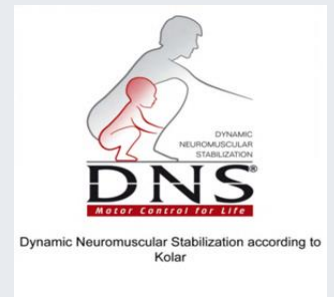


# DNS EXERCISE II MOVEMENT SKILLS

Exercise Course for Health Care & Exercise Professionals

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## 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 Part II is the next level of training of DNS principles as it relates to exercise and fitness training.

## PARTICIPATION REQUIREMENTS

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### PRAGUE SCHOOL OF REHABILITATION

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

- Review of developmental kinesiology in the context of adult optimal posture, sports performance, and global motor patterns to enhance outcomes in sport and human movement for performance.
- Demonstrate exercises in higher developmental positions – tripod, bear, squat, lunge, step up and its modifications & training of body awareness.
- Demonstrate exercises utilizing the principles of developmental kinesiology with therabands, barbells, weights, and gym ball.
- Discuss & demonstrate DNS exercises for specific sport techniques. In addition to standard DNS Exercise II objectives the following topics will also be covered:
- Utilizing DNS to prepare the athlete for optimal movement efficiency:
  - Foot (Toe Threading, Tripod/standing push off)
  - Hip (Counter rotation hip and head with arm differentiation, side lying posterior reach)
  - Thoracic Spine (Head in hands, Komodo dragon, facial release of the thoracic cage, etc.)
- Work on the Transitions (quality of) during the Sequencing of the different positions. DNS Movement Sequence. Starting from “Ipsilateral” – Supine + Starting from “Contralateral” - Prone
- Students who want to work towards DNS Trainer certification must pass an online test after DNS Exercise course part II, and before taking DNS Exercise course part III.
- DNS Advanced is a three day course. CPD Hours = 18. 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.
- Combining movement and manual techniques to prepare the following areas as we integrate the global patterns:
- Providing clinical exercises for clinicians to better integrate the DNS approach in their regular practice.
- Optimally prepare students for the next level of training (Exercise Course Part III)



Dynamic Neuromuscular Stabilization according to Kolar

## DNS

This DNS Exercise Part II course is the next level of training of DNS principles as it relates to exercise and fitness, 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.



# 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.comotor system dysfunction. She works as a physiotherapist of the Rehabilitation Department at the University Hospital Motol in Prague.

# Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor

## CERTIFICATION IN DNS EXERCISE COURSE

Students who want to work towards DNS Trainer certification must pass an online test after DNS Exercise course part II, and before taking DNS Exercise course part III. The online test consists of 30 multiple choice questions, 10 picture and 5 video questions. To pass the test the student must answer 32 out of the 45 questions correctly.

The student gets a maximum of three attempts to pass the test. Students are recommended to retake DNS Exercise II course and then to take the online test again in case of failing to pass the test on the three attempts. As soon as submitting the test the student receives results by email. Passing the online test is a prerequisite before taking the Practical test at the DNS Exercise Course part III, and being certified as a DNS Exercise Trainer.

## Course Program

DAILY PLAN	8.30am - 9.00am	Registration (1 <sup>ST</sup> 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 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)

### CANCELATION & 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.