

# DYNAMIC NEUROMUSCULAR STABILIZATION

## Exercise Part 2



### Course Instructors

The “Prague School of Rehabilitation and Manual Medicine” was established by key neurologists/physiatrists, all of whom were giants in the 20th century rehabilitation movement era i.e. the late Professors Karel Lewit, Vaclav Vojta, Vladimir Janda & Frantisek Vele.

Based on groundbreaking neurodevelopmental and rehabilitation principles by these men, Professor Pavel Kolar has successfully integrated the work of his predecessors, in proposing the underlying neurodevelopmental mechanism for how the movement system develops hand-in-hand with CNS maturation. This complex approach is “cutting-edge” in that it provides a window into the complexity and plasticity of the CNS and its effect on the movement system.

The DNS approach can be used in the rehabilitation of a myriad of neurologic, musculoskeletal pain syndromes as well as performance athletic training.

For more information on this approach, please check out [www.rehabps.com](http://www.rehabps.com)

#### Michal Truc, PT, MS

Michal graduated with his Master’s Degree in Physiotherapy in 1998 from the Faculty of Physical Education and Sports, Charles University in Prague. Michal worked as physical therapist at the Department of Rehabilitation and Sports Medicine, University Hospital Motol in Prague for more than 10 years. In 2011, he joined Professor Pavel Kolar’s private Centre of Movement Medicine, Prague as senior physiotherapist (<http://www.cpmchodov.cz>).

Since 2003 Michal been appointed team clinician for the Czech National Cross-Country Skiing Team and Czech National Hockey Team. Michal has been functionally evaluating and treating elite athletes on daily basis and also travels with the teams for International World Championships and Olympic Games.

#### Clare Frank, PT, DPT, MS

Dr. Frank received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program in 1993 while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her post-professional doctorate degree from Western University of Health Sciences, Pomona, California in 2003.



movement links®

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June 29 - 30, 2024

#### COURSE LOCATION

Evergreen Physical Therapy  
111 South Hudson Pasadena  
CA 91101

[www.evergreenpt.net](http://www.evergreenpt.net)

## COURSE DESCRIPTION

The nervous system establishes programs that control human locomotion, that includes posture and movement. This critical “motor control” is largely established during the first years of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system on which the Prague School was established, the scope of clinical rehabilitation options for many of our neurologic and musculoskeletal pain patients has been expanded. The DNS approach involves every component of the movement system (i.e. muscles, joints, nerves and, & soft tissue) by stimulating movement control centers in the brain through activation of ideal inborn movement stereotypes. This, in turn, helps restore the structural and postural alignment of the body’s neuro-musculo-skeletal system by evoking the global motor patterns. Global motor patterns form the foundation of human movement and represent genetically predetermined elements for uprighting and equilibrium. These patterns are essential for the control of posture and dynamic stability of the spine through the lifespan of the individual.

**Prerequisite: Completion of Course A or Exercise Part 1**  
**Instructional Level: Basic**

## COURSE OBJECTIVES

- Review of developmental kinesiology in the context of optimal posture and global motor patterns in human movement and athletic performance.
- Demonstrate active exercises in higher developmental positions - tripod, bear, squat, lunge, step up and its modifications.
- Demonstrate exercises utilizing the use of elastic bands, barbells, weights, and gymball.
- Discuss and demonstrate DNS exercise specific sport technique: for example, throwing, jumping, strokes, skating, etc.

## COURSE SCHEDULE

### DAY 1 (9:00 AM - 5:00 PM)

Registration begins at 8:30 AM

Lecture/Lab: Review of Developmental Kinesiology principles to achieve optimal postural stabilization as a prerequisite for sports performance.

Postural analysis to recognize "weak link"

Video Analysis, DNS techniques & treatment strategies.

### DAY 2 (9:00 AM - 4:00 PM)

Lecture/Lab:  
Exercise in advanced developmental positions.

Use of elastic bands, weights and unstable surfaces.

Discuss & demonstrate DNS exercises for specific sport techniques, throwing, jumping, skating, etc.

### **1.2 CEUs (12 contact hours)**

Pending approval by California Physical Therapy Association (CPTA).

You are responsible to obtain your own CEUs if your state is not approved by CPTA.

Approved by BOC for certified Athletic Trainers

## REGISTRATION

Dynamc Neuromuscular Stabilization:  
**Exercise Part 2: June 29 - 30, 2024**

Registration Fee: \$595 + Prague School Fee of €80. Please note that the Prague School registration fee is non-refundable.

### 2-Step Registration Process

**(1) Pre-registration on [www.rehabps.com](http://www.rehabps.com)** is required prior to signing up for this Movement Links sponsored course

**(2) After pre-registering on Prague School website, please complete your registration on: [www.movementlinks.com](http://www.movementlinks.com)**

### Target Audience:

Physical Therapists, Physical Therapy assistants, Chiropractors, Athletic trainers, Exercise & Fitness professionals, coaches.

Website: [movementlinks.com](http://movementlinks.com)

Questions: [info@movementlinks.com](mailto:info@movementlinks.com)