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Dynamic Neuromuscular Stabilisation Basic Course A

20-22 October 2017

Presented by: Julia Demekova, MPT

Please note that the seminar fee below now includes the 80 Euros Prague School fee. No further payments is required.

	Early Bird	After 18/9/17
AECC GA/TAM/ECU/RCC	£425	£532
Non Members	£468	£585
Students	£213	£267

Early bird discount for bookings received on or before 18 September 2017



Much attention has been given in recent years 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, stabilizing 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 etiology 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 stabilization has arisen to dramatically gain the attention of rehabilitation specialists. Pavel Kolar, PaedDr., Ph.D. 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.

One of the most exciting aspects of the course is that this method describes the first new manual approach to the treatment of radicular syndromes since Cox and McKenzie did so decades ago. The success of this method has gained a great deal of interest among clinicians around the world.

Course attendees will have a clear understanding of:

- The basic principles of developmental kinesiology.
- Development during the first year of life: stabilization of the spine in the sagittal plane, development of the phasic movements coupled with trunk rotation.
- The relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- The reflex consequences following central neural programs during the first year of life.
- Functional stabilization of the spine
- Correction of poor stereotypical respiration.
- New terminology such as functional joint centration and decentration, stabilization, punctum fixum. In addition, posture will be discussed from a developmental point of view.

Course attendees will possess:

- Skills to utilize the most important tests to evaluate the stabilizing system of the spine.
- Skills for evaluation of breathing stereotypes.
- The most important techniques used in active treatment of the stabilizing system of the spine utilizing the principles of ontogenesis.

With the above knowledge and skills, the attendee should be able to clinically apply these principles for:

- Treatment of functional pathology of the locomotor system, vertebrogenic and radicular pain syndromes where the deep stabilizing system of the spine plays a crucial role.
- Treatment of functional pathology of the locomotor system resulting from poor early development.

Course Schedule

Day 1

- 09:00 – 10:30** Developmental Kinesiology, Ontogenesis – Basic Principles
10:30 – 11:00 Coffee break
11:00 – 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 – 15:30 Coffee break
15:30 – 17:00 Stabilizing system of the spine: DNS postural tests – assessment principles

Day 2

- 09:00 – 10:30** Basic postural stabilization assessment and treatment principles
10:30 – 11:00 Coffee break
11:00 – 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 – 15:30 Coffee break
15:30 – 17:00 Postural stabilization : basic supine positions corresponding with developmental positions: hands on workshop

Day 3

- 09:00 – 11:00** Postural stabilization : basic prone positions corresponding with developmental positions theory and demonstration: assessment and treatment/self-treatment principles:
11:00 – 11:15 Coffee break
11:15 – 12:45 Postural stabilization : basic prone positions corresponding with developmental positions: hands on workshop
12:45 – 13:15 Lunch
13:15 – 14:00 Postural stabilization : demonstration of higher positions corresponding with development between 3-14 months: intro to DNS course B. Final discussion

A Certificate of ATTENDANCE is awarded by the PRAGUE SCHOOL to each DNS course participant.

Participants who would like to participate in the educational track towards becoming a certified practitioner can take exam for an additional fee of 50 Euros. Please speak with the lecturer at the seminar.

The test is available online after the course, consists of 40 multiple choice questions and 10 picture questions. Participants are required to return the test to the PS instructor within 8 weeks after the course.

Upon successful completion and passing of the test, a **Certificate of ACHIEVEMENT** from Prague School of Rehabilitation will be awarded.

Júlia Demeková, MPT Julia has been working as a physiotherapist at the Rehabilitation Clinic, University Hospital Motol, 2nd School of Medicine, Charles University, Prague, Czech Republic. She also acts as a lecturer at Charles University, 2nd School of Medicine teaching physical therapy to both students of physiotherapy undergraduate program and medical students. Julia achieved Master's Degree in Physiotherapy in 2007, Palacky University, Olomouc, Czech Republic. In 2006 and completed a course in Reflex Locomotion according to Vojta focusing on the treatment of adult patients. She has worked in the 'Lipová the Spa' at the out-patient unit focusing on treatment of overweight patients, coordinating the organization of the controlled movement therapy and dietetic restrictions. In 2006-2009 she acted as assisting instructor in Manual Medicine Courses. Since 2009 she works as an active member at the Rehabilitation clinic, University Hospital Motol in Prague, achieving an extensive experience with functional assessment and treatment of patients with various types of neurological, msk and orthopedic diagnoses also with pediatric clients. She works at both in- and out-patient departments at the Motol rehabilitation Clinic as well as at the Spinal Unit and Pain Management Center. Julia closely works under Professors Pavel Kolar's supervision, becoming an expert in the DNS approach. Julia has been a DNS instructor since 2010. She has been teaching the DNS courses in Czech Republic, Slovakia and other European countries and in North America.

ACCREDITED FOR 18 CPD POINTS BY THE EUROPEAN ACADEMY OF CHIROPRACTIC

Registration: Saturday 08:45

Friday 09:00 - 17:00

Saturday 09:00 - 17:00

Sunday 09:00 - 14:00

Lunch & Refreshments provided

