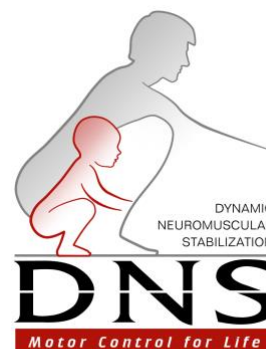


**Dynamic Neuromuscular Stabilization
Advanced DNS Refresh Course**



www.rehabps.com



***Elite DNS Practitioner & Trainer Course: Advanced Clinical Mastery with
the Prague School***

Location:

CPM Waltrovka

Walterovo náměstí 329/2

158 00 Praha 5-Jinonice

www.cmpk.cz/en/contact

Date:

October 3-5, 2025

Teaching hours:

Day 1-2: 9.00-17.00

Day 4: 8.00 – 15.00

DNS Instructors:

Pavel Kolar

Michal Truc, Veronika Čmolíková

Júlia Demeková, Martina Zejdová

Course Organisation.

Prof. Alena Kobesova, MD, Ph.D.

alenamudr@me.com

***TENTATIVE COURSE PROGRAM FOR
DNS CERTIFIED PRACTITIONERS (CLINICIANS)***

Day 1

Morning: 9 -12.30

Prof. Pavel Kolar: DNS assessment strategies.

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

General principles for correcting movement patterns to prevent repetitive strain injuries and enhance sports performance

Instructor: Prof. Pavel Kolar

12.30-13.30 Lunch break

Afternoon: 13.30-17.00

DNS Instructors: Skill Refinement

Practical training in working with patients, including appropriate loading, resistance, number of repetitions, and types of load—along with their pros and cons, supported by practical examples.

Group exercise

Day 2

Morning: 9-12.30

DNS Instructors: Review of DNS assessment

Refinement of practical skills in the specific application of DNS tests, including test modifications for different body segments.

Emphasis on utilizing these tests to identify faulty global movement patterns in patients' dynamic movements.

Presentation of assessment chart usage.

Case Presentation

12.30-13.30 Lunch break

Afternoon: 13.30-17.00

DNS Instructors: Movement analysis

Definitions of global movement patterns and their quality in both the general population and athletes, including typical patterns of compromised function.

Examples of clinical reasoning for selecting appropriate positions, along with the process of exercise progression and regression.

Utilization of various tools in treatment.

Case Presentation

Day 3

Morning: 8-12.00

DNS Instructors: Improvement of segments mobility in DNS principles

Higher developmental positions will be presented with modifications to effectively enhance flexibility in the spine, shoulders, and hips. The focus will be on achieving and maintaining proper trunk stabilization throughout the process.

12.00-12.45 Lunch break

Afternoon: 12.45-15.00

Hands-on Practicum: Application of DNS in Clinical Scenarios

Practical implementation of DNS assessment and treatment strategies

Partner work: Identifying and correcting faulty movement patterns

Individualized feedback and refinement of manual techniques

Movement retraining and neuromuscular coordination drills

Clinical reasoning in modifying exercises for different populations