

Dynamic Neuromuscular Stabilisation (DNS): Course B

23 – 25 January, 2018

SYDNEY

In recent years much attention has been given to the development, maintenance and decline of functional stability of the locomotor system. Indeed, emerging research has proven the existence of the deep, or core, stabilising muscles and their impact in controlling safe joint motion. This is especially true for the joints of the spinal column, where the complexity of the biomechanical and neurophysiological demands is phenomenal.

With the increased understanding of functional stability have arisen new theories regarding the aetiology of functional pathology and also of effective treatment methods to restore stability.

Unfortunately, these techniques have yielded less than satisfactory results for many frustrated clinicians. Some methods, although based on sound principles, have been criticized as impractical.

It is during this period that a new method of intrinsic locomotor system stabilisation has arisen to dramatically gain the attention of rehabilitation specialists. Pavel Kolar, PaedDr., PhD. has indeed spawned a new manual approach to activate the intrinsic system and achieve exciting levels of improved function in a remarkably brief period. Based upon the principles of developmental kinesiology, the neurophysiological aspects of the maturing locomotor system on which the Prague School was established, he has expanded the scope of clinical options in an exciting new direction. Attendees to the course will be introduced to these methods.

Course Objectives:

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review and introduction to more advanced theory.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Demonstration of babies: Be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies.
- Demonstration of adult patients with pain in the locomotor system – stabilisation assessment and treatment strategy.
- Postural analysis & testing of integrated spinal stabilisation system– review of Course A tests and introduction to additional advanced tests.
- Postural analysis & testing of integrated spinal stabilisation system– advanced theory and testing.
- Reflex locomotion: Review of Reflex Turning I, II and reflex creeping and introduction to additional zones.
- Introduction to 1st position.
- Integration of corrective exercises based on newly taught DNS functional tests and RL positions.
- Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements.
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice.
- To optimally prepare students for the next level of training (Course “C”).

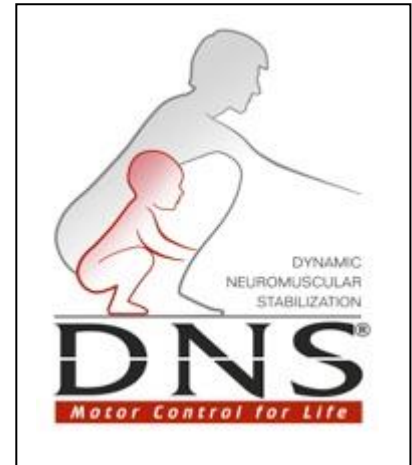
VENUE:

**Wattle Room,
Metro Aspire Hotel Sydney
383-389 Bulwara Road
Ultimo NSW 2007
T: +61 2 9211 1499
W: www.metrohotels.com.au**



OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam via the Prague School website www.rehabps.com.



Presenter: Martina Ježková MPT



Martina Jezkova is a senior physiotherapist at the Motol Hospital Department of Rehabilitation, Charles University, Prague, completing her physiotherapy training in the Czech Republic.

She is certified as a Vojta Therapist and has worked with Professor Kolar at Motol Hospital for many years. She has extensive training in the application of DNS therapy and has taught DNS courses around the world. Martina is also a Yoga instructor.

Pre-requisite:

1. Completion of Course A
2. These DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These courses are limited to health professionals registered with APHRA.
3. Please wear comfortable appropriate clothing for exercises, visual and palpation of muscles

Registration fee: \$ 1020.00 (Early bird) + EU 80.00 Prague Registration fee

\$ 1120.00 (Standard) + EU 80.00 Prague Registration fee

Prague registration > www.rehabps.com > Courses > DNS B Sydney 23 -25 Jan. 2018 > follow the prompts.

TIMETABLE:

- ✓ 8.30am - 9.00am Registration (Tuesday only)
- ✓ 9.00am - 10.30am Seminar / Workshop
- ✓ 10.30am - 11.00am Break
- ✓ 11.00am - 12.30pm Seminar / Workshop
- ✓ 12.30pm - 1.30pm Lunch
- ✓ 1.30pm - 3.00pm Seminar / Workshop
- ✓ 3.00pm - 3.30pm Break
- ✓ 3.30pm - 5.30pm Seminar / Workshop

Tuesday finishes 3.30pm

PLEASE NOTE: AUDIO OR VIDEO TAPING OF THIS PRESENTATION IS NOT PERMITTED

COST: - including GST

(Australian dollars)

PRACTITIONER:

Early bird \$ 1,020.00
(on or before 15.01.2018)

Standard \$ 1,120.00

Prague Registration fee EU 80.00
(www.rehabps.com)

Examination (optional) EU 100.00
(www.rehabps.com)

Morning, afternoon tea and a basic lunch will be provided. Please advise CEA if you have any dietary requirements.

CATEGORISATION OF THE PROGRAM: 18.0 FLA Hours

REGISTRATION FORM – DNS Course B Sydney 2018

Please note:

1. All delegates are also required to access the Prague School website at www.rehabps.com to register for the workshop and pay an additional **Euro 80**. The Course notes can be downloaded on completion of Prague registration.

2. The examination is elective for workshop delegates, however successful completion of the examination component is a pre-requisite for admission into the Course D workshop (needed for DNS Certification). The examination is available from www.rehabps.com

<p>Early Bird (on or before 5.01.2018) () \$ 1020.00</p> <p>Standard () \$ 1120.00</p> <p>(All fees include GST)</p>	+	<p>Prague Registration (www.rehabps.com)</p>
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Your Details	Payment by Credit Card
<p>Name:</p> <p>Address:</p> <p>..... Postcode:.....</p> <p>Occupation:</p> <p>Phone: Fax:</p> <p>Email:</p>	<p>Card No (We accept Mastercard or Visa):</p> <div style="border: 1px solid black; display: flex; justify-content: space-around; width: 100%; height: 20px; margin-bottom: 5px;"> </div> <p>Name</p> <p>Expiry Date: / Amount: \$ </p> <p>CCV/CVC No. (3 or 4 numbers) </p> <p>Card Type:</p> <div style="display: flex; justify-content: space-around; align-items: center; margin-top: 5px;"> <input type="checkbox"/> <input type="checkbox"/> </div>
<p>Please email or call CEA if you wish to use electronically transfer</p>	<p style="text-align: center;">Please make cheques payable to CEA. Payments can be made online via our website.</p>
<p>Website: www.cea.org.au</p> <p>FAX TO: 02 9452 2387 or</p> <p>TEL: 02 94522385 or</p> <p>MAIL TO: CEA PO Box 444, Frenchs Forest NSW 2086</p>	

Cancellation and Refund Policy for Workshop Registration

Cancellations must be forwarded to CEA by email or fax and all cancellation requests received by 5 January 2018 will be fully refunded, less a \$50.00 administrative fee. No refunds will be given for any cancellations received after 5 January 2018.

CEA will not be responsible for any airfares or other expenses incurred should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the conference registration fee would be issued. Also, CEA will not accept responsibility for injury or damage to persons or property occurring during the workshop. Insurance is the responsibility of individual delegates.