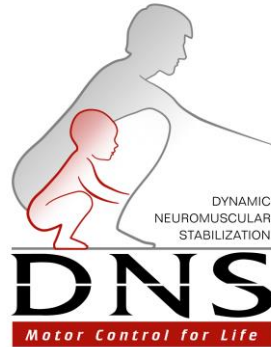


**Dynamic Neuromuscular Stabilization according to Kolar
Basic Course “A”: 18 contact hours**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com



Course date:

February 7 - 9, 2020

Instructor:

Veronika Cmolikova, MPT

Organizer:

Dr. Elisabetta Misitano
elimisitano@gmail.com

Location:

Busto Chiropratica
Viale Duca d'Aosta 16
21052 Busto Arsizio (VA)
Italy

Course fee:

€400 excl. VAT (€488 incl. VAT) before September 15th, 2019
€450 excl. VAT (€549 incl. VAT) before November 30th, 2019
€500 excl. VAT ((€610 incl. VAT) after this date

INDIVIDUAL ONLINE REGISTRATION WITH PRAGUE SCHOOL AT:

https://www.rehabps.cz/rehab/course.php?c_id=1689

Please, besides registering with the organizer, register online with Prague School and pay individual registration fee €80,- excl. VAT (€96,80 incl. VAT)

Your online registration with Prague School is prerequisite to attend the course!

Course Schedule

Day 1

9.00 – 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

9.00 – 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

8.30 – 10.30 Postural stabilization: basic prone positions corresponding with developmental positions
theory and demonstration: assessment and treatment/self-treatment principles:

10.30 – 11.00 Coffee break

11.00 – 12.30 Postural stabilization: basic prone positions corresponding with developmental positions:
hands on workshop

12.30 – 13.30 Lunch

13.30 – 15.30 Postural stabilization: demonstration of higher positions corresponding with development
between 3-14 months: intro to DNS course B. Final discussion

Course Goals

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 Description

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

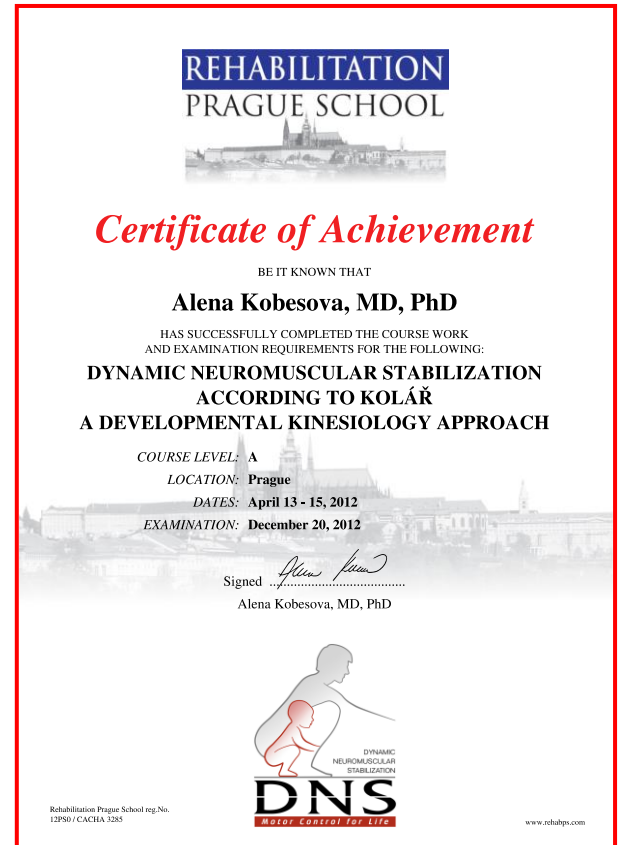
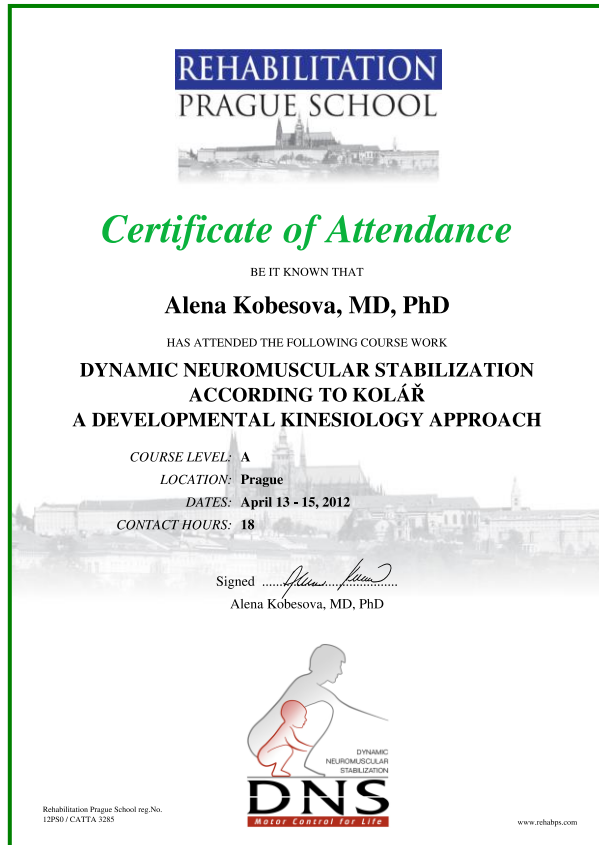
scope of clinical options in an exciting new direction. Attendees to the course will be introduced to these methods.

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.

For more info please visit our website www.rehabps.com

PRAGUE SCHOOL CERTIFICATES & OPTIONAL EXAMINATION:

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.

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.

Course Instructor

Veronika Čmolíková, MPT



Veronika achieved Master's Degree in Physiotherapy in 2010 from Charles University, 2nd school of Medicine. After completing her studies she started to work at the Rehabilitation Clinic, University Hospital Motol. She worked both at inpatient and outpatient rehab departments for adult patients, treating clients with various types of orthopedic, neurological and posttraumatic diagnoses including functional musculoskeletal problems. Working in teaching hospital, Veronica was involved in physiotherapy students' education, lecturing mainly functional assessment and practical manual skills. Since October 2018 she works as physiotherapist at Professor Kolar's private Centre of Movement Medicine located in Prague (<http://www.cmpmk.cz>)

She utilizes DNS for both rehabilitation and improving sports performance in training ideal motor stereotypes of the athlete.

In 2014 she completed the first part of the Reflex Locomotion according to Vojta course focusing on assessment and treatment of adult patients. Veronica has been lecturing Dynamic Neuromuscular Stabilization concept since 2011. She works under Professors Pavel Kolar's supervision.

Author of the DNS concept:

Prof. Pavel Kolář, PaedDr., Ph.D.



Professor Kolar is a physiotherapist by training. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojte and Vladimir Janda, profoundly influenced him in his approach. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. Prof. Kolar acts as a Vice-Dean for Bachelor and Master level study at 2nd Medical faculty, Charles University in Prague and also as an adviser to the Director of the Hospital. 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

Professor Kolar is renowned for his work in rehabilitation, in addition to his treatment of celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, Davis Cup tennis teams and national ice hockey and soccer teams. He gained wide recognition for his treatment of former Czech President Vaclav Havel, which included traveling 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.

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. Using developmental kinesiology in the treatment of newborns and infants with cerebral palsy. Professor Kolar is also currently involved in a second research project, studying postural activity of the diaphragm and conservative treatment of radicular pain syndromes. In 2009 Pavel Kolar successfully completed his Ph.D. His thesis was: "Dynamic MRI and spirometric analysis of diaphragmatic activity."

Professor Kolar is also a member of interdisciplinary team at the Orthopedic Unit at the hospital. This concerns evaluation of children suffering from cerebral palsy and poor posture resulting in orthopedic deformities and indications for surgical treatment. His work is highly appreciated by orthopedists, who consider his opinion to be very important for surgical indications.

Professor Kolar has taught his methods in Europe, North America, Asia and Australia. In 2009-2012 Dr. Kolar accepted an appointment as Adjunct Senior Lecturer in the Faculty of Health Sciences, Murdoch University, Australia.

Professor Kolar owns and oversees the prestigious private rehabilitation centre in Prague called "Pavel Kolar's Centre of Physical Medicine" <https://cpmpk.cz>