

Dynamic Neuromuscular Stabilization

PEDIATRIC COURSE PART 1



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. 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.

Magdalena Lepsikova, PT, MS

Ms. Lepsikova 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 2nd Medical Faculty of Charles University in Prague Ms. Lepsikova 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. or Kolar's courses both in Prague and internationally.

Clare Frank, PT, DPT, MS

Dr. Frank received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program 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 certified DNS instructor and a certified Vojta therapist.

Dr. Frank practice 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.



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Presents



PEDIATRIC COURSE PART 1

August 14 - 17, 2025

Course Location

Evergreen Physical Therapy
111 South Hudson

Pasadena CA 91101

www.evergreenpt.net

For more information on this approach, please check out <https://www.rehabps.com/>

DNS Pediatric Certification Track
<https://www.rehabps.com/dns-pediatric.html>

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 year of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system, 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-musculoskeletal 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.

Course Objectives

- Demonstrate an understanding of developmental kinesiology (DK) with an emphasis on the development during the first year of life.
- Describe the basis for primitive reflexes and postural reactions and their implications during DK.
- Assess the baby's developmental age based on DK.
- Assess the integrated spinal stabilizing system both visually and through functional tests in children.
- Evaluate and correct respiratory patterns.
- Demonstrate baby assessment and treatment based on DNS principles.
- Demonstrate DNS principles for handling of babies (0-7months), and active exercises for toddlers & preschool children.

Instructional Level: BASIC

Instructor-Student Ratio: 1:12

Course Schedule

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

- AM** Registration begins at 8:30
Introduction to DNS-terminology, joint centration, global motor patterns.
Ideal stabilization patterns
- PM** DNS assessment & treatment of postural insufficiencies in older children and adults

Day 2 (9:00 am – 5:00 pm)

- AM** Ontogenesis & developmental kinesiology.
Description of spontaneous motor activity.
Active Exercise in undifferentiated developmental positions.
- PM** Assessment of primitive reflexes & postural reactivity of infants.

DAY 3 (9:00 am – 5:00 pm)

- AM** DNS assessment & treatment of postural insufficiencies in older children and adults
- PM** Demo: Infant handling & therapy
Practice with dolls
Active exercise in developmental positions

Day 4 (9:00 am – 2:00 pm)

- AM** Active Exercise in developmental positions
Demo and handling.
Summary, discussion and closing remarks.

Registration

Dynamic Neuromuscular Stabilization
Pediatric Part 1: Aug 14-17, 2025

Registration Fee: \$995 + mandatory Prague School Fee of €80. Please note that the Prague School registration fee is non-refundable.

Two-step registration process

1. Register on https://www.rehabps.cz/rehab/course.php?c_id=3310
2. Register on <https://www.movementlinks.com/seminars3.php>

Target Audience:

This DNS course is based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. This course is limited to licensed medical professionals (MD, PT, OT, DC, DO,). The organizer reserves the request proof of licensure.

CEUs:

2.4 CEUs (24 contact hours) pending approval from California Physical Therapy Association. You are responsible to obtain your own CEUs if your state does not have reciprocity with CPTA.

