

DNS B COURSE

Clinical Course for Registered Practitioners



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).

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 must 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).

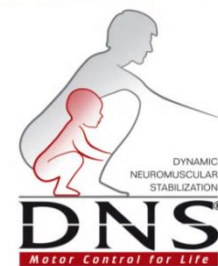
In addition, the organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer.

Course Objectives

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review theory covered in the A course and introduce more advanced theory, namely the verticalization process
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology
- Introduce basic information about reflex locomotion according to Vojta
- Perform demonstration of assessments of babies: attendees will be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies
- Demonstrate and teach proper handling of infants
- Demonstration application of DNS assessment and treatment in adult patients with pain and dysfunction within the locomotor system – stabilization assessment and treatment strategy
- Postural analysis & testing of integrated spinal stabilization system – review of Course A tests and introduction to additional, advanced tests
- Integration of corrective exercises based on newly taught DNS functional tests
- Exercise in differentiated ipsilateral and contralateral static positions, position transfer during locomotor function, exercise progression using unstable surface, resistance against “planned movement”, dual tasking and other challenges both in ipsi and contralateral patterns, transition between ipsilateral and contralateral patterns, training of isolated segmental movement
- DNS B is a three day course. CPD Hours = 18.
For further information:
<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice
- Optimally prepare students for the next level of training (Course “C”)



Dynamic Neuromuscular Stabilization according to Kolar

DNS B

This course introduces more advanced theory, namely the verticalization process, the basis of primitive reflexes and postural reactions, plus the assessment of babies, recognizing ideal & disturbed locomotor patterns.

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. From the commencement of her work at Motol, she assisted in instructing courses on Dynamic Neuromuscular Stabilization, in accordance with the methods of Professor Kolar. Two years later (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 combines in her daily work her knowledge from a wide variety of different courses she has taken: Diagnostics and the Treatment of Functional Disturbances in the Musculoskeletal System (2007); S-E-T concept (2009); Sensory Stimulation (2010); Medical

Taping Concept (2010); Quadrupedal Locomotion in the Prevention and the Treatment of Functional Disturbances of the Axial System (2011), Developmental Kinesiology in the Diagnosis and Treatment of Infants (2014) and Fascial Manipulations According to Stecco (2018).

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.

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. May only re-take the test 3 times. 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 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

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