

# Dynamic Neuromuscular Stabilization

## Course A

20/21/22 March – Uden

### Description

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 with an emphasis on development during the first year of life.
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Demonstrate understanding of new terminology such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine.
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns – stepping and support function and stimulation zones.
- Evaluate and correct poor respiratory patterns.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Perform the basic techniques for reflex locomotion, i.e. reflex turning 1 & 2, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors.
- Integrate corrective exercises based on the DNS functional tests and developmental positions used in reflex locomotion. Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education.
- To optimally prepare students for the next level of training (Course 'B').

## Speaker



Zuzana Susan  
Physiotherapist

## Date and Hours

Registration 08:45

Fri 20 March 2020 09:00 – 17:00

Sat 21 March November 09:00 – 17:00

Sun 22 March 09:00 – 14:00

## Seminar Fees

Early bird (before 31-12-2019)

€ 625,-

Normal

€ 675,-

€ 80,- Prague school fee directly payable via [here](#)

## 20 CPD hours

### 20 punten Keurmerk Fysiotherapie



KNGF accrediteert volgens hun voorwaarden alle cursussen die Keurmerk geaccrediteerd heeft. De deelnemer dient deze zelf voor KNGF aan te vragen.

All days unlimited free coffee, tea, soft drinks and refreshments  
Lunch not included

## Location

Designed 2 Move

Rondweg 15

5406 NK Uden

Netherlands

(close to Eindhoven Airport)

Google

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