

DYNAMIC NEUROMUSCULAR STABILIZATION

For Womens' Health Part I



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.

For more information on this approach, please check out www.rehabps.com

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



Women's Health Part 1

Jan 22 – 23 2026

Course Location

Evergreen Physical Therapy

111 South Hudson

Pasadena CA 91101

www.evergreenpt.net

Course Description

This course will focus on functional diagnosis and treatment of viscerovertebral patterns in females with gynecological problems. Gynecological diseases are closely linked to functional deficits of the movement system. Any gynecological disorder is registered by the CNS through receptors. Then, the CNS reactively, or adaptively develops protective changes in muscle tone including the smooth muscle. The possibility of gynecological causes needs to be considered in patients with back pain who demonstrate a chaining of functional deficits of the muscle system (pelvic nutation, pelvic floor spasm, unilateral gluteal muscle hypotonia, TrPs in the hip adductor region, etc.). However, a large number of functional spinal and pelvic dysfunctions exist that are mistakenly considered to be gynecological diseases. Gynecological dysfunctions that are being significantly influenced by movement system function include menstrual cycle deficits, dysmenorrhea, premenstrual syndrome, certain gynecological infections, functional sterility and deficits during menopause (climacterium). Another syndrome which can be positively affected by rehabilitation is stress incontinence. Training ideal coordination between muscles of the pelvic floor, diaphragm and abdominal muscles may significantly decrease undesirable spontaneous loss of urine.

Prerequisite: Completion of Course A or Pediatrics I

Instructional Level: Intermediate

Instructor-Student Ratio: 1:12

Course Objectives

Discuss the pelvic floor function from a developmental kinesiological perspective..

Discuss and demonstrate the relationship of the diaphragm and pelvic floor and its integration in global movement patterns.

Assess the pelvic floor muscles and its function

Assess and treat “active scars” using barrier technique according to Karel Lewit.

Demonstrate manual techniques & self-treatment for relaxation and activation of pelvic floor muscle.

Integrate pelvic floor function into global movement patterns.

Demonstrate corrective exercises based on developmental positions for patients with urinary stress incontinence, pelvic floor dysfunction, dysmenorrhea, constipation and pregnancy.

1.8 CEUs (18 contact hours)

Pending approval by California Physical Therapy Association.

You are responsible to obtain your own CEUs if your state does not have reciprocity with CPTA

Approved by BOC for certified Athletic Trainers

Registration

Jan 22-23, 2026

Day 1: 9:00 am – 5:00pm

Day 2: 9:00 am – 4:00pm

Registration Fee: \$650 + 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) Complete your registration on www.movementlinks.com

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: www.movementlinks.com

Contact: info@movementlinks.com