

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Intermediate Course “C”

Contact Hours: 18

Course date:

June 4 - 7, 2026

Location:

Centrum pohybové medicíny Waltrovka

Walterovo náměstí 329/2

158 00 Praha 5-Jinonice

www.cpmprk.cz/en/contact

Instructors:

Prof. Pavel Kolar, PaedDr, PhD

Eliska Urbarova, MPT

Julia Demekova, MPT

Veronika Nesslerova, MPT

Organizer:

Assoc. 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 Thursday – June 4, 2026

9.00 – 12.30

Prof. Pavel Kolář, Júlia Demeková, Veronika Čmolíková

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

- Fundamental principles for correcting movement patterns to prevent repetitive strain injuries.
- Techniques to enhance sports performance through improved biomechanics.
- Treatment strategies and practical demonstrations.

12.30 – 13.30

Lunch.

13.30 – 17.00

Júlia Demeková, Veronika Čmolíková

- Spine formation from developmental perspective.
- Understanding the kinesiology of the movement in different developmental positions with a focus to specific spine function and areas.
- Practical workshop – assessment and treatment.

Day 2 Friday – June 5, 2026

9.00 – 12.30

Júlia Demeková, Eliška Urbářová

- Pelvic Floor from developmental perspective.
- Understanding the kinesiological relationship between the diaphragm and pelvic floor.
- Typical postural disturbances and joint dysfunctions in gynecological diagnoses.
- Assessment and treatment options.

12.30 – 13.30

Lunch.

13.30 – 17.00

Petr Bitnar, Eliška Urbářová

- Vertebro-visceral relationships.
- Lecture on the application of DNS in addressing vertebro-visceral patterns in patients.
- Demonstrations of practical techniques.

Day 3 Saturday – June 6, 2026

9.00 – 12.30

Veronika Nesslerová, Eliška Urbářová

- Pelvic Girdle and Hip Joint.
- 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.
- Pelvic Girdle and Hip Joint: Assessment and Treatment.
- DNS Assessment and Treatment for the pelvic girdle and hip joint.

12.30 – 13.30

Lunch.

13.30 – 15.00

Veronika Nesslerová, Eliška Urbářová

Workshop and patient demonstration.

15.00 – 15.30

Break.

15.30 – 17.00

Veronika Nesslerová, Eliška Urbářová

- 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.

Day 4 Sunday – June 7, 2026

9.00 – 12.30

Veronika Nasslerová, Eliška Urbářová

- Shoulder Girdle.
- 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.
- Shoulder girdle: Assessment and Treatment.
- DNS Assessment and Treatment for the shoulder girdle.

12.30 – 13.30

Lunch.

13.30 – 15.00

Veronika Nasslerová, Eliška Urbářová

Workshop and patient demonstration.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3784

Course Goals and Description

Course Objectives

1. Advanced DNS assessment methods

- Deepen assessment of the sagittal stabilization patterns, locomotor stereotypes, and respiratory patterns.
- Apply DNS functional tests in more complex clinical contexts.

2. Muscle chain function in locomotion

- Analyze kinesiology of muscle chains in stepping forward, supporting function, contralateral and ipsilateral locomotor patterns.
- Integrate findings into clinical assessment and exercise prescription.
- Introduce high developmental positions in treatment.

3. Pelvic girdle and hip joint

- Understand phylogenetic and ontogenetic aspects of pelvic and hip development.
- Recognize anatomical parameters from a developmental perspective.
- Apply DNS assessment and treatment to common conditions: femoral-acetabular impingement (FAI), arthrosis and postural dysfunction.

4. Shoulder girdle

- Review phylogenetic and ontogenetic principles of shoulder function.
- Assess shoulder disorders (frozen shoulder, impingement syndrome, SLAP lesion, instability).
- Apply DNS-based strategies for both open- and closed-chain positions.

5. Spinal disorders

- Define ontogenetic aspects of spinal development.
- Identify most frequent spinal disorders (disc herniation, spondylarthrosis, spondylolisthesis, spinal instability), introduce assessment and treatment strategies.

6. Clinical reasoning and integration

- Develop advanced clinical reasoning to select and progress DNS treatment strategies.
- Integrate DNS into everyday clinical practice, including multidisciplinary collaboration and patient education.

7. Progression in DNS education

- Prepare participants for the next level of DNS training – Course D (Prague).

Course Goals

1. Understand developmental principles of the shoulder, hip, and spine

- Master the role of these segments in supporting and phasic functions and their influence on posture and movement.

2. Perform DNS assessment of the shoulder, pelvis, hip joint, and spine

- Learn to evaluate stabilization, joint centration, range of motion (ROM), and clinical movement patterns in both open and closed kinetic chains.

3. Apply fundamental DNS therapeutic principles

- Be able to work with position setup, activation, controlled movement, and developmental patterns in both differentiated and undifferentiated variants.

4. Lead active exercise and load progression

- Work with ipsilateral/contralateral patterns, transitional movements, and integration into functional activities under varying levels of load.

5. Integrate theoretical knowledge with practice and clinical decision-making

- Analyze movement patterns, identify the patient's key problem, and select an appropriate therapeutic strategy.

OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee of 100 Euros. The test will consist of an analysis of adult patients. Web link with videos will be mailed to participant for analysis. Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a **Certificate of ACHIEVEMENT** from Prague School of Rehabilitation will be awarded. May only re-take the test 3 times. The clinician would be required to repeat one or more courses, before re-qualifying for certification testing.

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: **C**

LOCATION: **Prague**

DATES: **June 4 - 7, 2026**

CONTACT HOURS: **18**

Prof. Pavel Kolar, PaedDr, PhD

Eliska Urbarova, MPT



Upon successful completion and passing of the DNS Test C a Certificate of Achievement from Prague School of Rehabilitation will be awarded (electronic version by email).

REHABILITATION PRAGUE SCHOOL



Certificate of Achievement

BE IT KNOWN THAT

Peter Brown

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

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

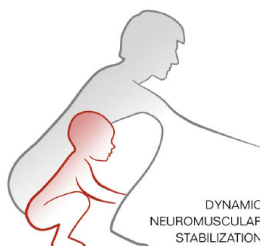
COURSE LEVEL: C

LOCATION: Prague

DATES: June 4 - 7, 2026

EXAMINATION: July 20, 2026

Alena Kobesova MD, PhD



DNS[®]
Motor Control for Life

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

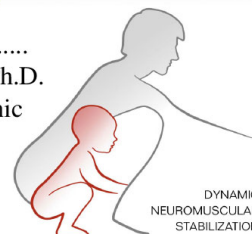
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,
DIAGNOSTIC & THERAPEUTIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization
Certified Practitioner**

September, 2013

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



DYNAMIC
NEUROMUSCULAR
STABILIZATION
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.



Eliška Urbarová, MPT

Eliška Urbářová completed her Physiotherapy Master's degree at the Faculty of Physical Culture, Palacky University, Olomouc in 2011. She also studied physiotherapy in Finland at Lahti University of Applied Science for five months. Since 2011, Eliska has been working as a physiotherapist within the outpatient and inpatient departments at the Rehabilitation Clinic, University Hospital Motol in Prague. She also became an instructor in rehabilitation, teaching physiotherapy to medical students at the 2nd Faculty of Medicine within Charles University.

Eliška specialized in the functional assessment and treatment of older children, adults and sport patients, she has completed numerous professional courses including the: Aerobics diploma; Children aerobics; Stretch and Overball diploma; Chi-toning and Bosu courses; Medical Taping Concept; Form, function and facilitation by Clare Lewit; Global reciproton inhibitor by Petr Bitnar and Reflex locomotion according prof. Vojta. Since 2012 she is certified instructor for "Kolar's Approach to Dynamic Neuromuscular Stabilization: A Developmental Kinesiology Model".

In her rehabilitation practice, Eliška particularly focuses on the treatment of older children and adult patients with neurologic and functional problems. 2011-2013 she has worked with U19men Floorball National team as a physiotherapist, 2014-2016 with FBC Kladno 1st Floorball League team as physiotherapist and fitness coach.



Julia Demekova, MPT

Julia Demekova MPT is a 2007 graduate of Palacky University in Olomouc in the Czech Republic. She has been practicing MPT in Lipova Spa for the past two years. During this period, she has co-taught courses on manual medicine - mobilizations and soft tissue techniques – in accordance with the techniques of Professor Karel Lewit.

Since 2009, Julia has practiced at the Clinic of Rehabilitation and Physical Medicine in the Faculty Hospital in Motol in Prague, under the supervision of Professor Pavel Kolar. From the commencement of her work at Motol, she assisted in instructing courses on Dynamic Neuromuscular Stabilization, in accordance with the methods of Professor Kolar. Two years later (in 2011), Julia became a certified instructor in DNS: the first and only instructor from Slovakia. In addition to this, during this time she studied the methods of Professor Karel Lewit.

Julia has wide experience with the treatment of neurological, musculoskeletal and orthopedic patients: she worked in a spinal cord injury unit since 2009 until 2015. She still treats both adults and children with a variety of diagnoses. Julia combines in her daily work her knowledge from a wide variety of different courses she has taken: Diagnostics and the Treatment of Functional Disturbances in the Musculoskeletal System (2007); S-E-T concept (2009); Sensory Stimulation (2010); Medical Taping Concept (2010); Quadrupedal Locomotion in the Prevention and the Treatment of Functional Disturbances of the Axial System (2011), Developmental Kinesiology in the Diagnosis and Treatment of Infants (2014) and Fascial Manipulations According to Stecco (2018).

As an educational assistant at the Second Medical Faculty, Charles University (located at the Faculty Hospital, Motol), Julia Demekova instructs students of rehabilitation. She also teaches students in Charles' medical program.

Julia likes to practice sports medicine and has extensive experience with the assessment and treatment of the sports injuries of golfing professionals, runners, gymnasts and mountaineers. In her free time, she instructs a group on the conditional exercises for Jiu-jitsu. She has qualifications in TacFIT (Tactical Fitness - 2011); Julia is both a TRX and BOSU certified trainer (2012).

Julia has been an instructor in the DNS concept since 2011, and has taught clinical, sports medicine and pediatric courses in a variety of countries in North and South America (Chile, Brazil, Uruguay, Canada, Arizona, Ohio, New Jersey,...), Europe (Spain, Portugal, Italy, Norway, Sweden, UK, Germany, Poland, Slovakia, Slovenia, Croatia) UAE, Turkey and Asia (China, Taiwan, Malaysia, Hong Kong, Singapore,...).

Julia is originally from Slovakia and currently resides in Prague in the Czech Republic. In her spare time, she likes playing golf, cycling and practicing yoga. She loves traveling, meeting new people and trying local cuisines all over the world.



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.