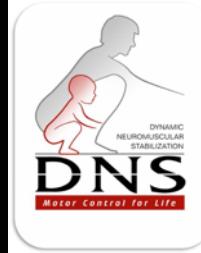


Dynamic Neuromuscular Stabilisation:



Course C



25-27 February 2020



**Presenters: Marcela Safarova and
Inger Villadsen**

Organiser: DNS Australia

Venue: Newcastle Travelodge

12 Steel Street, NEWCASTLE WEST NSW

DNS COURSE C - NEWCASTLE

In this advanced DNS workshop programme, the scope of your clinical rehabilitation options in addressing many neurologic and musculoskeletal pain presentations will be significantly advanced.

Experienced Prague School presenters, through individualised instruction, will enhance your clinical assessment and corrective therapy application skills.

Course Objectives:

- Introduce advanced assessment methods – the integrated stabilizing system, locomotor stereotypes, respiratory stereotype.
- Outline the kinesiology of muscle chains involved in locomotion: stepping forward and supporting function.
- Discuss and workshop assessment and treatment of the pelvic girdle and hip joint: phylogenetic and ontogenetic aspects, anatomical parameters from a developmental perspective, DNS assessment and treatment in shoulder girdle disorders – hemiplegic shoulder, frozen shoulder, impingement syndrome, SLAP lesion.
- Discuss and workshop assessment and treatment of scoliosis: definition and classification, ontogenetic aspects leading to scoliotic development, risk factors, spine control in motor development, assessment of infants and adults with scoliosis and body asymmetry, bracing and DNS treatment positions and strategies.
- Discuss and workshop assessment and treatment of pelvic floor issues and women's health: pelvic floor muscle function from a developmental perspective; associated kinesiology between diaphragm and pelvic floor; typical postural disturbances, functional trigger point chains, joint dysfunction and hypersensitive zones in gynaecological diagnoses; DNS assessment and rehabilitation for stress incontinence, anorectal dysfunction, amenorrhea and dysmenorrhea, functional sterility, pelvic organ prolapse and pelvic pain syndromes, vertebral-visceral relationships; rehabilitation for pregnant females.
- Cover general DNS self-treatment advanced techniques.
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into regular practice.
- Establish individual goals (DNS understanding and skills) for students to be optimally prepared for the next level of training (Course "D" in Prague).



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 CD of video will be given to participant for analysis. Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from the Prague School of Rehabilitation will be awarded.

One may only re-take the test 3 times.

DNS COURSE C - NEWCASTLE



Marcela Safarova DPT, Ph.D

Ms Safarova graduated from Charles University Dept of Physical Therapy and specializes in rehabilitation of locomotor system dysfunction. She works as a physiotherapist in the Rehabilitation Department at the University Hospital Motol in Prague. Marcela is a certified Vojta therapist. She has trained and worked with Prof. Kolar and Dr. Kobesova at the Rehab. Dept for several years, where she treats both adults and children. Recently she is focusing more on the paediatric clients and specialises on the treatment of adolescent idiopathic scoliosis. She regularly instructs both medical and physiotherapy students at the hospital. In addition to reflex locomotion methods, she is a certified teacher of Prof. Karel Lewit's techniques, just finished the second level of Stecco FM course in 2018. She resides close to Prague with her family.

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, the Nineways Chiropractic Clinic is the home of three DNS practitioners addressing functional rehabilitation in chronic pain patients, particularly focusing on elite sport's performers. As Principal, 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 instructors in DNS Courses and workshops in Australia, Japan, China, India, Europe and North America.



DNS COURSE C - NEWCASTLE

3 DAY PROGRAMME:	18 CPD CONTACT HOURS	COST:
8.30am – 9.00am Registration (Tuesday only) 9.00am – 10.30am Seminar/Workshop 10.30am – 11.00am Break 11.00am – 12.30pm Seminar/Workshop 12.30pm – 1.30pm Lunch 1.30pm – 3.00pm Seminar/Workshop 3.00pm – 3.30pm Break 3.30pm – 5.00pm Seminar/Workshop Morning/afternoon tea is included, registrants are responsible for their own lunch		PRACTITIONER: Standard: \$1,100.00 In addition, there is a fee of <u>80 Euros</u> for the Prague School, which facilitates certification, extension of course notes and contributes towards research. You MUST sign-up on the Prague School website. Follow the link: https://www.rehabps.cz/rehab/course.php?c_id=1730

This program has been assessed by the Australian Chiropractors Association (ACA), a body recognised by the Chiropractic Board of Australia, and allocated 18 Formal Learning Activity Hours.

REGISTRATION IS AVAILABLE ON-LINE – www.dnsaustralia.com for course fee plus a registration of 80 euros must be paid separately to the Prague School via their link at

https://www.rehabps.cz/rehab/course.php?c_id=1730

Cancellation and refund policy for workshop registration

Cancellation must be forwarded to DNS Australia by email and all cancellation requests received by 16 February, 2020 will be refunded less a \$50 admin fee. No refunds will be given for any cancellations received after 17 February, 2020. DNS Australia will not be 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 conference registration fee would be issued. Also, DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop.



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