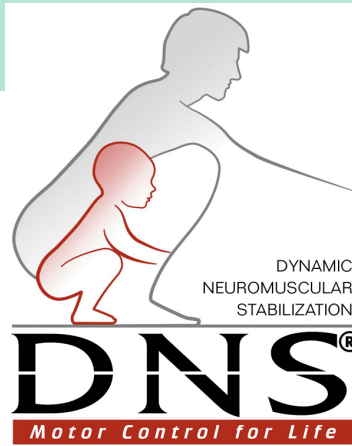




# ***Dynamic Neuromuscular Stabilization (DNS) according to Kolar***

**Pediatric Course Part 1**

**Contact Hours: 24**

Course date:

**November 27 - 30, 2025**

Location:

**Zdravstveni dom dr. Adolfa Drolca**

**Ulica Talcev 9**

**2000 Maribor**

**Slovenia**

Instructor:

**Julia Demekova, MPT**

Organizer:

**Slovenian Association of Physiotherapists**

**[sport@physio.si](mailto:sport@physio.si)**

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

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PRAGUE SCHOOL**



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# Tentative Course Program

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

## Day 1 Thursday – November 27, 2025

|               |                                                                                                                                                                     |
|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 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 – November 28, 2025

|               |                                                                                                               |
|---------------|---------------------------------------------------------------------------------------------------------------|
| 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 – November 29, 2025

|               |                                                                                       |
|---------------|---------------------------------------------------------------------------------------|
| 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)<br>1 patient demo (physiological baby 7-12M) |
| 16.40 – 17.30 | Active exercise in developmental positions, discussion, closing the day.              |

## Day 4 Sunday – November 30, 2025

|               |                                                    |
|---------------|----------------------------------------------------|
| 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=3264](https://www.rehabps.cz/rehab/course.php?c_id=3264)

## 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!**