

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Advanced Course "D"

Contact Hours: 30

Course date:

August 18 - 22, 2025

Location:

1st day

Centrum pohybové medicíny Waltrovka

Walterovo náměstí 329/2

158 00 Praha 5-Jinonice

www.cpmprk.cz/en/contact

Day 2-4

Good Move by Chramosta

Na Lysině 772/12

Praha 4

"Menza Podoli" – Ground Floor

[Parking and how to get there](#)

[Accommodation options](#)

Instructors:

Prof. Pavel Kolar, PaedDr, PhD

Petra Valouchova, MPT, PhD

Jana Vesela, MPT

Zuzana Suzan, MPT

Veronika Nasslerova, MPT

Organizer:

Prof. Alena Kobesova, MD, PhD

alenamudr@me.com

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

(the actual program will be sent to you by the local organizer)

Day 1 Monday – August 18, 2025

9:00 – 10:30	Pavel Kolář, Alena Kobesová DNS summary and update
10:30 – 11:00	Break
11:00 – 12:30	Pavel Kolář, Alena Kobesová Diagnostic approach based on assessment of postural and locomotion function. Patient demo
11:00 – 12:30	Lunch break
13:30 – 15:00	Petra Valouchová, Jakub Novák, Morris Gasparin Summary of DNS assessment - Diagnostic considerations
15:00 – 15:15	Break
15:15 – 17:00	Petra Valouchová, Jakub Novák, Morris Gasparin Dynamic DNS tests/transitional phases, muscle synergies in IPSI, CONTRALATERAL patterns

Day 2 Tuesday – August 19, 2025

9:00 – 11:00	Zuzana Suzan, Jáchym Kolář, Morris Gasparin Foot assessment and treatment
11:00 – 11:15	Break
11:15 – 12:45	Zuzana Suzan, Jáchym Kolář, Morris Gasparin Foot and lower limb workshop, transitional positions
12:45 – 13:45	Lunch break
13:45 – 17:00	Petr Bitnar Viscero-vertebral and vertebro-visceral patterns – practical aspects in assessment and treatment

Day 3 Wednesday – August 20, 2025

9:00 – 10:30	Veronika Čmolíková, Jana Veselá, Veronika Nasslerová Elbow, wrist and palm
10:30 – 10:45	Break
10:45 – 12:30	Veronika Čmolíková, Jana Veselá, Veronika Nasslerová Workshop upper limb, transitional positions
12:30 – 13:30	Lunch break
13:30 – 15:00	Veronika Čmolíková, Jana Veselá, Veronika Nasslerová Refining DNS exercise skills – higher positions
15:00 – 15:15	Break
15:15 – 16:15	Veronika Čmolíková, Jana Veselá Patient demonstration: functional assessment and treatment of musculoskeletal/orthopedic problems
16.15 – 17:00	Group exercise

Day 4 Thursday – August 21, 2025

9:00 – 10:45	Petra Valouchová, Veronika Nasslerová, Lenka Oplatková DNS based manual techniques
10:45 – 11:00	Break
11:00 – 12:30	Petra Valouchová, Veronika Nasslerová, Lenka Oplatková Mobilization techniques - ribs and related muscle chains
12:30 – 13:30	Lunch break

13:30 – 15:00	Petra Valouchová, Veronika Nasslerová, Lenka Oplatková Manual techniques and stretching in functionally centrated positions
15:00 – 15:15	Break
15:15 – 17:00	Petra Valouchová, Lenka Oplatková Patient demonstration: functional assessment and treatment of musculoskeletal problems

Day 5 Friday – August 22, 2025

9:00 – 10:45	Jana Veselá, Jáchym Kolář, Morris Gasparin Performance enhancement in the athletic population: Contra and ipsilateral patterns in athletic performance
10:45 – 11:00	Break
11:00 – 12:30	Jana Veselá, Jáchym Kolář, Morris Gasparin Refining DNS exercise skills - workshop with sport tools
12:30 – 13:30	Lunch break
13:30 – 15:30	Jana Veselá, Jáchym Kolář Refining DNS exercise skills, developmental flow
15:30 – 15:45	Break
15:45 – 16:30	Jana Veselá, Jáchym Kolář Patient demonstration: functional assessment and treatment of an athlete/orthopedic patient
16.30 – 17.00	Discussion, Conclusions, Q&A+ certificates of attendance

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3302

Course Goals and Description

- Identify and describe key milestones in human development
- Discuss details pertaining to DNS: advanced topics presented by Pavel Kolar, utilization of DNS within various medical fields (musculoskeletal, orthopaedic, neurological, paediatric, internal medicine, gynaecology, etc.), ideal motor functions; advanced case assessment & treatment demonstration, with follow-up discussion with Pavel Kolar and then the physiotherapists regarding findings and rationale for techniques he used.
- Review of developmental position, kinesiology content, transition movements, and assessment in dynamic tests.
- Kinesiology of spontaneous anticipatory movements during DNS exercise, modifications of DNS positions and integration with reflex locomotion principles (side lying, kneeling, prone, supine, higher position – bear, squat, tripod, high kneeling) – workshops in small groups under the supervision of Prague DNS instructors.
- Mobilization techniques based on developmental kinesiology principles (C, T, L spine and rib mobilization).
- Focus on some specific types of diagnoses – scoliosis, radicular pain syndromes, shoulder, hip, and foot problems.
- Pediatric topics: demonstration of infants and children with developmental problems, functional assessment, treatment strategies, handling, parent's education, live paediatric patient demonstrations
- Assessment & treatment/therapy plan of real patients utilizing DNS; i.e. attendees assess, establish treatment plans, provide treatment & appropriate exercises, frequency of care & prognosis.
- Viscero-vertebral and vertebro-visceral patterns: practical aspects in assessment and treatment.
- Lecture on how DNS can provide performance enhancement in the athletic population: contra and ipsilateral patterns in athletic performance.
- Refine DNS manual skills - workshop in small groups; practicum with physios with and without patients.
- Practical examination of participants.

OPTIONAL EXAMINATION

The test will consist of a written exam and practicum. Knowledge, observational & manual skills will be evaluated on an on-going basis throughout the course by the instructors. A written exam will be given to the participants after the conclusion of the course. The written exam should be completed and submitted back to Prague School

At the end of the course, a Certificate of Attendance will be awarded by local instructor.

REHABILITATION PRAGUE SCHOOL



Certificate of Attendance

BE IT KNOWN THAT

Peter Brown

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

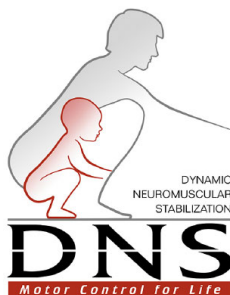
COURSE LEVEL: **D**

LOCATION: **Prague**

DATES: **August 18 - 22, 2025**

CONTACT HOURS: **30**

Prof. Pavel Kolar, PaedDr, PhD



Upon successful completion and passing of the courses A-D and tests, a Certificate of DNS Practitioner from Prague School of Rehabilitation can be awarded. You will be recognized as a Certified Practitioner in the Dynamic Neuromuscular Stabilization approach. After obtaining the final diploma, you can be listed among **DNS Certified Practitioners** on the website of the Prague School for a fee of 20 EUR for an unlimited period. You are required to take at least one DNS course every 3 years to retain your certification status.

REHABILITATION PRAGUE SCHOOL



Certificate of DNS Practitioner

BE IT KNOWN THAT

Peter Brown

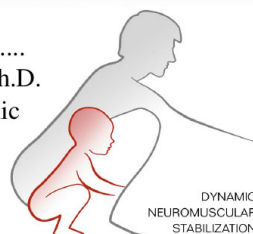
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,
DIAGNOSTIC & THERAPEUTIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization
Certified Practitioner**

September, 2013

Prof. Pavel Kolar, PaedDr., Ph.D.
Head of Rehabilitation Clinic
2nd Medical Faculty
Charles University
Prague, Czech Republic



DNS[®]
Motor Control for Life

Course Instructors

Author of the DNS concept



Prof. Pavel Kolar, PaedDr, PhD

Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojta and Vladimir Janda, profoundly influenced him in his evolution of DNS. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. He also acts as an adviser to the Director of the Hospital and serves as vice-dean of bachelor and master study at Second Medical Faculty, Charles University, Prague.

As Director of the Rehabilitation Department, Professor Kolar oversees the following:

1. The Rehabilitation Unit for adult patients, both outpatients and in-patients.
2. The Rehabilitation Unit for children: outpatient and inpatient.
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit.
5. The School of Physiotherapy.
6. Department of Sports Medicine.

Professor Kolar is renowned for his work in rehabilitation, in addition to his utilization of DNS methods to celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Soccer team, Davis Cup tennis teams and national ice hockey teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling and serving as the President's personal clinician when he went abroad. Because of the profound influence of DNS to rehabilitation in the Czech Republic, Professor Kolar was awarded the prestigious "Presidential Award for Professional Excellence" by Czech President Vaclav Klaus in 2007. This award is typically reserved for those in their later years after many decades of significant contributions to society, while Professor Kolar's contribution of DNS earned him the coveted award while still in his early 40's!!

Professor Kolar is currently directing an extensive research project in his department concerning developmental kinesiology and its application in early diagnosis of central nervous system disorder in newborns and infants. He and his trained therapists utilize DNS techniques in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying "stabilization and respiratory function of the diaphragm" and its relation to conservative treatment of back pain syndromes.

In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity". From 2009 to 2012 Prof. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar has taught DNS in numerous countries all over the world.

Professor Kolar resides in Prague with his wife and three children.



Petra Valouchova, MPT, PhD

Petra graduated with a Master's degree from the Department of Physical Therapy at Palacky University in Olomouc in 1998. She achieved her Ph.D. in Kinanthropology with a focus on Biomechanics in 2001. Her main interest is biomechanics and the kinematic analysis of gait.

Since 2002 Petra worked as a physical therapist at the Rehabilitation and Sport Medicine Department at the Motol University Hospital in Prague.

Petra is a university teacher of physical therapy at the Charles' University Medical School. Her lectures include Sports Medicine, Biomechanics, Bobath Concept and Vojta Reflex Locomotion methods. She has also specialized in surface electromyography assessment and has published several articles regarding surface electromyographical studies.

As of October 2011, Petra became Chief physiotherapist at the Centre of Movement Medicine located in Prague (www.cpmk.cz) which is one of the two private clinics owned by Professor Kolář where she oversees both departments of physical therapy since 2018.

Petra is certified in

- Dynamic Neuromuscular Stabilization, Vojta Reflex locomotion principle,
- Mobilization and Soft Tissue Techniques according to Lewit, Bobath Method for adults,
- Stecco Fascia Manipulation, and Dry Needling DGSA

She also completed courses in

- Neurodynamics according to Butler, Barral Institute method of Visceral Manipulation
- Mulligan concept

Petra is an expert in Dynamic Neuromuscular Stabilization and is also a certified Instructor in Developmental Kinesiology and Dynamic Neuromuscular Stabilization since 2002.

Her main focuses in DNS are sport medicine, running athletes, pediatrics, junior athletes, and foot problems.

Petra has been a Fitness Step Team World Champion in 2003 and 2004, and European Champion in 2004.

Petra currently resides in Czech Republic, near Prague with her husband, daughter and son.



Jana Vesela, MPT

Jana Vesela, Prague School physiotherapist and Certified instructor of Dynamic Neuromuscular Stabilization® (DNS), graduated with Master's degree in Physical Therapy at Faculty of Physical Education and Sports, Charles University Prague, Czech Republic in 2006.

In the same year, she started to work at the Clinic of Rehabilitation, Charles University Hospital Motol, Prague, as a physiotherapist in both – in and outpatient departments, where she - under the leadership of Prof. Pavel Kolar, PaedDr, PhD - applied DNS principles to treat patients (pediatric, adult, and geriatric) with various diagnoses, disabilities, and functional / structural problems.

Jana Vesela lectured at seminars held at the clinic, led clinical workshops and facilitated internships for physical therapy students and other medical professionals.

In 2009, she became an assistant DNS instructor and assisted in leading DNS courses in Czech Republic, Europe and Australia.

In 2011, she became a Certified DNS Instructor and led DNS courses globally, including Europe and the Americas.

During her university studies, she played Ultimate Frisbee, and competed in Mixed and Women division. She is multiple national champion of the Czech Republic in both divisions and 2007 Silver European Champion in the Mixed division.

She also served as a physical therapist for Czech frisbee players, track-and-field juniors and various sports professionals.



Zuzana Suzan, MPT

Zuzana is a physiotherapist at the Professor Kolar's private rehabilitation clinic: Centre of Movement Medicine Waltrovka, Prague, Czech Republic. She is a lecturer at Charles University, 2nd School of Medicine, where she teaches physical therapy to the students of the physiotherapy undergraduate program as well as to medical students.

Zuzana received her Master's Degree in Physiotherapy in 2003, Palacky University, Olomouc, Czech Republic. In 2006, she completed a course in Reflex Locomotion according to Vojta, focusing on the treatment of adult patients.

From 2003 to 2011, Zuzana worked as a full-time member of the rehabilitation staff at the Rehabilitation clinic, University Hospital Motol in Prague. She has extensive experience in functional assessment and the treatment of patients with neurological, musculoskeletal and orthopaedic diagnoses. She is also experienced with paediatric cases. She has worked with both the inpatient and outpatient departments at the Motol rehabilitation clinic, as well the Spinal Unit and Pain Management Centre.

Since 2013, Zuzana has been working at Professor Kolar's private rehabilitation clinic; "Centre of Movement Medicine". In her private praxis she focus on developing better movement strategies and treatment for Equestrians, being competitive rider herself.

Zuzana works closely under the mentorship of Professor Pavel Kolar, and is an expert in the Dynamic Neuromuscular Stabilization (DNS) approach. She has been teaching DNS since 2005, and has taught in the Czech Republic, Slovakia and numerous other European countries, as well as Asia and North and South America.



Veronika Nasslerova, MPT

Veronika earned her Master's Degree in Physical Therapy at the Department of Physical Education and Sport at the Charles University in Prague, Czech Republic in 2007. She worked at a private Rehabilitation Center Monada in Prague between 2006 and 2014. She worked in both, an outpatient and in-patient settings, focusing on treatment of patients with various neurological, musculoskeletal and orthopaedic diagnoses as well as paediatric population. For several years, she was a lecturer at the Department of Physical Education and Sport. In 2011, Veronika completed a course in Vojta's Reflex Locomotion with emphasis on treatment of adult patients. In 2013, she completed training in developmental kinesiology focused on functional assessment and treatment of patients with spinal cord injuries. She also studied the application of acupressure treatment for various neurological, orthopaedic and musculoskeletal diseases. Veronika also completed a course in Klapp's crawling. She specifically uses this treatment technique for children and young patients with scoliosis. She has been working at Professor Kolar's private rehabilitation Centre of Movement Medicine in Prague since February 2015. Veronika has been teaching DNS courses in both, Czech and English languages since 2015.