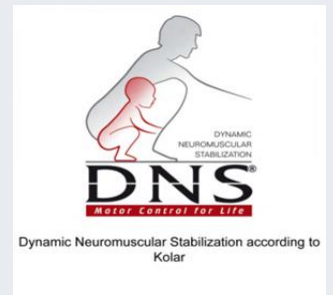


DNS MOVEMENT FLOW & FLEXIBILITY

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 Movement Flow & Flexibility Skills is the next level of training of DNS principles as it relates to exercise and fitness training.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

This course is suitable for Clinicians, exercise physiologists, trainers, coaches & body work therapists.

Participants should have completed DNS A or EX I.

The organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer if you are of a group not listed above.

Course Objectives

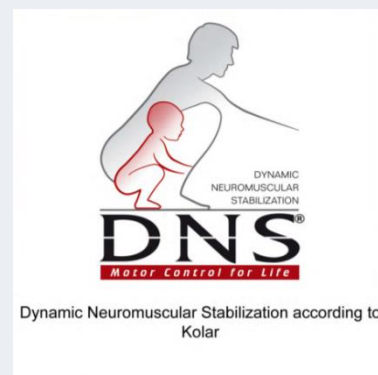
- Combining movement and manual techniques to prepare the following areas as we integrate the global patterns:
 - Foot (Toe Threading, Tripod/standing push off)
 - Hip (Counter rotation hip and head with arm differentiation, side lying posterior reach)
 - Thoracic Spine (Uprighting, segmental movement in mid thoracic spine)
- Breathing Exercises. Review of Sagittal Stabilization – workshopping.
- Developmental Sequence:
 - Individual active exercises / developmental positions prone and supine
 - Work on the transitions (quality of) during the sequencing of the different positions.
 - DNS movement sequence. Starting from supine into “Ipsilateral” and prone into “Contralateral”
- Take the class through random sequences focusing on variability of movement:
 - Czech Get Up Czech Get Up”
 - Each position individually - no weight
 - Transitioning through the whole sequence
 - Each position with weight, resistance or on unstable surface for those who are ready.
- Students who want to work towards DNS Trainer certification must pass an online test after this DNS Exercise course, before taking DNS Exercise course part II/ III.
- DNS Movement Flow & Flexibility 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.
- 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 II / III)
- Utilizing DNS to prepare the athlete for optimal movement efficiency.



DNS

This Flow & Flexibility Course looks at utilizing DNS to stimulate optimal movement efficiency, combining movement and manual techniques, integrating global patterns, 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 this DNS course, before taking DNS Exercise course part II/ 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 this DNS 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 II / III, and being certified as a DNS Exercise Trainer.

Course Program

DAILY PLAN

0830 - 0900	Registration (1 st Day only)
0900 - 1030	Seminar/ workshop begins
1030 - 1100	Break
1100 - 1230	Seminar / workshop
1230 – 1300	Lunch
1300 - 1500	Seminar / workshop
1500 - 1530	Break
1530 - 1700	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

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