

DNS ADVANCED MSK

Clinical Course for Registered Practitioners



Introduction

This DNS Advanced course focuses on more complex clinical management explanation for clinicians to integrate more advanced DNS protocols into regular practice.

Covering advanced case assessment & treatment demonstration, along with follow-up discussions with the instructor regarding findings and rationale for techniques utilised.

Julia Demekova will join from the Prague School of Rehabilitation, presenting with Inger Villadsen to establish attendee individual goals (DNS understanding & skills) for students.

PARTICIPATION REQUIREMENTS

PRAGUE SCHOOL OF REHABILITATION

DNS A, B & C should be completed prior to this course. 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).

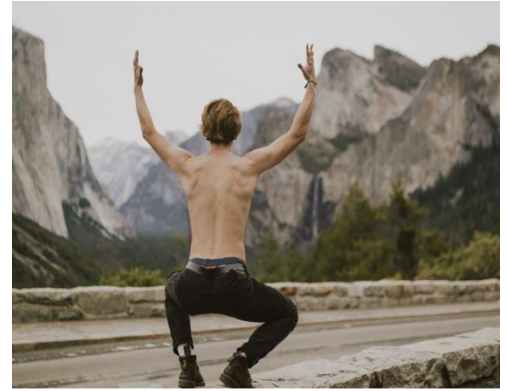
In addition, the organizer reserves the right to limit the audience. Please check with the organizer.

Course Objectives

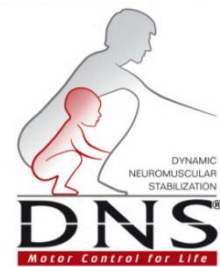
- Evaluation posture, integration stabilization system and respiration stereotype in the context of spine disorders.
- Demonstrate ideal pattern of sagittal stabilization and breathing stereotype using developmental kinesiology and reflex approach.
- Neurophysiology and developmental kinesiology reasoning to understand musculoskeletal dysfunction causes.
- Kinesiological aspects of movement patterns; body segments specific anticipatory movements: shoulder, hip, Cervical and Lumbar spine, Thoracic spine & ribcage.
- Advanced case assessment & treatment demonstration, DNS based manual therapy techniques: trigger points treatment, joint mobilization/manipulation and active exercises performed in developmental positions to maintain the effect of manual
- therapy. The course will be a combination of lecture, demonstration, various live case studies. Post case presentation there will be an opportunity to explore new treatment strategies.
- DNS Advanced MSK case presentations is a three day course. CPD Hours = 18.

For further information:

<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- ❖ DNS testing - movement patterns - how to recognize normal/abnormal patterns: detailed analysis, where is the key link? Which functional deficit to first address? Strategy of treatment in particular cases.
- ❖ Advanced Clinical assessment & case studies.
- ❖ Strategies applied by proficient DNS practitioner to increase benefits of DNS treatment.



Dynamic Neuromuscular Stabilization according to Kolar

DNS ADVANCED

This course is a collaborative event, presented by Inger Villadsen + Julia Demekova from the Prague School of Rehabilitation. Focus is on clinical assessment and corrective therapy application skills in this advanced DNS workshop.

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

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 100 Euros.

The test will consist of an analysis of adult patients. A link to view the videos will be sent to participant for analysis. Participants are required to return the test to the DNS instructor within a month after the course. Upon successful completion & passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

Course Program

Day 1 –	Morning	Musculoskeletal disorders: developmental kinesiology and biomechanic aspects. Global musculoskeletal dysfunction. DNS based assessment and treatment of a patient with a shoulder pain/dysfunction.
	Afternoon	DNS based assessment and treatment of a patient with a hip pain/dysfunction. DNS assessment, treatment and training positions for shoulder and hip girdles. Patient presenting with Lumber Spine pain as a primary complaint Theory pertaining to the case presentation Patient exam and functional assessment followed by treatment and exercises
Day 2 –	Morning	DNS based assessment and treatment of a patient with a C spine pain/dysfunction. Spine kinesiology. Segmental spinal assessment.
	Afternoon	DNS based assessment and treatment of a patient with L spine pain/dysfunction. DNS based spinal assessment and treatment techniques - workshop & case demonstrations. DNS flow to train spinal segmental movement.
Day 3 –	Morning	DNS based assessment and treatment of a patient with a T spine pain/dysfunction. Manual techniques to mobilize the rib cage. Assessment & treatment of a patient with a ribcage pain/dysfunction: case demonstration
	Afternoon	Workshop: Apply manual techniques and exercise in developmental positions to achieve optimal spinal stabilization and movement. Final discussion.

* Please note patient case presentations may vary due to circumstances outside our control

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.