

# ***Dynamic Neuromuscular Stabilization (DNS) according to Kolar***

## **Pediatric Course Part 1**

**Contact Hours: 24**

Course date:

**January 26 - 29, 2023**

Location:

**Designed 2 Move**

**Rondweg 15**

**5406 NK Uden**

**Netherlands**

Instructor:

**Julia Demekova, MPT**

Organizer:

**Designed 2 Move**

**[mark@designed2move.nl](mailto:mark@designed2move.nl)**

**<https://designed2move.com/events/>**

**REHABILITATION  
PRAGUE SCHOOL**



**[www.rehabps.com](http://www.rehabps.com)**

# Tentative Course Program

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

## Day 1 Thursday – January 26, 2023

9.00 – 10.45	Introduction to DNS – terminology, functional joint centration, global motor patterns.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ideal stabilization pattern – development of stabilization pattern, the role of diaphragm, developmental definition of ideal respiration and stabilization pattern.
12.30 – 13.30	Lunch.
13.30 – 15.15	DNS assessment and treatment – postural insufficiencies in older children and adults.
15.15 – 15.30	Coffee break.
15.30 – 17.30	DNS assessment and treatment – postural insufficiencies in older children and adults.

## Day 2 Friday – January 27, 2023

9.00 – 10.45	Ontogenesis – developmental kinesiology – description of spontaneous motor activity and postural.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ontogenesis – developmental kinesiology – cont., active exercise in undifferentiated developmental positions.
12.30 – 13.30	Lunch
13.30– 15.00	Assessment – primitive reflexes and postural reactivity of infant, workshop with dolls.
15.00 – 15.15	Coffee break.
15.15 – 17.30	Assessment and treatment of the infant with asymmetry + patients video demonstration.

## Den 3 Saturday – January 28, 2023

9.00 – 10.45	DNS assessment and treatment – postural insufficiencies in older children and adults.
10.45 – 11.00	Coffee break.
11.00 – 12.30	DNS assessment and treatment – postural insufficiencies in older children and adults.
12.30 – 13.30	Lunch.
13.30– 15.00	Infant handling and therapy.
15.00 – 15.15	Coffee break.
15.15 – 16.40	1 patient demo (physiological baby 0-6M) 1 patient demo (physiological baby 7-12M)
16.40 – 17.30	Active exercise in developmental positions, discussion, closing the day.

## Day 4 Sunday – January 29, 2023

9.00 – 10.00	Active exercise in developmental positions.
10.00 – 11.00	Patient demo (child with asymmetry).
11.00 – 11.15	Coffee break.
11.15 – 13.00	Principles of DNS treatment – summary, discussion.

More information about the course:

[https://www.rehabps.cz/rehab/course.php?c\\_id=2333](https://www.rehabps.cz/rehab/course.php?c_id=2333)

## Course Goals and Description

This is a **4 days course** for attendees who works primarily with pediatric clients.

- Demonstrate an understanding of developmental kinesiology in depth with an emphasis on development during the first year of life. Basic sagittal stabilization, postural-locomotion function, stepping forward and supporting extremity function.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Red flags in the development during the first year of life.
- Assessment of baby's developmental age. Developmental and chronological age correlation (baby demonstration).
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests in children.
- Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Evaluate and correct poor respiratory patterns.
- DNS principles for baby handling in positions that corresponds to developmental positions of the baby age 0-7M. Devices used for carrying babies, yes or no, how and why?
- Child with asymmetry (oblique neck, oblique pelvis, plagiocephaly and their consequences to the development).
- Demonstrations of baby assessment and treatment based on DNS principles.
- Toddlers and preschool children exercises according to DNS, easy positions without differentiation.

After the DNS Pediatric 1 course participants should be able to assess the spontaneous locomotor function of a child and distinguished between physiological and pathological movement pattern. The emphasis is put on assessment of quality of a movement and assessment of the basic primitive reflexes.

### Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 4 days.
- The intermediate Pediatric DNS Course (part 2) is over 4 days.
- Advanced Pediatric DNS Course (part 3) 4 days.
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

### DNS Pediatric educational track ground rules:

Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course).

### **Eligibility requirements to apply for the final DNS course D**

(6 days course in Prague, by invitation only):

- Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
- Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
- Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions.

### **Prague School certificates & optional examination:**

Participants who would like to take part in the educational track towards becoming a certified practitioner can take Pediatric DNS 1 test consisting of 40 multiple choice questions and 10 picture questions for 50 Euros fee. Participants are required to return the test to the Prague School instructor within 8 weeks following the course.

**Please, bring a rag doll to the course to train practical skills!**

At the end of the course, a Certificate of Attendance will be awarded by local instructor.

# REHABILITATION PRAGUE SCHOOL



## *Certificate of Attendance*

BE IT KNOWN THAT

**Assoc. Prof. Alena Kobesová, M.D., Ph.D.**

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION  
ACCORDING TO KOLÁŘ  
A DEVELOPMENTAL KINESIOLOGY APPROACH**

*COURSE LEVEL:* **PEDIATRIC COURSE PART 1**

*LOCATION:* **Seattle**

*DATES:* **October 24 - 27, 2019**

*CONTACT HOURS:* **24**

Signed .....

Doc. MUDr. Alena Kobesová, Ph.D.



Upon successful completion and passing of the DNS pediatric test part 1 a Certificate of Achievement from Prague School of Rehabilitation will be awarded (electronic version by email).

# REHABILITATION PRAGUE SCHOOL



## *Certificate of Achievement*

BE IT KNOWN THAT

**Assoc. Prof. Alena Kobesová, M.D., Ph.D.**

HAS SUCCESSFULLY COMPLETED THE COURSE WORK  
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

**DYNAMIC NEUROMUSCULAR STABILIZATION  
ACCORDING TO KOLÁŘ  
A DEVELOPMENTAL KINESIOLOGY APPROACH**

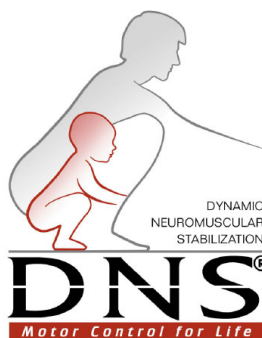
*COURSE LEVEL:* **PEDIATRIC COURSE PART 1**

*LOCATION:* **Seattle**

*DATES:* **October 24 - 27, 2019**

*EXAMINATION:* **July 15, 2020**

Alena Kobesova MD, PhD



Upon successful completion and passing of the DNS pediatric courses 1-3 and tests, Certificate of DNS Pediatric Practitioner from Prague School of Rehabilitation can be awarded. After obtaining the final diploma, you can be listed among **DNS Pediatric Practitioners** on the website of the Prague School for a fee of 20 EUR for an unlimited period. You are required to take at least one DNS course every 3 years to retain your certification status.

# REHABILITATION PRAGUE SCHOOL



## *Certificate of DNS Pediatric Practitioner*

BE IT KNOWN THAT

**Assoc. Prof. Alena Kobesová, M.D., Ph.D.**

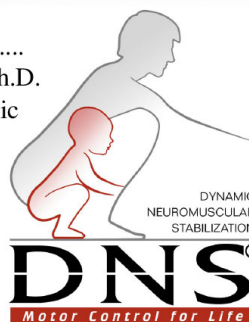
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES  
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL  
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,  
DIAGNOSTIC & THERAPEUTIC PEDIATRIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization  
Certified Pediatric Practitioner**

October, 2014

Prof. Pavel Kolar, PaedDr., Ph.D.  
Head of Rehabilitation Clinic  
2nd Medical Faculty  
Charles University  
Prague, Czech Republic





## Course Instructor



**Julia Demekova, MPT**

Julia Demekova MPT is a 2007 graduate of Palacky University in Olomouc in the Czech Republic. She has been practicing MPT in Lipova Spa for the past two years. During this period, she has co-taught courses on manual medicine - mobilizations and soft tissue techniques – in accordance with the techniques of Professor Karel Lewit.

Since 2009, Julia has practiced at the Clinic of Rehabilitation and Physical Medicine in the Faculty Hospital in Motol in Prague, under the supervision of Professor Pavel Kolar. From the commencement of her work at Motol, she assisted in instructing courses on Dynamic Neuromuscular Stabilization, in accordance with the methods of Professor Kolar. Two years later (in 2011), Julia became a certified instructor in DNS: the first and only instructor from Slovakia. In addition to this, during this time she studied the methods of Professor Karel Lewit.

Julia has wide experience with the treatment of neurological, musculoskeletal and orthopedic patients: she worked in a spinal cord injury unit since 2009 until 2015. She still treats both adults and children with a variety of diagnoses. Julia combines in her daily work her knowledge from a wide variety of different courses she has taken: Diagnostics and the Treatment of Functional Disturbances in the Musculoskeletal System (2007); S-E-T concept (2009); Sensory Stimulation (2010); Medical Taping Concept (2010); Quadrupedal Locomotion in the Prevention and the Treatment of Functional Disturbances of the Axial System (2011), Developmental Kinesiology in the Diagnosis and Treatment of Infants (2014) and Fascial Manipulations According to Stecco (2018).

As an educational assistant at the Second Medical Faculty, Charles University (located at the Faculty Hospital, Motol), Julia Demekova instructs students of rehabilitation. She also teaches students in Charles' medical program.

Julia likes to practice sports medicine and has extensive experience with the assessment and treatment of the sports injuries of golfing professionals, runners, gymnasts and mountaineers. In her free time, she instructs a group on the conditional exercises for Jiu-jitsu. She has qualifications in TacFIT (Tactical Fitness - 2011); Julia is both a TRX and BOSU certified trainer (2012).

Julia has been an instructor in the DNS concept since 2011, and has taught clinical, sports medicine and pediatric courses in a variety of countries in North and South America (Chile, Brazil, Uruguay, Canada, Arizona, Ohio, New Jersey,...), Europe (Spain, Portugal, Italy, Norway, Sweden, UK, Germany, Poland, Slovakia, Slovenia, Croatia) UAE, Turkey and Asia (China, Taiwan, Malaysia, Hong Kong, Singapore,...).

Julia is originally from Slovakia and currently resides in Prague in the Czech Republic. In her spare time, she likes playing golf, cycling and practicing yoga. She loves traveling, meeting new people and trying local cuisines all over the world.



## Author of the DNS concept



### **Professor Pavel Kolar, P.T., Paed. Dr., Ph.D.**

Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojta and Vladimir Janda, profoundly influenced him in his evolution of DNS. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. He also acts as an adviser to the Director of the Hospital and serves as vice-dean of bachelor and master study at Second Medical Faculty, Charles University, Prague.

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: outpatient and inpatient.
3. The Pain Management Unit: outpatient and inpatient.
4. The Spinal Unit.
5. The School of Physiotherapy.
6. Department of Sports Medicine.

Professor Kolar is renowned for his work in rehabilitation, in addition to his utilization of DNS methods to celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Soccer team, Davis Cup tennis teams and national ice hockey teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling and serving as 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. This award is typically reserved for those in their later years after many decades of significant contributions to society, while Professor Kolar's contribution of DNS earned him the coveted award while still in his early 40's!!

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. He and his trained therapists utilize DNS techniques in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying "stabilization and respiratory function of the diaphragm" and its relation to conservative treatment of back pain syndromes.

In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity". From 2009 to 2012 Prof. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar has taught DNS in numerous countries all over the world.

Professor Kolar resides in Prague with his wife and three children.