

DNS WOMENS HEALTH

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 course is designed to enhance your clinical skills in applying DNS principles & manual techniques in clients with pelvic floor dysfunction.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

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

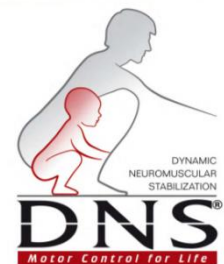
The organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer if you are part of a group not listed above.

Course Objectives

- Basic principles of developmental kinesiology with an emphasis on development during the first year of life
- The relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assessment of the integrated stabilizing system of the spine utilizing dynamic functional tests
- Relaxation and activation of pelvic floor muscles, Pelvic floor integration in global movement patterns
- Functional sterility, Urinary stress incontinence, Dysmenorrhea, Non specific pelvic pain, Constipation
- Pregnancy - importance of diaphragm and pelvic floor
- Soft tissue & visceral techniques, “active scar” treatment using barrier phenomenon according to Lewit
- DNS based mobilization for lumbar spine and Lewit’s mobilization and relaxation techniques + self treatment techniques for pelvic region.
- DNS Women’s Health is a two day course. CPD Hours = 12. For further information:
<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Corrective exercises based on the DNS functional tests and developmental positions
- Functional relationship between diaphragm and pelvic floor
- Training ideal coordination between muscles of the pelvic floor, diaphragm and abdominal muscles.
- Optimally prepare students for the next level of DNS training



Dynamic Neuromuscular Stabilization according to Kolar

DNS

This course will focus on functional diagnosis and treatment of viscerovertebral patterns in females with gynecological problems, incontinence, constipation, covering patient education & self-treatment techniques.

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

Please contact the local organizer to secure your enrolment in the course and make sure that the course is not full, prior to paying Prague School registration fee. Once your PS fee is completed, your registration will automatically be sent to the course organizer.

The Prague School registration fee is non-refundable. Online registration and PS fee payment, means you will receive the Prague School Certificate of Attendance; be able to take the DNS test and be allowed to register for later advanced courses.

Course Program

DAILY PLAN	8.30am - 9.00am	Registration (Saturday 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 there is an additional fee of 80 Euros charged by the Prague School of Rehabilitation, which facilitates the certification and contributes towards research. (Website link displayed on registration page)

REGISTRATION:

Available online at 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.