

Advanced DNS Skill Class: Kinesiological analysis of developmental exercises

Instructor: Martina Jezkova & Clare Frank

Evergreen Physical Therapy

111 South Hudson

Pasadena CA 91104

<https://www.evergreenpt.net/>

Thurs Jan14, 2027 9 am – 5:00 pm

Friday Jan 15, 2027 9:am – 3:45 pm

Course Description

This 2-day skill class will focus on detailed kinesiological content (muscle analysis) of each developmental position and transitional movements and its activation.

Course Objectives:

- Review basic principles of Dynamic Neuromuscular Stabilization and developmental kinesiology.
- Discuss & demonstrate detailed kinesiological content (muscle analysis) of
- each developmental position and transitional movements and its activation.
- Demonstrate manual handling (for adults, children and babies), e.g. approximation, adequate resistance against stepping forward and/or backward movements.
- Discuss and demonstrate therapeutic rationale for progression and/or regression for various medical diagnosis and presentations.

Course Schedule:

Day 1

9.00 – 10.45 Review basic principles of Dynamic Neuromuscular Stabilization and developmental kinesiology:
3m supine, transition to sidelying.
1045 – 1100 Break
11.00 – 1230 5month sidelying
1230 – 1330 Lunch
13.30 – 1515 Prone 3months and 4.5months
1515 – 1530 Break
15.30 – 1700 Oblique sit; sidelying to oblique sit transition

Day 2

9.00 – 1045 Prone 6months, quadruped, and crawling pattern
1045 – 1100 Break
11.00 – 1230 Oblique sit to quadruped transition; high kneeling to stance transition
1230 – 1330 Lunch
1330 – 1530 Oblique squat and hanging stance
1530 – 1545 Final Remarks

Prerequisites: Completion of Clinical DNS A & B

CEUs:

1.2 CEUs approved by California Physical Therapy Association

COST:

\$675 + mandatory Prague School fee of 100 Euros.

1. Register on PS Website: https://www.rehabps.cz/rehab/course.php?c_id=4039
Please note that this fee is non-refundable.
2. Register on <https://www.movementlinks.com/seminars3.php>

Biography

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.