

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

**Basic Course “A”**

**Contact Hours: 18**

Course date:

**March 25 - 27, 2022**

Location:

**Reykjavik**

**Iceland**

Instructor:

**Ruud Alsemgeest, DC**

Organizer:

**Maria Johanna van Dijk**

**[ubertus@simnet.is](mailto:ubertus@simnet.is)**

**REHABILITATION  
PRAGUE SCHOOL**



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

## Tentative Course Program

### Day 1 Friday – March 25, 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 – March 26, 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 – March 27, 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=2225](https://www.rehabps.cz/rehab/course.php?c_id=2225)

## 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 drom posture, backward drom 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.

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:* A

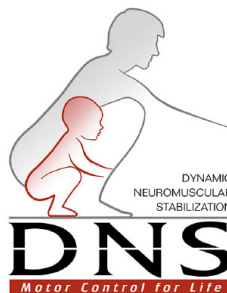
*LOCATION:* Los Angeles

*DATES:* January 28 - 30, 2012

*CONTACT HOURS:* 18

Signed  .....

Assoc. Prof. Alena Kobesova, MD, PhD



Upon successful completion and passing of the DNS Test A, 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**

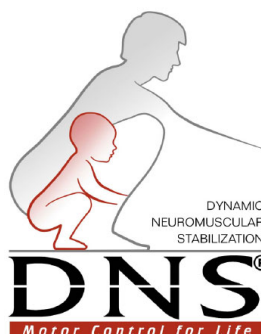
*COURSE LEVEL:* A

*LOCATION:* Los Angeles

*DATES:* January 28 - 30, 2012

*EXAMINATION:* September 21, 2017

Alena Kobesova MD, PhD



Upon successful completion and passing of the courses A-D and tests, a Certificate of DNS Practitioner from Prague School of Rehabilitation can be awarded. You will be recognized as a Certified Practitioner in the Dynamic Neuromuscular Stabilization approach. After obtaining the final diploma, you can be listed among **DNS Certified 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 Practitioner*

BE IT KNOWN THAT

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

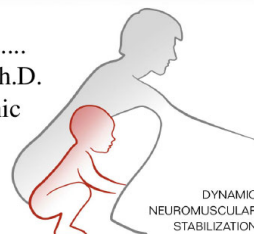
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES  
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL  
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,  
DIAGNOSTIC & THERAPEUTIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization  
Certified Practitioner**

September, 2013

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



DYNAMIC  
NEUROMUSCULAR  
STABILIZATION  
**DNS**<sup>®</sup>  
Motor Control for Life

## Course Instructor



### **Ruud Alsemgeest, DC**

Born in The Netherlands, Ruud Alsemgeest graduated from the Anglo-European College of Chiropractic, in Bournemouth, United Kingdom in 2002. The next ten years he worked as chiropractor and clinic director of one of the largest private chiropractic clinics in The Netherlands. Here, he was fortunate to be able to become experienced with a large variety of patients, from babies to elderly, from weekend-warriors to international elite athletes.

Ruud was introduced to the work of Professors Karel Lewit and not the least Pavel Kolar in 2009. Ever since then, Dynamic Neuromuscular Stabilization has greatly influenced Ruud's scope of practice.

After his move to Stockholm, Sweden, in 2012 he has been working at his private chiropractic and rehabilitation clinic Funktions Fabriken. Here, he combines an array of manual therapy and soft tissue techniques with DNS developmental exercises and evaluation. His biggest interests are movement analysis and performance optimization for athletes.

## 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.