

## COURSE INSTRUCTORS

### Marcela Safarova PT, PhD

Dr Safarova received her physical therapy training and completed her doctoral studies from Charles University. She is the head physiotherapist at Motol Hospital, a large teaching hospital associated with Charles University in Prague, Czech Republic. Dr Safarova specializes in the rehabilitation of the locomotor system. She is also a certified Vojta therapist and has trained and works with both Professors Pavel Kolar and Karel Lewit. She also serves as an adjunct lecturer for both medical and physiotherapy students at the university. She currently serves as an instructor for Professor Kolar's courses both in Prague and internationally.

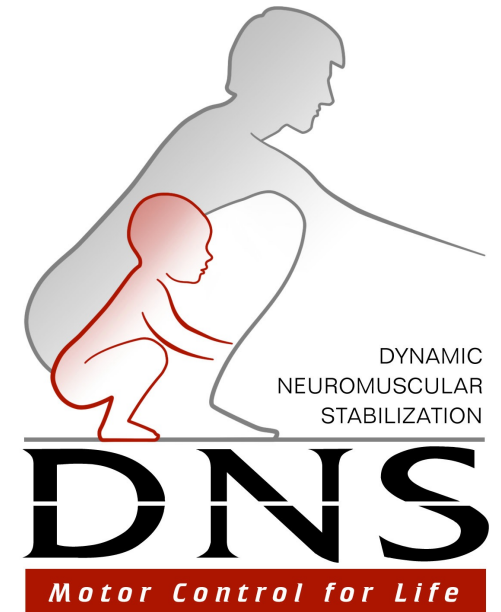
### Clare C. Frank DPT, MS, OCS, FAAOMPT

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.

## 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 C**  
**May 3– 5, 2019**

### COURSE LOCATION

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

## DYNAMIC NEUROMUSCULAR STABILIZATION: COURSE C

May 3 - 5, 2019

**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:

[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.

**PRE-REQUISITES:** Completion of Course A & B  
Instructional Level: Intermediate  
Instructor-Student Ratio: 1:16

## COURSE OBJECTIVES

- Demonstrate an understanding of developmental kinesiology and its relationship to locomotor dysfunctions with particular focus on the hip, shoulder, pelvic floor and scoliosis.
- Describe the kinesiology of muscle chains involved in active exercises based on developmental positions.
- Demonstrate advanced assessment of the intrinsic spinal stabilizing system with clinical reasoning.
- Integrate corrective exercises based on impairments of the stabilizing system and developmental kinesiology positions.

## COURSE SCHEDULE

Day 1: (9:00 AM - 5:00 PM)

- AM Registration begins at 8:30 AM  
Lecture/Lab: Review & finer points of Developmental Kinesiology & DNS Tests from Course A & B.  
Lecture/Lab: Evaluation & Management of Shoulder Dysfunction
- PM Lab (cont.)  
Case presentation

Day 2: (9:00 AM - 5:00 PM)

- AM Lecture/Lab: Evaluation & Functional Management of Hip Dysfunction
- PM Lab (cont.)

Day 3: (8.30 AM - 3:00 PM)

- AM Lecture/Lab: Scoliosis  
Lecture/Lab: Pelvic Floor Dysfunction
- PM Putting it all together: Test & Re-test

### **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)**