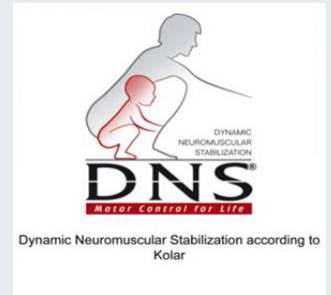


# DNS A COURSE

Clinical Course for Registered Practitioners

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## Introduction

Much attention has been given in recent years to the development, maintenance and decline of functional stability of the locomotor system.

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).

## PARTICIPATION REQUIREMENTS

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### PRAGUE SCHOOL OF REHABILITATION

These DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These courses are limited to licensed health professionals (MD, DO, PT, DC, OT, ATC, massage therapists).

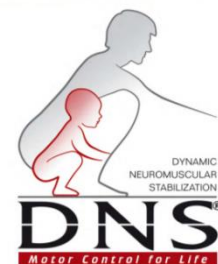
In addition, the organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer.

# Course Objectives

- Improve understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life
- Identify and describe key milestones in human development. Demonstrate the relationship between development during the first year of life and pathology of the locomotor system in adulthood
- Introduce new terminology pertinent to rehabilitation such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine
- Define ideal postural stabilization from a developmental perspective: intra-abdominal pressure regulation, dual role of the diaphragm in stabilization and respiration, stabilization via co-contraction
- Identify common stereotypes of faulty postural stabilization (“open scissors syndrome”, forward drown posture, backward drown posture, “hour glass syndrome”)
- Evaluate and correct poor respiratory patterns. Demonstrate the correlation between poor respiration patterns and functional pathology of the locomotor system
- Integrate corrective exercises based on the DNS functional tests and developmental positions: exercise in undifferentiated static positions; position transfer during locomotor function; exercise progression using unstable surfaces; increased difficulty of the exercises utilizing resistance, dual tasking and other challenges
- DNS A is a three day course. CPD Hours = 18.  
For further information:  
<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Clarify how DNS corrective exercises can integrate with other exercise strategies
- Cover the basics of application of DNS concept in sport training
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education
- Optimally prepare students for the next level of training (Course “B”)



Dynamic Neuromuscular Stabilization according to Kolar

## DNS

Dynamic Neuromuscular Stabilization (DNS) emphasizes the neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes

# 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

### 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 50 Euros.

The DNS A test is completely automatic and online. The test is comprised of 50 multiple choice questions, including 10 picture questions. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

## Course Program

DAILY PLAN	8.30am - 9.00am	Registration (Friday 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](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. Also DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop.