

Course Instructor



Jakub Novak, MPT, PhD

Jakub Novák completed his Master's degree at the 2nd Faculty of Medicine at Charles University. He attended an internship at a sports clinic Do Dragao in Portugal for one month. Jakub has been working at Rehabilitation and Sports Medicine Clinic, University Hospital Motol in Prague as a physiotherapist since 2016. In 2018, he started teaching students of physiotherapy and medicine at the 2nd Faculty of Medicine at Charles University. In 2018 Jakub became a physiotherapist at Professor Kolar's private Centre of Movement Medicine located in Prague (www.cpmk.cz).

Jakub has been appointed team physiotherapist for the Czech National Hockey Team and Czech National orienteering Team since 2013. He has been evaluating and treating elite athletes on daily basis also traveling with the teams for International World Championships. In his work with professional athletes Jakub focuses on treatment, prevention and enhancement of sports performance. Jakub is specialized in the functional assessment and treatment of older children, young athletes, sports adults and professional athletes.

He is a certified instructor for “Kolar's Approach to Dynamic Neuromuscular Stabilization: A Developmental Kinesiology Model” He taught numerous courses both in the Czech Republic and Slovakia as well as in other European countries.

Jakub is currently working on his a Ph.D. research. His Ph.D. topic is Objectification of postural function of abdominal muscles and intraabdominal pressure in patients with low back pain. One of the main objective of Dynamic Neuromuscular Stabilization approach.