INTRODUCTION TO

DYNAMIC NEUROMUSCULAR STABILIZATION

Clinical Course B

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

Clare Frank, PT, DPT, MS
Course Instructor

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 Sahrmann 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.

movement links®

Presents

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Clinical Course B

Course Location

Evergreen Physical Therapy
111 South Hudson
Pasadena CA 91101

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

Course Objectives

- Demonstrate more in-depth understanding of developmental kinesiology and its relationship to pathology of the movement system: Describe the basis for primitive reflexes and psutral reactions and their role in development kinesiology.
- Demonstrate in-depth assessment of postural analysis, the intrinsic spinal stabilizing system & functional tests.
- Integrate corrective exercsies in the higher developmental positions & further functional tests.
- Describe cortical function & its role in movement & posture.
- Demonstrate clinical reasoning & application of DNS principles in managing complex musculoskeletal pain dysfunctions.

Course Schedule

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

AM Registration begins at 8:30AM
Lecture/Lab: Review & of Developmental Kinesiology & ontogensis. Primitive reflexes & postural activity in 1st year of life

PM Lab: ISSS Testing in higher developmental positions

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

AM Lab: DNS active exercises in supine positions

PM Lab: DNS active exercises in prone position

DAY 3 (9:00 AM - 3:00 PM)

AM Lab: DNS active exercises in sidelying positions

PM Lab (cont.)
"Putting it all Together"

1.8 **CEUs** (18 contact hours) *approved 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

Dynamc Neuromuscular Stabilization:
Course B:
DATES
Feb 2 - 4, 2024
Oct 11-13, 2024

Registration Fee: $795 + Prague School Fee of €80. Please note that the Prague School registration fee in non-refundable.

2 Step Registration Process

(1) Pre-registration on 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: **https://www.movementlinks.com/seminars3.php**

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
Questions: info@movementlinks.com