

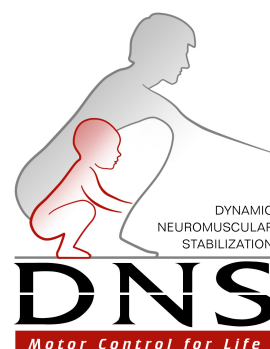
Dynamic Neuromuscular Stabilization

“Final course D”

Prague, August 15-20, 2022



www.rehabps.com



August 15 - 20, 2022

Day 1 (Monday): 9.00 - 17.00

CENTER OF MOVEMENT MEDICINE

Waltrovka

U Trezorky 329, 158 00 Praha 5 - Jinonice

Day 2 - 6: (Tuesday to Saturday)

Tuesday-Friday: 9 - 17.00

Saturday: 9 - 13

GOOD MOVE

Praha – Podolí

Na Lysině 772/12,

147 00

Course by invitation only!

ORGANISATION: Alena Kobesová

alenamudr@me.com

FACULTY:

DNS FOUNDER: PAVEL KOLÁŘ

DNS PRAGUE SCHOOL TEAM:

Julie Demeková, Petra Valouchová, Lenka Oplatková, Eliška Urbářová, Jana Veselá,
Michal Truc, Jakub Novák, Petr Bitnar

Monday, August 15 (Center of Movement medicine, Waltrovka)

9:00-9:10 **Alena Kobesová:** Registration and welcome, participant's introduction

9:10-10:30 **Prof. Pavel Kolář:** DNS update, ideo-motor functions.

10:30-10:45 Coffee break

11:00-12:30 **Prof. Pavel Kolář:** Diagnostic approach based on assessment of postural and locomotion function. Patient demo

12:30-13:30 Lunch break

13:30-15:00 **Petr Bitnar:** Viscero-vertebral and vertebro-visceral patterns – practical aspects in assessment and treatment

15:00-15:20 Coffee break

15:20-17:00 **Petr Bitnar:** Viscero-vertebral and vertebro-visceral patterns – practical aspects in assessment and treatment

Tuesday, August 16 (GOOD MOVE, Podolí)

9:00-10:45 : **Julia Demeková, Eliška Urbářová, Jakub Novák:** Summary of DNS assessment - Diagnostic consideration

10:45-11:00 Coffee break

11:00-12:30 **Julia Demeková, Eliška Urbářová, Jakub Novák:** Dynamic DNS tests/transitional phases, muscle synergies in IPSI, CONTRALATERAL patterns

12:30-13:30 Lunch break

13:30-15:00 **Lenka Oplatková, Julia Demeková, Jakub Novák:** High kneeling, hanging stance

15:00-15:15 Coffee break

15:15-17:00 **Lenka Oplatková, Julia Demeková, Jakub Novák:** Transition positions – dynamically, exercise in stance, the group exercise

Wednesday, August 17 (GOOD MOVE, Podolí)

9:00-10:30 **Lenka Oplatková, Jana Veselá, Jakub Novák**

Exercise and stretching in functionally centred position - spine

10:30-10:45 Coffee break

10:45-12:30 **Lenka Oplatková, Jana Veselá, Jakub Novák**

Exercise and stretching in centred position - shoulder and hip

12:30-13:30 Lunch break

13:30-15:45 **Julia Demeková, Michal Truc, Jakub Novák**

DNS based mobilization technique - ribs and related muscle chains

15:45-16:00 Coffee break

16:00 – 17:00 **Eliška Urbářová, Jakub Novák**

DNS FIT KID - exercise for children of younger school age

Thursday, August 18, (GOOD MOVE, Podolí)

Patients demonstrations:

9:00-10:45 **Petra Valouchová:** Pediatric functional assessment and treatment of infant

10:45-11:00 Coffee break

11:00-12:30 **Eliška Urbářová:** functional assessment and treatment of a scoliotic patient or young school age

12:30-13:30 Lunch break

13:30-15:15 **Lenka Oplatková:** functional assessment and treatment of a neurologic patient

15:15-15:30 Coffee break

15:30-17:00 **Michal Truc:** functional assessment and treatment of an orthopedic patient

Friday, August 19, (GOOD MOVE, Podolí)

Specific workshops - Practical aspects in assessment and treatment, DNS positions

9:00-10:45 **Petra Valouchová, Julia Demeková, Jakub Novák:** Foot

10:45-11:00 Coffee break

11:00-12:30 **Julia Demeková, Petra Valouchová, Jakub Novák:** Low back and pelvic girdle

12:30-13:30 Lunch break

13:00-14:30 **Michal Truc, Jana Veselá, Jakub Novák:** Thoracic and cervical spine

14:30-15:45 Lunch break

15:45-17:00 **Jana Veselá, Michal Truc, Jakub Novák:** Elbow, wrist and palm

Saturday, August 20 (GOOD MOVE, Podolí)

9:00-10:45 **Jana Veselá, Michal Truc, Jakub Novák**

Performance enhancement in the athletic population.

Contra and ipsilateral patterns in athletic performance

10:45-11:15 Coffee break

11:15-12:30 **Jana Veselá, Michal Truc, Jakub Novák**

Refining DNS exercise skills - workshop in small groups with sport devices

12:30-13:00 Discussion + certificates of attendance