

Dynamic Neuromuscular Stabilization (DNS) according to Kolář: Three parts pediatric DNS educational track



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Pediatric DNS courses

The pediatric courses based on DNS principles, are limited to licensed health professionals: MD, DO, PT, DC, OT. In addition, the organizer reserves the right to limit the audience to certain groups of professionals. For further information, please, check with the organizer.

Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 3 or 4 days
- The intermediate Pediatric DNS Course (part 2) is over 4 days
- Advanced Pediatric DNS Course (part 3) 4 days
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

Eligibility requirements for the DNS course D and all details can be found at:
http://www.rehabps.com/REHABILITATION/Structure_course_D.html

DNS Pediatric educational track ground rules:

- Students who have done the A and B standardized DNS courses can register to the Intermediate Pediatric course part 2 (they do not need to attend the Basic Pediatric DNS Course (part 1))
- Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course)

Eligibility requirements to apply for the final DNS course D (6 days course in Prague, by invitation only):

1. Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
2. Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
3. Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
4. Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions

Pediatric course part 1:

This is a 4 days course for new attendees who have never attended any DNS course previously. For those already familiar with DNS, whom have attended the DNS A course, it is a 3 day course (Students who have done some DNS courses previously may attend all 4 days of this course should they wish)

COURSE OBJECTIVES:

- Demonstrate an understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life. Basic sagittal stabilization, postural-locomotion function, stepping forward and supporting extremity function.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Assessment of baby's developmental age. Developmental and chronological age correlation (baby demonstration)
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests
- Evaluate and correct poor respiratory patterns.
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns - stepping and support function and stimulation zones.
- Perform the basic techniques for reflex locomotion, i.e. reflex turning 1, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors.
- DNS principles for baby handling

Pediatric course part 2:

4 days course

- Review of developmental kinesiology covered in pediatric course part 1
- Demonstration of babies: Be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies.
- Baby handling – review of the principles described in pediatric course part I. Handling demonstration focusing on key body segments – head and neck, hip, shoulder. Handling of physiological and abnormally developing babies.
- Postural analysis & testing of integrated spinal stabilization system– review of tests presented in Course 1 and introduction to additional advanced tests.
- Reflex locomotion: Review of reflex turning I, and reflex creeping and introduction to reflex turning II and 1st position.
- DNS assessment and treatment approach to children with: poor posture, scoliosis, torticollis, hip and foot dysplasia
- Corrective exercises based on the DNS functional tests and developmental positions. Clarify how DNS corrective exercises can integrate with other exercise strategies in diagnoses listed above
- Patient's & parent's education

Pediatric course part 3:

4 days course

- Developmental kinesiology in CP children - Pathologic motor development functional assessment: primitive reflexes, postural activity and postural reactions in abnormally developing baby. Determine retardation quotient
- Functional assessment of preterm babies
- CP forms
- Locomotion stages according to Vojta
- Spastic types of CP – assessment and treatment strategy
- Dyskinetic types of CP - assessment and treatment strategy
- Minimum brain dysfunction, central coordination disturbance, developmental dyspraxia – definition, differential diagnosis, functional assessment and DNS based treatment approach
- DNS assessment and treatment approach to children after brachial plexus injury
- DNS assessment and treatment approach to children with myopathy
- Advanced RL techniques and modification: RT III, RT4A, RT4B, Hanging position, finished flexion
- Life patient's demonstration
- Hands-on workshops to refine manual skills

A Certificate of ATTENDANCE will be awarded by the local instructor to each participant.

OPTIONAL EXAMINATION

Participants who would like to take part in the educational track towards becoming a certified practitioner can take this exam for an additional fee. Participants are required to return the test to the Prague School instructor within 8 weeks following the course. Upon successful completion and passing of the test, a **“Certificate of ACHIEVEMENT”** from the Prague School of Rehabilitation will be awarded.

Pediatric DNS 1 test:

The test consists of 40 multiple choice questions and 10 picture questions.

Test fee: 50 Euros

Pediatric DNS 2 test:

The test consists of 10 videos of babies and 10 pictures of babies. The student is asked with each image to describe the developmental age, including physiologic and pathologic presentation, and to explain the answers.


Test fee: 100 Euros

Pediatric DNS 3 test:

The test consists of 10 videos of babies and 10 pictures presenting assessment and treatment procedures. The student is asked with each image to describe the functional clinical picture, and comment on demonstrated treatment and suggest optimal treatment strategy, and to explain the answers.

Test fee: 100 Euros

Student may only re-take each test 3 times. The clinician would be required to repeat one or more courses, based upon weaknesses noted in the failed test and determined by the DNS committee, before being able to re-qualify for the certification test.



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Certificate of Attendance

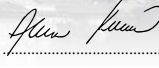
BE IT KNOWN THAT


Alena Kobesova, MD, PhD

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: PEDIATRIC COURSE PART 1
LOCATION: Chicago
DATES: February 15 - 18, 2014
CONTACT HOURS: 24

Signed 
Alena Kobesova, MD, PhD.



DNS
Motor Control for Life

Rehabilitation Prague School reg.No.
14PS0 / CATT/PEDIATRIC COURSE 1 4618 www.rehabps.com



**REHABILITATION
PRAGUE SCHOOL**

Certificate of Achievement

BE IT KNOWN THAT

Alena Kobesova, MD, PhD

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: PEDIATRIC COURSE PART 1
LOCATION: Chicago
DATES: February 15 - 18, 2014
EXAMINATION: June 30, 2013


Alena Kobesova MD, PhD



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