



Dynamic Neuromuscular Stabilization (DNS) According to Kolar - Course B

Dates: Nov. 11-14, 2010
Athletes' Performance - Phoenix, AZ

ISCRS Members Recieve a \$100 Discount!

Presented by -
Craig Liebenson, D.C.
L.A. Sports and Spine
Los Angeles, CA

DNS Seminar Registration Info:
Fee: \$995
craigliebensonDC@gmail.com

LA SPORTS AND SPINE



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Location

Athletes' Performance International
2629 E. Rose Garden Lane
Phoenix, AZ

Limited Enrollment Course. This program will sell-out!

Registration

- Call LA Sports & Spine (310) 470-2909
- **Fee:** \$995 (\$300 non-refundable)
- **Discounts:**
 - ISCRS members www.clinicalrehabspecialists.com - \$100
 - Students - \$100
 - Early-Bird – June 1 - \$100
- **CEU's applied for PTs, ATCs, NSCA, & DCs** (Additional Fee may apply for CEU application - varies by state)
- **Questions:** craigliebensonc@gmail.com

Schedule

- 9-5 Thursday-Saturday; 8:30-3 Sunday

Hotel

- **Residence Inn Phoenix Desert View at Mayo Clinic**, 5665 E. Mayo Boulevard, Phoenix, AZ, 85054, (480) 563-1500
- **Group Rate:** LA Sports & Spine
- \$89.00/night guaranteed through July 30
- Final room hold released October 1

Faculty

Pavel Kolar, PT, Paed. Dr., Ph.D. – Day 1 only

Alena Kobesova, MD, PhD - [DNS instructor - Prague School](#)

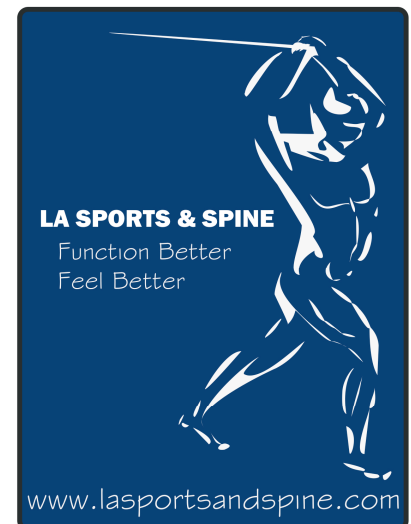
Martina Jezkova, PT - [DNS instructor - Prague School](#)

Clare Frank, DPT - [Local certified DNS instructor](#)

Kathryn Kumagai, DPT - [Local certified DNS instructor](#)

COURSE OBJECTIVES

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review and introduction to more advanced theory.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Demonstration of babies: Be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies.
- Demonstration of adult patients with pain in the locomotor system – stabilization assessment and treatment strategy.
- Postural analysis & testing of integrated spinal stabilization system– review of Course A tests and introduction to additional advanced tests.
- Postural analysis & testing of integrated spinal stabilization system– advanced theory and testing.
- Reflex locomotion: Review of Reflex Turning I, II and reflex creeping and introduction to additional zones.
- Introduction to 1st position.
- Integration of corrective exercises based on newly taught DNS functional tests and RL positions.
- Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements.
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice.
- To optimally prepare students for the next level of training (Course “C”)



A [certificate of completion](#) will be awarded upon completion of Course A

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 \$150. The test will consist of 50 multiple choice questions. Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a Certificate of **ACHIEVEMENT** from Prague School of Rehabilitation will be awarded.

Testimonials

"I thought this course was comprehensive with respect to early development and the potential impact to pain & dysfunction later on in life. I even recommended it to several Pediatricians I know. The skills and knowledge learned from Pavel Kolar can apply to physical therapists in all aspects of care from pediatrics to orthopedics to neurologically compromised individuals. Definitely a great course." - **Melissa Kolski, P.T., Rehabilitation Institute of Chicago**

"Pavel Kolar's evaluation and treatment techniques will not only change the way you practice but will change the way you think. Pavel's courses are invaluable in practice and they will help take your clinical expertise to a whole new level. At the Chicago '06 course Pavel, Alena Kobesova, MD, and his 2 P.T.s providing an unparalleled supervision making for a "hands-on" experience that was critical in helping you integrate Pavel's concepts immediately Monday morning." - **Corey Campbell, DC, DACRB, Nebraska Spine Center, LLP**

"The last program done in Chicago with Kolar was the best yet. The organization, notes, and topics were exactly what I needed to be able to apply this material in practice. I would highly recommend this course to anyone who is treating the musculoskeletal system." - **Brett Winchester, DC DACRB, Troy , MO**

"Reflex locomotion stimulation and the theory behind gives you an understanding of how problems arise and at the same time a tool for correction." - **Teddy Fohlmann, Chiropractor and member of multidisciplinary "back team" in Esbjerg, Denmark:**

"Pavel's approach to treating conditions by addressing the CNS first and understanding the body's natural adaptive patterns has given me a unique perspective in treating injury pathology. I have a much greater appreciation of the CNS and human development playing significant role's in the body's postural adaptive patterns. Since having completed his course, I feel like I have implemented a more effective global approach in my treatment plans with the athletes I work with." **PJ Mainville, ATC, Minor League Rehab / Athletic Training Coordinator Arizona Diamondbacks**

" You get a good model of explanation for the function of the locomotor system, and tools for examination and treatment of the chronic and hypermobile patient. These are the patients lacking central stability, that has tried rehab. Unsuccessfully in the past" - **Mogens Frost, GP and member of multidisciplinary "back team" in Grindsted, Denmark**

" Through very specific positions and stimulation points the patient learn to activate the deep stabilising muscles, enabling voluntary control to develop before more advanced training is started. When this basic step is lacking failure of rehabilitation is seen. Simply an ingenious technique. - **Grethe Jensen, Physiotherapist and member of multidisciplinary "back team" in Grindsted. Denmark**

"I have always sought results, and you certainly get them using this technique" - **Ida Nørgaard, Chiropractor & MSc., London.**