiced at the Clinic of Rehabilitation and Physical Medicine in the Faculty Hospital in Motol in Prague, under the supervision of Professor Pavel Kolar.

In 2011, Julia became a certified instructor in DNS: the first and only instructor from Slovakia. In addition to this, during this time she studied the methods of Professor Karel Lewit.

Julia has wide experience with the treatment of neurological, musculoskeletal and orthopedic patients: she worked in a spinal cord injury unit since 2009 until 2015. She still treats both adults and children with a variety of diagnoses.

Julia has been an instructor in the DNS concept since 2011, and has taught clinical, sports medicine and paediatric courses in a variety of countries in North and South America, Europe UAE, Turkey and Asia. She works as a physiotherapist of the Rehabilitation Department at the University Hospital Motol in Prague.

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

OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee of 100 Euros.

The test will consist of an analysis of adult patients. A link to view the videos will be sent to participant for analysis. Participants are required to return the test to the DNS instructor within a month after the course. May only re-take the test 3 times. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

Course Program

Day 1 –	1st case	Cervical Spine
	9.00-10.30	Theory pertaining to the case presentation
	11.00-12.30	Patient exam and functional assessment followed by treatment and exercises
	2nd case	Lumbar Spine
	13.30-15.00	Theory pertaining to the case presentation
	15.30-17.00	Patient exam and functional assessment followed by treatment and exercises
Day 2 –	3rd case	Shoulder Joint
	9.00-10.30	Theory pertaining to the case presentation
	11.00-12.30	Patient exam and functional assessment followed by treatment and exercises
	4th case	Hip Joint
	13.30-15.00	Theory pertaining to the case presentation
	15.30-17.00	Patient exam and functional assessment followed by treatment and exercises
Day 3 –	5th case	Hand
	9.00-10.30	Theory pertaining to the case presentation
	11.00-12.30	Patient exam and functional assessment followed by treatment and exercises
	6th case	TBC
	13.30-15.00	Theory pertaining to the case presentation
	15.30-17.00	Patient exam and functional assessment followed by treatment and exercises

❖ Please note patient case presentations may vary, depending on availability.

COST:

Will be advised on website, when course is advertised. Please note the Fee charged by the Prague School of Rehabilitation, which facilitates the certification and contributes towards research, is now included in the registration ticket price.

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. Also DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop.