

## COURSE INSTRUCTORS

**Clare C. Frank** DPT, MS, OCS, FAAOMPT

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. She is a board certified specialist in Orthopedic Physical Therapy and a fellow in the American Academy of Orthopedic Manual Physical Therapy. Her clinical career has been greatly influenced by Shirley Sahrman PT, PhD, and the Prague School of Manual Medicine faculty, namely, the late Vladimir Janda MD, Karel Lewit MD, and Pavel Kolar PT, PhD.

Dr Frank practices at a private clinic in Los Angeles, California. She currently teaches in the U.S. and internationally and has co-authored "Assessment and Treatment of Muscle Imbalances: The Janda Approach" with Human Kinetics, Inc.

**Magdaléna Lepšíková** MS, PT

Ms. Lepšikova graduated from Charles University and specializes in rehabilitation of locomotor system dysfunction. She is a physiotherapist at Motol Hospital, a large teaching hospital associated with Charles University, in Prague, Czech Republic. She also serves as a lecturer to physiotherapy and medical students at 2<sup>nd</sup> Medical Faculty of Charles University in Prague

Ms. Lepšikova is a certified Vojta and Bobath therapist. She has trained and worked with Professors Karel Lewit and Pavel Kolar at the rehabilitation department for 10 years, where she treats both adults and children. She also serves as an adjunct instructor for Professor Kolar's "Dynamic Neuromuscular Stabilization" courses both in Prague and internationally. In addition, she is a certified instructor for Professor Karel Lewit's techniques.

## INTRODUCTION TO DYNAMIC NEUROMUSCULAR STABILIZATION

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. Karel Lewit and the late Professors 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)



## COURSE B

Apr 22 – 24, 2017

## COURSE LOCATION

Mount St. Mary's University  
(Doheny Campus)  
10 Chester Place  
Los Angeles, CA 90007

## DYNAMIC NEUROMUSCULAR STABILIZATION: COURSE B

**Apr 22 – 24, 2017**

**Registration Fee: \$750 + Prague School fee of 80 Euros.** The Prague School registration fee is non-refundable.

### **Target Audience:**

These DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These courses are limited to licensed health professionals (MD, DO, PT, DC, OT, ATC). The organizer reserves the right to request proof of licensure.

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

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

**Questions & Further Information:  
[info@movementlinks.com](mailto:info@movementlinks.com)**

## 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. Participants in this course will be introduced to the application of these principles.

**Pre-requisite:** Completion of Course A

Instructional Level: BASIC

Instructor-Student Ratio: 1:16

## COURSE OBJECTIVES

- Demonstrate and understanding of developmental kinesiology and its relationship to pathology of the movement system.
- Describe the basis for primitive reflexes and postural reactions and their role in developmental kinesiology.
- Demonstrate in-depth assessment of postural analysis and testing the intrinsic spinal stabilizing system
- Integrate corrective exercises in the higher developmental kinesiology positions.
- Demonstrate clinical reasoning and application of DNS principles in managing complex musculoskeletal pain dysfunctions.

## COURSE SCHEDULE

Day 1 & 2	9:00 AM - 5:00 PM
Day 3	8:30 AM - 3:00 PM

***PLEASE WEAR APPROPRIATE LAB ATTIRE FOR VISUAL AND PALPATION OF MUSCLES.***

### **Recommended Hotels in the Vicinity**

Vagabond Inn USC Los Angeles -  
3101 South Figueroa Street, Los Angeles, CA 90007

Radisson Hotel Midtown Los Angeles At USC -  
3540 South Figueroa Street, Los Angeles, CA 90007

O Hotel Los Angeles -  
819 South Flower Street, Los Angeles, CA 90017

The inn at 657 - right across from campus.  
<http://www.patsysinn657.com/>

**1.8 CEUs (18 contact hours)**