Dynamic Neuromuscular Stabilization according to Kolar:
An Introduction to Vestibular Rehabilitation

REHABILITATION
PRAGUE SCHOOL

www.rehabps.com

DYNAMIC
NEUROMUSCULAR
STABILIZATION
DNS
Motor Control for Life

Course date:
May 9, 2018
9.00-17.00

Instructor:
Dr. Ondrej Cakrt, Ph.D.

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

Location:
Department of Rehabilitation and Sports Medicine
University Hospital MOTOL
V Úvalu 84
Prague 5, Czech Republic

COURSE PRICE:
Euros 100,-
(This is total course price! No additional charges!)
INDIVIDUAL ONLINE REGISTRATION WITH PRAGUE SCHOOL AT:
http://www.rehabps.cz/rehab/course.php?c_id=993
Your online registration with Prague School is prerequisite to attend the course

Course instructor: Dr. Ondřej ČAKRT, Ph.D.

Ondřej Čakrt studied Physiotherapy at the Palacky University in Olomouc and received his PhD in Neuroscience (Thesis: Biofeedback in patients with balance disorders) at the Charles University in Prague, 2nd Faculty of Medicine in 2013.

Subsequently he has worked as physiotherapist and academic assistant at the Department of Rehabilitation and Sports Medicine, 2nd Faculty of Medicine, Charles University in Prague and Motol University Hospital, Czech Republic.

He specializes in neuro-otology, i.e. the study of vestibular system specifically. Currently he treats patients with balance and vertigo disorders, and in addition lectures in physiology and physiotherapy of the vestibular system. His research at present focuses on improving rehabilitation treatment strategies for vestibular disorders. He is the author of 22 scientific papers, co-author of a book and contributor of another four chapters in the books. He is a member of International Society for Posture and Gait Research.

Course: An introduction to vestibular rehabilitation

Objectives:

1. To present the current knowledge of vestibular physiology and mechanisms underlying vestibular compensation
2. Demonstrate how vestibular rehabilitation is utilized to help the recovery of balance function.

Vestibular rehabilitation is based on improving the natural phenomenon called Vestibular Compensation that occurs after acute vestibular loss.

Central compensation implies three main mechanisms namely: **adaptation**, **substitution** and **habituation**. This compensation aided by the rehabilitation strategies aims to compensate and/or correct the underused or misused visual, proprioceptive and vestibular inputs involved in the postural control.

The course is designed to teach the student how to clinically examine patients with vertigo and how to perform vestibular rehabilitation (accompanied by manual medicine procedures according to the Prague School) in patients with BPPV, unilateral vestibular loss and central dizziness.