



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

**Basic course “A”**

**Contact Hours: 18**

Course date:

**January 14 - 16, 2022**

Location:

**Ljubljana  
or Maribor**

**Exact venue to be announced**

Instructor:

**Marcela Safarova, DPT, PhD**

Organizer:

**Slovenian Association of Physiotherapists**

**[sport@physio.si](mailto:sport@physio.si)**

**<https://www.physio.si/sekcije/sekcija-za-fizioterapijo-v-spo>**

**REHABILITATION  
PRAGUE SCHOOL**



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

## Tentative Course Program

### Day 1 Friday – January 14, 2022

9.00 – 10.30	Developmental kinesiology, ontogenesis – basic principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Developmental stages in the 1st year of life – physiological & pathological development.
12.30 – 13.30	Lunch.
13.30 – 15.00	Stabilization of spine, trunk and pelvis in sagittal plane, breathing stereotype (ideal and pathological models).
15.00 – 15.15	Coffee break.
15.15 – 17.00	Stabilizing system of the spine: DNS postural tests – assessment principles.

### Day 2 Saturday – January 15, 2022

9.00 – 10.30	Basic postural stabilization assessment and treatment principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Postural stabilization: basic supine positions corresponding with developmental positions: assessment and treatment/self-treatment principles: theory and demonstration.
12.30 – 13.30	Lunch.
13.30 – 15.00	Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop.
15.00 – 15.15	Coffee break.
15.15 – 17.00	Postural stabilization: basic supine positions corresponding with developmental positions: hands on workshop.

### Day 3 Sunday – January 16, 2022

8.30 – 10.30	Postural stabilization: basic prone positions corresponding with developmental positions – theory and demonstration: assessment and treatment/self-treatment principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Postural stabilization: basic prone positions corresponding with developmental positions: hands on workshop.
12.30 – 13.30	Lunch.
13.30 – 15.00	Postural stabilization: demonstration of higher positions corresponding with development 3-14 months: intro to DNS course B. Final discussion.

More information about the course:

[https://www.rehabps.cz/rehab/course.php?c\\_id=1972](https://www.rehabps.cz/rehab/course.php?c_id=1972)

## Course Goals and Description

- Improve understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life
- Identify and describe key milestones in human development
- Introduce the three level of sensorimotor control in functional assessment and treatment
- Demonstrate the relationship between development during the first year of life and pathology of the locomotor system in adulthood
- Introduce new terminology pertinent to rehabilitation such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine
- Define ideal postural stabilization from a developmental perspective: intra-abdominal pressure regulation, dual role of the diaphragm in stabilization and respiration, stabilization via co-contraction
- Identify common stereotypes of faulty postural stabilization (“open scissors syndrome”, forward drown posture, backward drown posture, “hour glass syndrome”)
- Explain and demonstrate biomechanics of undifferentiated, ipsilateral and contralateral postural-locomotion patterns; closed and opened kinematic chains, stepping forward and supporting function
- Evaluate and correct poor respiratory patterns
- Demonstrate the correlation between poor respiration patterns and functional pathology of the locomotor system
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests
- Integrate corrective exercises based on the DNS functional tests and developmental positions: exercise in undifferentiated static positions; position transfer during locomotor function; exercise progression using unstable surfaces; increased difficulty of the exercises utilizing resistance, dual tasking and other challenges
- Clarify how DNS corrective exercises can integrate with other exercise strategies
- Cover the basics of application of DNS concept in sport training
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education
- Optimally prepare students for the next level of training (Course “B”)

### OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee of 50 Euros.

The DNS A test is completely automatic and on line. As soon as you register, you will receive a unique link to start the test. The test is designed to sharpen your understanding and reinforce the concepts of DNS to make you a better trainer, therapist or physician. The test is comprised of 50 multiple choice questions, including 10 picture questions. You can spend as much time as you want to take the test.

To pass the test you must answer 35 out of the 50 questions correctly. You will get a maximum of three attempts to pass the test. As soon as you submit your test, you will receive your results immediately both on the screen and they will be sent to you via email.