

Dynamic Neuromuscular Stabilization Course C



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Location:

GOODMOOVE
Praha – Podolí
Na Lysině 772/12,
147 00

Date:

June 12-15, 2025
Teaching hours:
Day 1-3: 9.00 – 17.00
Day 4: 8.30 – 14.00

DNS Instructors:

Prof. Alena Kobesova, MD, Ph.D.
Petr Bitnar, DPT, Ph.D.
Julia Demekova, PT
Veronika Nasslerova, PT

Organizer:

Prof. Alena Kobesova, MD, Ph.D.
alenamudr@me.com

TENTATIVE COURSE PROGRAM

Day 1 Thursday – June 12, 2025

Morning: 9 – 12.30 (Prof. Alena Kobesová)

Postural Dysfunction

Understanding postural function as a source of movement system disturbances and pain in general population, patients and athletes.

Clinical neurological assessment and somatosensory integration.

Principles of Movement Correction

Fundamental principles for correcting movement patterns to prevent repetitive strain injuries.

Training for Proper Alignment and Joint Position

Strategies for maintaining optimal joint position throughout movements.

12.30 – 13.30 Lunch break

Afternoon: 13.30 – 17.00 (Veronika Nasslerová, Júlia Demeková,)

Pelvic Floor

Developmental Perspective

Exploration of pelvic floor muscle function from a developmental standpoint.

Interrelated Kinetics

Understanding the kinesiological relationship between the diaphragm and pelvic floor.

Typical postural disturbances and joint dysfunctions in gynecological diagnoses.

Identification of hypersensitive zones associated with these conditions.

Workshop and patient demonstration.

Day 2 Friday – June 13, 2025

Morning: 9 – 12.30 (Petr Bitnar)

Vertebro-visceral relationships

Lecture on the application of DNS in addressing vertebro-visceral patterns in patients.

Demonstrations of practical DNS techniques.

12.30 – 13.30 Lunch break

Afternoon: 13.30 – 17.00 (Júlia Demeková, Veronika Nasslerová)

Scoliosis

Definition and classification of scoliosis.

Ontogenetic factors contributing to the development of scoliosis.

Risk factors associated with scoliosis.

Spine Control and Motor Development.

The role of spine control in motor development and its impact on scoliosis.

Overview of bracing options.

Patient demonstration.

Day 3 Saturday – June 14, 2025

Morning: 9 – 12.30 (Veronika Nasslerová, Júlia Demeková)

Scoliosis

Assessment and Treatment Strategies for infants and adults with scoliosis and body asymmetry.

DNS flow and group exercise to reduce body asymmetry

12.30 – 13.30 Lunch break

Afternoon: 13.30 – 17.00 (Júlia Demeková, Veronika Nasslerová)

Pelvic Girdle and Hip Joint: Assessment and Treatment

Phylogenetic and ontogenetic influences on the pelvic girdle and hip joint.

Anatomical parameters from a developmental perspective.

Common conditions affecting the pelvic girdle and hip joint: Femoroacetabular Impingement Syndrome. Arthritis.

DNS Assessment and Treatment for the pelvic girdle and hip joint.

Workshop and patient demonstration.

Day 4 Sunday – June 14, 2024

Morning: 8.30 – 11.30 (Veronika Nasslerová, Júlia Demeková)

Shoulder Girdle: Assessment and Treatment

Developmental and Evolutionary Insights

Phylogenetic and ontogenetic influences on the shoulder girdle.

Anatomical parameters from a developmental perspective.

Common Shoulder Girdle Disorders: Hemiplegic Shoulder, Frozen Shoulder, Impingement Syndrome, SLAP Lesion

DNS Assessment and Treatment Approaches: Treatment strategies tailored to specific shoulder disorders.

Workshop and patient demonstration.

11.30-12.00 Coffee break

Afternoon: 12.00-14:00 (Júlia Demeková, Veronika Nasslerová)

DNS Flow: Group Exercise in Developmental Positions

Exploring undifferentiated positions as a foundational exercise.

Practice of ipsilateral and contralateral pattern transitions to enhance coordination and mobility.

Incorporating forward and backward movements within the exercise sequences.

Final discussion, Q + A, summary, certificates.