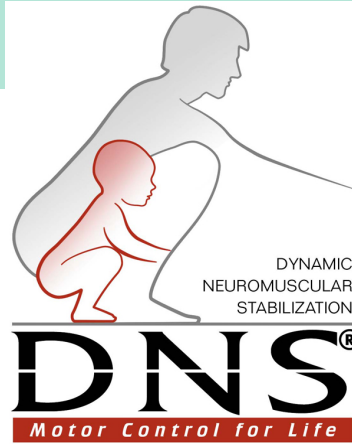




Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Pediatric Course Part 1

Contact Hours: 24

Course date:

May 16 - 19, 2024

Location:

Zdravstveni dom dr. Adolfa Drolca

Ulica Talcev 9

2000 Maribor

Slovenia

Instructor:

Magdalena Lepsikova, MPT

Organizer:

Slovenian Association of Physiotherapists

sport@physio.si

<https://www.physio.si/sekcije/sekcija-za-fizioterapijo-v-spo>

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

(the actual program will be sent to you by the local organizer)

Day 1 Thursday – May 16, 2024

9.00 – 10.45	Introduction to DNS – terminology, functional joint centration, global motor patterns.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ideal stabilization pattern – development of stabilization pattern, the role of diaphragm, developmental definition of ideal respiration and stabilization pattern.
12.30 – 13.30	Lunch.
13.30 – 15.15	DNS assessment and treatment – postural insufficiencies in older children and adults.
15.15 – 15.30	Coffee break.
15.30 – 17.30	DNS assessment and treatment – postural insufficiencies in older children and adults.

Day 2 Friday – May 17, 2024

9.00 – 10.45	Ontogenesis – developmental kinesiology – description of spontaneous motor activity and postural.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ontogenesis – developmental kinesiology – cont., active exercise in undifferentiated developmental positions.
12.30 – 13.30	Lunch
13.30– 15.00	Assessment – primitive reflexes and postural reactivity of infant, workshop with dolls.
15.00 – 15.15	Coffee break.
15.15 – 17.30	Assessment and treatment of the infant with asymmetry + patients video demonstration.

Den 3 Saturday – May 18, 2024

9.00 – 10.45	DNS assessment and treatment – postural insufficiencies in older children and adults.
10.45 – 11.00	Coffee break.
11.00 – 12.30	DNS assessment and treatment – postural insufficiencies in older children and adults.
12.30 – 13.30	Lunch.
13.30– 15.00	Infant handling and therapy.
15.00 – 15.15	Coffee break.
15.15 – 16.40	1 patient demo (physiological baby 0-6M) 1 patient demo (physiological baby 7-12M)
16.40 – 17.30	Active exercise in developmental positions, discussion, closing the day.

Day 4 Sunday – May 19, 2024

9.00 – 10.00	Active exercise in developmental positions.
10.00 – 11.00	Patient demo (child with asymmetry).
11.00 – 11.15	Coffee break.
11.15 – 13.00	Principles of DNS treatment – summary, discussion.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=2723

Course Goals and Description

This is a **4 days course** for attendees who works primarily with pediatric clients.

- Demonstrate an understanding of developmental kinesiology in depth with an emphasis on development during the first year of life. Basic sagittal stabilization, postural-locomotion function, stepping forward and supporting extremity function.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Red flags in the development during the first year of life.
- Assessment of baby's developmental age. Developmental and chronological age correlation (baby demonstration).
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests in children.
- Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Evaluate and correct poor respiratory patterns.
- DNS principles for baby handling in positions that corresponds to developmental positions of the baby age 0-7M. Devices used for carrying babies, yes or no, how and why?
- Child with asymmetry (oblique neck, oblique pelvis, plagiocephaly and their consequences to the development).
- Demonstrations of baby assessment and treatment based on DNS principles.
- Toddlers and preschool children exercises according to DNS, easy positions without differentiation.

After the DNS Pediatric 1 course participants should be able to assess the spontaneous locomotor function of a child and distinguished between physiological and pathological movement pattern. The emphasis is put on assessment of quality of a movement and assessment of the basic primitive reflexes.

Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 4 days.
- The intermediate Pediatric DNS Course (part 2) is over 4 days.
- Advanced Pediatric DNS Course (part 3) 4 days.
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

DNS Pediatric educational track ground rules:

Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course).

Eligibility requirements to apply for the final DNS course D

(6 days course in Prague, by invitation only):

- Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
- Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
- Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions.

Prague School certificates & optional examination:

Participants who would like to take part in the educational track towards becoming a certified practitioner can take Pediatric DNS 1 test consisting of 40 multiple choice questions and 10 picture questions for 50 Euros fee. Participants are required to return the test to the Prague School instructor within 8 weeks following the course.

Please, bring a rag doll to the course to train practical skills!