

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Course for Pelvic Health - Part 2

Contact Hours: 12

Course date:
October 2 - 3, 2026

Location:
**ZD dr. Adolfa Drolca
Ulica Talcev 9
Maribor
Slovenia
<https://www.zd-mb.si>**

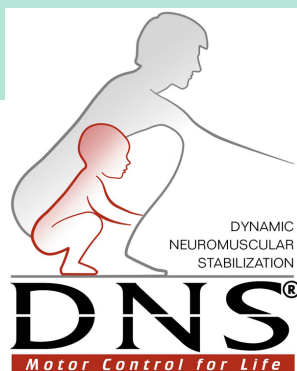
Instructor:
Martina Jezkova, MPT

Organizer:
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Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Course for Pelvic Health - Part 3 Pregnancy, Labor, Postpartum

Contact Hours: 12

Course date:
October 4 - 5, 2026

Location:
**ZD dr. Adolfa Drolca
Ulica Talcev 9
Maribor
Slovenia
<https://www.zd-mb.si>**

Instructor:
Martina Jezkova, MPT

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Tentative Course Program

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

Day 1 Friday – October 2, 2026

9.00 – 10.45	Review of basic DNS principles, anatomy of pelvic floor organs and kinesiology of pelvic floor. Manual visceral techniques and self treatment exercises for urinary bladder and patients with incontinence, dyspareunia, urinary bladder ptosis, frequent inflammation of urinary tract.
10.45 – 11.00	Break.
11.00 – 12.30	Manual visceral techniques and self treatment exercises for patients with constipation, Levator Ani syndrome.
12.30 – 13.30	Lunch.
13.30 - 15.15	Manual visceral techniques and self treatment exercises for fallopian tubes and ovaries, for patients with vaginismus, vulvodynia and dysmenorrhea.
15.15 – 15.30	Break.
15.30 – 17.15	Functional sterility and its typical characteristic and neurophysiological consequences. Introduction of Ludmila Mojziso work, researches presentation. Clinical assesment of posture and basic movement stereotypes.

Day 2 Saturday – October 3, 2026

9.00 – 10.45	Active exercises based on Ludmila Mojziso work concept and DNS neurophysiological principles for patients with functional sterility.
10.45 – 11.00	Break.
11.00 – 12.30	DNS based mobilization techniques of spine, ribs and pelvis.
12.30 – 13.30	Lunch.
13.30 - 15.15	DNS based mobilization techniques of spine, ribs and pelvis cont.
15.15 – 15.30	Break.
15.30 – 17.15	Respirations techniques for activation IAP , pelvic floor muscles and for mobilization of internal organs. Treatment protocol for patients with functional sterility. Specific group exercise for patients with PF dysfunction.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3709

Tentative Course Program

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

Day 1 Sunday – October 4, 2026

9.00 – 10.45	Physiological changes and physical activity during pregnancy from a view of Physiotherapist.
10.45 – 11.00	Break.
11.00 – 12.30	Treatment protocol of postural locomotion systém during pregnancy. Preparation for labor and prevention of birth trauma from a view of Physiotherapist.
12.30 – 13.30	Lunch.
13.30 – 15.15	Pelvis mobility and natural birth.
15.15 – 15.30	Break.
15.30 – 17.15	Exercise for the 1st, 2nd and 3rd period of labor.

Day 2 Monday – October 5, 2026

8.00 – 10.00	Postpartum treatment protocol and physical activity. Pelvic floor care. Scar management. Soft tissue, “active scar” treatment using barrier phenomenon according to Lewit.
10.00 – 10.15	Break.
10.15 – 12.00	Treatment for Diastesis recti. Specific group exercise for postpartum period. Basic principles of physiological baby handling Q/A.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3710

Course Goals and Description

WH course part 2: Focus on functional sterility and visceral mobilization of pelvic organs

- **Course objectives**

- Review of Basic DNS Principles: Overview of the anatomy of pelvic floor organs and the kinesiology of the pelvic floor.
- Manual Visceral Techniques and Self-Treatment Exercises for urinary bladder and patients with incontinence, dyspareunia, urinary bladder ptosis, and frequent urinary tract inflammation; for patients with constipation and Levator Ani syndrome; for fallopian tubes and ovaries, addressing issues such as vaginismus, and dysmenorrhea.
- Neutral Position of the Chest and Pelvis: Explanation and importance of maintaining a neutral position.
- Physiological Function of the Diaphragm: Description of the respiration stereotype.
- Physiological Function of Pelvic Floor Muscles and Reproductive Organs.
- Functional Sterility: Typical characteristics and neurophysiological consequences.
- Introduction to Ludmila Mojzisoval's Work: Presentation of her research and findings.
- Clinical Assessment of Posture and Basic Movement Stereotypes.
- Active Exercises Based on Ludmila Mojzisoval's Concept and DNS Neurophysiological Principles: For patients with functional sterility.
- DNS-Based Mobilization Techniques: For the spine, ribs, and pelvis.
- Respiration Techniques: For activating intra-abdominal pressure (IAP) and pelvic floor muscles.

Course Goals and Description

This course is for practitioners who have taken DNS A course or Pediatric 1 previously. It is designed to enhance your clinical skills and confidence in applying DNS principles and manual techniques in clients with pelvic floor dysfunction and in pregnant women. Treatment rehabilitation in gynecology and obstetrics plays an important role, not only as a component of the treatment itself, but also in prevention. In selected gynecological conditions, in which the movement system function is discussed as one ethiopathogenic factor, its causative effect can be presumed. Various gynecological pathologies, such as infections, dysmenorrhea, post-surgical conditions, but also pregnancy and the six week postpartum period, have a direct effect on the structure and function of the movement system and vice versa. Clinically, it can be challenging to distinguish, whether the cause of the problem is primarily gynecological or whether it is a movement system dysfunction with a visceral referral pattern. In this course, typical functional symptoms and DNS assessment and treatment approach to the individual gynecological syndromes and pregnancy will be introduced.

- **Course objectives**

- Developmental Kinesiology of the Pelvic Floor
- Pelvic Floor Function | Pelvic Floor Dysfunction
- Physiological Changes of PF during Pregnancy
- Pelvic Floor Activation | Pelvic Floor Relaxation
- Treatment protocol for postural locomotion system in pregnancy
- Preparation for Labor
- Prevention of Birth Trauma
- Position of Baby in Uterus (manual work)
- Exercise & Movement for Stages of Labor
- Pelvic Floor postpartum treatment Protocol
- Management of pelvis and abdominal instability
- Principles of Baby Handling according to DNS