

**Dynamic Neuromuscular Stabilization
Advanced DNS Refresh Course**



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Location:

Day 1: CPM Waltrovka

Walterovo náměstí 329/2
158 00 Praha 5-Jinonice
www.cmpmk.cz/en/contact

Day 2-3: GOODMOOVE

Praha – Podolí
Na Lysině 772/12,
147 00

Date:

October 3-5, 2025

Teaching hours:

Day 1-2: 9.00-17.00

Day 4: 8.00 – 15.00

DNS Instructors:

Michal Truc, Veronika Čmolíková, Júlia Demeková, Martina Zejdová

Course Organisation.

Prof. Alena Kobesova, MD, Ph.D.
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**TENTATIVE COURSE PROGRAM FOR
DNS CERTIFIED EXERCISE TRAINERS AND STRENGTH COACHES**

Day 1

Morning: 9 -12.30

Prof. Pavel Kolar: Review of DNS principles

DNS assessment strategies. Postural function as a source of movement system disturbance and pain in general population and in athletes. General principles to correct movement patterns to prevent repetitive strain injury and to improve sport performance.

12.30-13.30 Lunch break

Afternoon: 13.30-17.00

DNS Instructors: Analysis of the ipsilateral pattern

Review of ipsilateral pattern testing in athletic activities, including the definition of movement quality in ipsilateral sport-specific movements such as the tennis forehand, golf swing, and volleyball serve. The session will cover common movement pattern mistakes, appropriate selection of exercise positions, and guidance on exercise progressions and regressions.

Day 2

Morning: 9-12.30

DNS Instructors: Skill Refinement

Practical skill training for working with athletes in ipsilateral sport activities – hands-on workshop focusing on appropriate loading, resistance, number of repetitions, and types of load, including their pros and cons. Includes practical examples and a case presentation.

12.30-13.30 Lunch break

Afternoon: 13.30-17.00

DNS Instructors: Review of Contralateral Pattern Testing in Athletic Activities

Definition of movement quality in contralateral sport activities, with a focus on running. Identification of common movement pattern mistakes, selection of appropriate exercise positions, and guidance on exercise progressions and regressions.

Includes group exercise session.

Day 3

Morning: 8-12.00

DNS Instructors: Skill Refinement

Practical skill training for working with athletes in contralateral sport activities – hands-on workshop focused on appropriate loading, resistance, number of repetitions, and types of load, including their pros and cons. Includes practical examples and a case presentation..

12.00-12.45 Lunch break

Afternoon: 12.45-15.00

DNS Instructors: Improving Segmental Mobility Using DNS Principles

Higher developmental positions will be presented in modified forms to effectively improve flexibility of the spine, shoulder, and hip girdles, while achieving and maintaining proper trunk stabilization patterns.