

# Dynamic Neuromuscular Stabilisation: DNS Exercise Course Part 2

**VENUE: 4D Health and Performance Gym**  
Lower Ground Floor,  
210 Clarence Street,  
SYDNEY NSW 2000

**PRESENTER: Martina Jezková, M.P.T.**

**20 – 21 January, 2018**

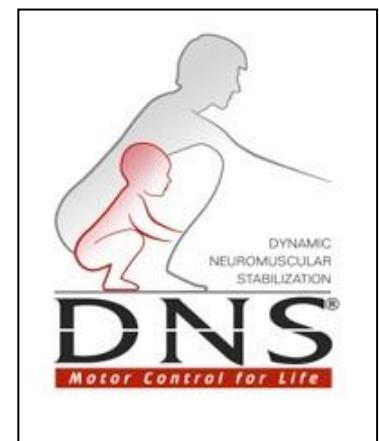
**SYDNEY 12.5 FLA Hours**



DNS is a contemporary and rapidly expanding approach that is being embraced by clinicians, coaches and sports trainers both internationally and domestically. DNS utilises the principles of developmental kinesiology in training programs to optimise global motor patterns thereby enhancing human movement and sports performance.

## 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 modifications & training of body awareness.
- Demonstrate exercises utilizing the principles of developmental kinesiology with elastic bands, barbells, weights, and gymball
- Discuss & demonstrate DNS exercises for specific sport techniques: throwing, jumping, stroke, skating etc.



**INSTRUCTOR: Martina Jezková, M.P.T.**



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 an instructor in Yoga.

