INTRODUCTION TO

Dynamic Neuromuscular Stabilization

Scoliosis Therapy Training





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 https://www.rehabps.com/

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.

movement links®

Presents

DYNAMIC NEUROMUSCULAR STABILIZATION

DNS

Motor Control for Life

Scoliosis Therapy Training

July 24 - 25, 2027

Course Location

Evergreen Physical Therapy 111
South Hudson
Pasadena CA 91101
www.evergreenpt.net

Course Description

Scoliosis is a complex spinal condition that demands a specialized, evidence-based therapeutic approach. This course provides training in Dynamic Neuromuscular Stabilization (DNS) approach, equipping practitioners with the skills to perform precise assessment and develop individualized therapy plans for patients with scoliosis. The program emphasizes a deeper understanding of scoliosis pathophysiology, differentiation of postural deviations, and comprehensive management strategies —including conservative care, brace treatment, and pre-/post-operative rehabilitation.

Prerequisite: Completion on DNS A or Pediatrics Part 1

Course Objectives

- Understand the pathogenesis of scoliosis and body asymmetry
- Perform differential diagnosis of: Idiopathic scoliosis, neuromuscular scoliosis and other forms of secondary scoliosis
- Gain insight into ontogenesis and the developmental formation of the spine
- •Apply DNS functional tests to assess scoliosis and asymmetrical posture
- •Develop hands-on techniques to enhance manual skills for treating patients with asymmetries
- •Understand the principles and application of brace treatment in scoliosis management
- Design and implement corrective exercises using DNS developmental positions:
- Facilitate body awareness training for improved motor control
- Apply manual techniques to address and correct dysfunctional respiratory patterns
- Integrate DNS-based corrective exercises into other established exercise and rehab strategies

Instructional Level: BASIC
Instructor-Student Ratio: 1:12

Course Schedule

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

AM Registration begins at 8:30 am

Developmental kinssiology & ontogenetic influence on scoliotic development, and risk factors.

PM Functional assessment>
DNS based approach to restore posture in scoliotic individuals.

Day 2 (9:00 am – 4:00 pm)

AM DNS treatment of scoliotic clients.
DNS Corrective exercises and modifications.Utilixation of reflex contact zones and Klapp's crqaling.

PM Self treatment strategies, and patient/ family education.

CEUs:
1.2 CEUs (12 contact hours) approved from California Physical Therapy Association. You are responsible to obtain your own CEUs if your state does not have reciprosity with CPTA.

Registration

Dynamic Neuromuscular Stabilization Scoliosis Skill Class: July 24 - 25, 2027

Registration Fee: $695 + mandatory

Prague School Fee of €100. Please note that the Prague School registration fee is non-refundable.

Two-step registration process

1. **Register on**

2. **Register on https:// www.movementlinks.com/seminars3.php**

Target Audience:

This DNS course is based on neurophysiology, neurotanatomy, 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.