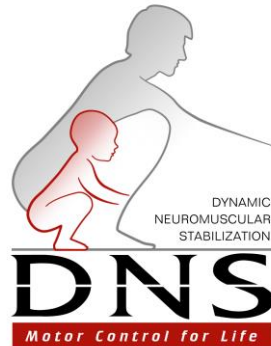


**Dynamic Neuromuscular Stabilization according to Kolar
DNS Exercise Course for Exercise Professionals: “Part II”
12 contact hours**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com



Course dates:
May 4 - 5, 2019

Instructor:
Veronika Nasslerova, MPT

Organizer:
Parinama center
[http://www.parinama.si/lokacije-in-kontakti/parinama-center/
info@parinama.si](http://www.parinama.si/lokacije-in-kontakti/parinama-center/info@parinama.si)
(030) 66 55 44

Location:
Parinama center
Cesta na Brdo 85
1000 Ljubljana
Slovenia

Course Schedule

Day 1

9.00 – 10.30 Review of developmental kinesiology principles to achieve optimal postural stabilization as primary prerequisite for sports performance.

Ipsilateral and contralateral sport patterns.

10.30 – 11.00 Coffee break

11.00 – 12.30 Postural analysis - advanced DNS tests to recognize a “weak link” in the postural-locomotion pattern

12.30 – 13.30 Lunch

13.30 – 15.00 DNS techniques to achieve optimal stabilization of the supporting segments and balanced co-contraction of core stabilizers

15.00 – 15.30 Coffee break

15.30 – 17.00 Video and live athletes demonstration to analyze postural-locomotion function and determine treatment strategy to treat painful syndromes, prevent its recurrence and enhance sport performance

Day 2

8.30 – 10.30 Exercise in advanced ontogenetic positions:

10.30 – 11.00 Coffee break

11.00 – 12.30 Exercise in ontogenetic positions with elastic bands, weights and on unstable surface:

12.30 – 13.30 Lunch

13.30– 15.00 DNS exercises for specific sport techniques

15.30 – 16.00 Workshop cont., Final discussion

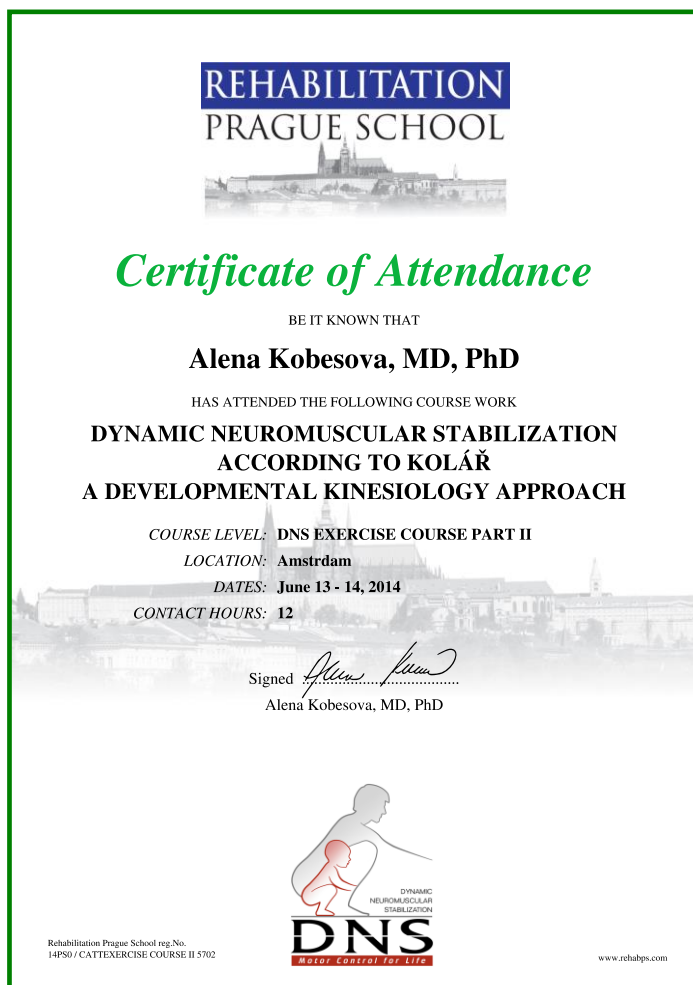
Course Objectives

- Review of developmental kinesiology in the context of adult optimal posture, sports performance, global motor patterns and the relationship to enhancing outcomes in sport and human movement.
- Demonstrate exercises in higher developmental positions – tripod, bear, squat, lunge, step up and its modifications & training of body awareness.
- Demonstrate exercises utilizing the principles of developmental kinesiology with elastic bands, barbells, weights, and gymballs
- Discuss & demonstrate DNS exercises for specific sport techniques: throwing, jumping, stroke, skating etc.

For more info please visit our website
[http://www.rehabps.com/REHABILITATION/Sports %26 Fitness.html](http://www.rehabps.com/REHABILITATION/Sports_%26_Fitness.html)

PRAGUE SCHOOL CERTIFICATES:

A **Certificate of ATTENDANCE** will be awarded by the PRAGUE SCHOOL



Course Instructor

Veronika Nasslerova, MPT



Veronika earned her Master's Degree in Physical Therapy at the Department of Physical Education and Sport at the Charles University in Prague, Czech Republic in 2007. She worked at a private Rehabilitation Center Monada in Prague between 2006 and 2014. She worked in both, an outpatient and in-patient settings, focusing on treatment of patients with various neurological, musculoskeletal and orthopaedic diagnoses as well as paediatric population. For several years, she was a lecturer at the Department of Physical Education and Sport. In 2011, Veronika completed a course in Vojta's Reflex Locomotion with emphasis on treatment of adult patients. In 2013, she completed training in developmental kinesiology focused on functional assessment and treatment of patients with spinal cord injuries. She also studied the application of acupuncture treatment for various neurological, orthopaedic and musculoskeletal diseases. Veronika

also completed a course in Klapp's crawling. She specifically uses this treatment technique for children and young patients with scoliosis. She has been working at Professor Kolar's private rehabilitation Centre of Movement Medicine in Prague since February 2015. Veronika has been teaching DNS courses in both, Czech and English languages since 2015.

Author of the DNS concept:

Prof. Pavel Kolář, PaedDr., Ph.D.



Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojte and Vladimir Janda, profoundly influenced him in his approach. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. Prof. Kolar acts as a Vice-Dean for Bachelor and Master level study at 2nd Medical faculty, Charles University in Prague and also as an adviser to the Director of the Hospital. As Director of the Rehabilitation Department, Professor Kolar oversees the following:

1. The Rehabilitation Unit for adult patients, both outpatients and in-patients.
2. The Rehabilitation Unit for children
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit
5. The School of Physiotherapy

Professor Kolar is renowned for his work in rehabilitation, in addition to his treatment of celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic

teams, Davis Cup tennis teams and national ice hockey and soccer teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling the President's personal clinician when he went abroad. Because of the profound influence of DNS to rehabilitation in the Czech Republic, Professor Kolar was awarded the prestigious "Presidential Award for Professional Excellence" by Czech President Vaclav Klaus in 2007.

Professor Kolar is currently directing an extensive research project in his department concerning developmental kinesiology and its application in early diagnosis of central nervous system disorder in newborns and infants. Using developmental kinesiology in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying postural activity of the diaphragm and conservative treatment of radicular pain syndromes. In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity.

Professor Kolar is also a member of interdisciplinary team at the Orthopedic Unit at the hospital. This concerns evaluation of children suffering from cerebral palsy and poor posture resulting in orthopedic deformities and indications for surgical treatment. His work is highly appreciated by orthopedists, who consider his opinion to be very important for surgical indications.

Professor Kolar has taught his methods in Europe, North America, Asia and Australia. In 2009 Dr. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar owns and oversees the prestigious private rehabilitation centre in Prague called "Pavel Kolar's Centre of Motion Medicine". <http://www.cpmk.cz/>