



# Dynamic Neuromuscular Stabilisation (DNS) Exercise Course Part 3

**DATE:** 27-28 January, 2018

**PRESENTER:** Martina Jezkova M.P.T.

## VENUE:

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

This course is designed for clinicians, fitness trainers, coaches, body work therapists, exercise physiologists and kinesiologists who have already covered the DNS Exercise Part 1 or DNS A Course and DNS Exercise Part 2.



## Course Objectives:

- ✓ Review the physiological framework for the DNS principles
- ✓ Detailed definition of optimal postural stabilization, stepping forward (reaching, grasping, kicking) and supporting (taking off) function
- ✓ The most common painful syndromes in various types of athletes, pathology in:
  - shoulder girdle (rotator cuff, impingement, biceps tendinitis),
  - elbow problems (epicondylitis), pelvic girdle (hip joint pain, groin problems)
  - knee (ACL injury, meniscus lesions, jumper's knee)
  - foot
- ✓ Case studies
- ✓ Examples of the most common sports and how to apply DNS principles based on the Discus & demonstrate DNS exercises for specific sport techniques: throwing, jumping, stroke, skating etc. sport context: running/sprinting, throwing sports (Baseball, Tennis, Basketball, Shotput, etc), kicking/Soccer, Swimming, Cycling and Golf

## Certified DNS Exercise Trainer Diploma

To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course (either DNS Exercise I or DNS A). You may still choose to take DNS Exercise III prior to that 1-year span. However, if you wish to take the trainer certification practical test, you will have to re-take Level III again and sit for the test.

When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee of 20 Euros. You are required to take at least 1 DNS course every 3 years to retain your certification status.



### 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. Martina is also a Yoga instructor. She has extensive training in the application of DNS therapy and has taught DNS courses around the world.*

<b>TIMETABLE:</b>		<b>COST: - including GST</b> (Australian dollars)  <b>PRACTITIONER:</b> Early bird <b>\$745.00</b> Standard <b>\$ 850.00</b> (on or before 22.01.18)  +  <b>Prague School Registration EU 80.00</b> <a href="http://www.rehabps.com">www.rehabps.com</a>  <i>There will be limited refreshments/meals during the workshop breaks.</i>  <b>PLEASE NOTE:</b> AUDIO OR VIDEO TAPING OF THIS PRESENTATION IS NOT PERMITTED
<b>Saturday 27 January</b>  8.15 - 8.30am Registration 8.30 - 10.30am Seminar 10.30 - 11.00am Break 11.00 - 1.00pm Sem/workshop 1.00 - 2.00pm Lunch 2.00 - 3.30pm Sem/workshop 3.30 - 4.00pm Break 4.00 - 5.30pm Sem/workshop	<b>Sunday 28 January</b>  9.00 - 10.30am Seminar 10.30 - 11.00am Break 11.00 - 1.00pm Sem/workshop 1.00 - 2.00pm Lunch 2.00 - 4.00pm Sem/workshop	
<b>CATEGORISATION OF THE PROGRAM: 12.5 FLA Hours</b>		

# REGISTRATION FORM



## DNS –Exercise Course Part 3- Sydney

**Please note:**

Delegates are required to access the Prague School website at [www.rehabps.com](http://www.rehabps.com) to register for the workshop and pay an additional **Euro 80**. Upon registration the course notes will be sent to the email address nominated during the registration process.

**Early Bird** (on or before 22.01.2018) ( ) **\$745.00 (incl. GST) + EU 80.00**

**Standard** ( ) **\$850.00 (incl. GST) + EU 80.00**

Your Details	Payment by Credit Card
<p><b>Name:</b> .....</p> <p><b>Address:</b> .....</p> <p>..... <b>Postcode:</b> .....</p> <p><b>Occupation:</b> .....</p> <p><b>Phone:</b> ..... <b>Fax:</b> .....</p> <p><b>Email:</b> .....</p>	<p><b>Card No</b> (We accept Mastercard or Visa):</p> <p><input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p><b>Name</b> .....</p> <p><b>Expiry Date:</b> <input type="text"/> <input type="text"/> / <input type="text"/> <input type="text"/> <b>Amount:</b> \$ <input type="text"/></p> <p><b>CCV/CVC No.</b> (3 or 4 numbers) <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/></p> <p><b>Card Type:</b></p> <p><input type="checkbox"/>  <input type="checkbox"/> </p>
<p align="center">Please email or call CEA if you wish to use electronically transfer</p>	<p align="center">Please make cheques payable to CEA. Payments can be made online via our website.</p>
<p><b>Website:</b> <a href="http://www.cea.org.au">www.cea.org.au</a>  <b>FAX TO:</b> 02 9452 2387 or  <b>TEL:</b> 02 94522385 or  <b>MAIL TO:</b> 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 22 January, 2018 will be fully refunded, less a \$50.00 administrative fee. No refunds will be given for any cancellations received after 22 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.