DYNAMIC NEUROMUSCULAR STABILIZATION

Clinical Course C

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

Course Instructors

Martina Jezkova, PT, Mgr

Martina Ježková completed her Physiotherapy Master's degree in 2001, at the Faculty of Physical Education and Sport, Charles University, Prague. She was a student of esteemed Professors Janda and Lewit, whom she later worked with at the Rehabilitation Clinic, University Hospital Motol, Prague.

In her 17 years of clinical rehabilitation practice at the University hospital, Motol, Martina worked with a broad scope of patients, including babies with cerebral palsy and children with central coordination disturbance, scoliosis, neurological disorder patients, gynaecology patients with functional sterility, pelvic floor dysfunction and other pelvic health issues. She also worked with professional and amateur athletes and elderly patients, to develop movement optimization strategies. In 2018 Martina opened her own private physiotherapy practice, outside of Prague.

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 Masters 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.

movement links®

Presents

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

CLINICAL Course C

Jan 16 – 18, 2026

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 & 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 instrinsic spinal stabilizing system with clinical reasoning.
- Describe cortical function & its role in movement & posture.
- Integrate corrective exercises based on impairments of the stabilizing system and developmental kinsiology 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 Courses A & B. Lecture/Lab: Evaluation & Management of Hip Dysfunction
PM	Lab (cont.)

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

AM	Lecture/Lab: Evaluation & Management of the Shoulder
PM	Lab (cont.)

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

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

1.8 CEUs (18 contact hours)

Approved by California Physical Therapy Association.
You are responsible to obtain your own CEUs if your state does not have reciprosity with CPTA

Approved by BOC for certified Athletic Trainers

Registration

Dynamc Neuromuscular Stabilization:
Course C: January 16-18, 2026

Registration Fee: $795 + 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 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**

Target Audience:
This DNS courses is based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. Attendance in this course is 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