

# DNS EXERCISE I SURFING

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). This exercise course has been designed with the particular needs & body demands of the Professional Surfer in mind.

DNS Exercise Part I begins the process for those seeking to achieve a Certified DNS Exercise Trainer Diploma.

PRAGUE SCHOOL OF REHABILITATION

PARTICIPANT REQUIREMENTS

---

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

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

- Introduction to the principles and concepts of Dynamic Neuromuscular Stabilization (DNS) with focus on benefits to the surfing athlete
- Demonstrate the relationship between developmental kinesiology, functional physiological thresholds and physiological gaps of the locomotor system in athletes
- Review of the common bio-mechanical dysfunctional patterns, clinical & injury presentations of the professional surfing athlete
- Define ideal postural stabilization from a developmental perspective and relate that to surfing's unique loads, intra-abdominal pressure regulation, sensory-motor feedback, and body awareness in space
- Outline the importance of the diaphragm function and capacity in the surfing athlete, through evaluating respiratory patterns
- Review surfing's unique bio-mechanical loads particularly in the lower limb and the integrated use of a WSL functional neuro-orthopaedic screening protocol to identify specific inefficiencies of the integrated stabilizing system
- Exercise modifications to take into account specific sitting, paddling and stance loads as well as wave size and types so as to train the basic sport movements of surfing
- Active exercise prescription based on developmental positions –putting together a flow sequence of DNS active exercises specific for preparing the surfing athlete for his/her task including:
  - Pre-habilitation
  - Warm-up including practical morning pre-surf sessions
  - Warm-down including practical morning post-surf sessions
  - Competition day
  - Autonomic Nervous System restoration
- DNS Exercise I Surfing CPD Hours = 18.  
For further information:  
<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Cover the basics of application of DNS principles as it relates to exercise and fitness training, to integrate the DNS approach into your current scope of exercise techniques specifically for surfing.
- A Certificate of Attendance will be awarded by the Prague School of Rehabilitation. Optional educational path is offered by Prague School to become a certified practitioner.



Dynamic Neuromuscular Stabilization according to Kolar

## DNS

This DNS Exercise Part I Surfing course is designed to examine how to apply DNS principles & exercises for the surfing athlete, in order to enhance functional performance.

# 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.



# Linton Fafie



Since starting his surf coaching career in 1999, Linton has developed & delivered programs for novice, intermediate and advanced surfers throughout Australia, Asia, Europe, The South Pacific, Hawaii & the United States of America.

Currently working in conjunction with the Byron Bay Boardriders Club to bring high performance surf coaching squad programs to local north coast community of Byron Bay, Linton has also been highly involved at the Surfing Australia High Performance Centre on the Tweed and Gold Coast where he works alongside Australia's leading coaches.

## Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor. 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.

### 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](http://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.