

## INTRODUCTION TO

# DYNAMIC NEUROMUSCULAR STABILIZATION

## Clinical Course A



**CLARE FRANK, PT, DPT, MS**  
**Course Instructor**

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)

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 Advanced Standing doctorate degree from Western University of Health Sciences, Pomona, California in 2003.

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

Dr. Frank practices 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.



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*Presents*



## Clinical COURSE A

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

## COURSE OBJECTIVES

- Demonstrate an understanding of developmental kinesiology with an emphasis on the first year of life and its relationship to locomotor dysfunctions
- Describe ideal respiration & postural stabilization from a developmental perspective; the dual functional role of the diaphragm in respiration & stabilization and intra-abdominal pressure regulation.
- Assess and train the intrinsic spinal stabilizing system based on the principles of DNS.
- Integrate corrective exercises based on impairments of the stabilizing system and developmental kinesiology positions.

## COURSE SCHEDULE

### DAY 1 (8:30 AM - 6:30 PM)

<b>AM</b>	Introduction to DNS Postural ontogenesis & motor development from a developmental kinesiology model
<b>PM</b>	Lecture/Lab: Respiration Tests of the Intrinsic Spinal Stabilizing System

### DAY 2 (8:30 AM - 6:30 PM)

<b>AM</b>	Lab: Tests of the Intrinsic Spinal Stabilizing System ( <i>cont.</i> )
<b>PM</b>	Lecture/Lab: Active Exercises  Lab: Active Exercises “Putting it all Together”

Instructional Level: Basic  
Instructor-Student Ratio: 1:16

### **1.5 CEUs (15 contact hours)**

*Approved by California Physical Therapy (CPTA) for physical therapists.*

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

*Approved by BOC for certified Athletic Trainers*

## Dynamc Neuromuscular Stabilization Course A

### DATES

**Jan 27 - 28, 2024**

**Apr 27 - 28, 2024**

**Sep 14 - 15, 2024**

**Registration Fee: \$750 + 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:

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.

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

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