

# DYNAMIC NEUROMUSCULAR STABILIZATION

## Pelvic Health Part 2



### 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](http://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.



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Presents



## Pelvic Health Part 2

Jan 20 – 21 2027

## Course Location

Evergreen Physical Therapy

111 South Hudson

Pasadena CA 91101

[www.evergreenpt.net](http://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 DNS Women's Health Part 1

Instructional Level: Intermediate

Instructor-Student Ratio: 1:12

## Course Objectives

Review of basic DNS principles, anatomy of pelvic floor organs and kinesiology of pelvic floor.

Discuss and demonstrate manual visceral techniques and self-treatment and exercises for urinary bladder incontinence, dyspareunia, ptosis and persistent inflammation of urinary tract.

Assess and train neutral position of chest and pelvis for ideal respiration, intraabdominal pressure regulation and pelvic floor muscles.

Demonstrate manual visceral techniques and self-treatment for patients with constipation, levator ani syndrome, vaginismus, vulvodynia and dysmenorrhea.

Introduce concepts of Ludmila Mojzisoava's work with functional sterility, mobilization of spine, ribs and pelvis.

### 1.2 CEUs (12 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 20-21, 2027

Day 1: 9:00 am – 5:00pm

Day 2: 9:00 am – 4:00pm

Registration Fee: \$675+ Prague School Fee of €100. Please note that the Prague School registration fee is non-refundable.

### 2-Step Registration Process

**(1) Pre-registration on [www.rehabps.com](http://www.rehabps.com)** is required prior to signing up for this Movement Links sponsored course.

**(2) Complete your registration on [www.movementlinks.com](http://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](http://www.movementlinks.com)

Contact: [info@movementlinks.com](mailto:info@movementlinks.com)