PROGRAM

Dynamic Neuromuscular Stabilization (DNS) - Exercise

**Where is the event being held?**

Designed 2 Move

Rondweg 15
5406 NK Uden

Netherlands

https://www.designed2move.nl

**What time do we start?**

Registration starts 6 April at 08:30 hours.

Sat 6 April   08:30 – 17:00

Sun 7 April 09:00 – 14:00

Course

The nervous system establishes programs that control human posture, movement and gait. This ‘motor control’ is largely established during the first critical years of life. Therefore, the “Prague School” emphasizes neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes.

•The “Prague School” of Rehabilitation and Manual Medicine was established by key neurologists/physiatrists, all of whom were giants in the 20th Century rehabilitation movement: Professors’ Vaclav Vojta, Karel Lewit, Vladimir Janda, and Frantisek Vele.

•Based upon the groundbreaking neurodevelopmental and rehabilitation principles described by these mentors, Pavel Kolar has organized the next generation of clinical protocols that are designed to restore and stabilize locomotor function. This new rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS)

Objectives

You will cover the following topics:

* Demonstrate an understanding of the basic principles of developmental kinesiology.
* Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
* Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.
* Evaluate and correct poor respiratory patterns.
* Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
* Integrate corrective exercises based on the DNS functional tests and developmental positions in supine, prone, low kneeling, oblique sit, and quadruped global movements.
* Demonstrate how DNS corrective exercises can be integrated with other exercise strategies.