

DYNAMIC NEUROMUSCULAR STABILIZATION

Exercise Course Part 1



CLARE FRANK, PT, DPT, MS, OCS
Course Instructor

The “Prague School of Rehabilitation and Manual Medicine” was established by key neurologists/physiatrists, all of whom were giants in the 20th century rehabilitation movement era i.e. the late Professors Karel Lewit, Vaclav Vojta, Vladimir Janda & Frantisek Vele.

Based on groundbreaking neurodevelopmental and rehabilitation principles by these men, Professor Pavel Kolar has successfully integrated the work of his predecessors, in proposing the underlying neurodevelopmental mechanism for how the movement system develops hand-in-hand with CNS maturation. This complex approach is “cutting-edge” in that it provides a window into the complexity and plasticity of the CNS and its effect on the movement system. The DNS approach can be used in the rehabilitation of a myriad of neurologic, musculoskeletal pain syndromes as well as performance athletic training.

For more information on this approach, please check out www.rehabps.com

Dr. Frank received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program in 1993 while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her Advanced Standing doctorate degree from Western University of Health Sciences, Pomona, California in 2003.

She is a board certified specialist in Orthopedic Physical Therapy and a Fellow in the American Academy of Orthopedic Manual Physical Therapists. Her clinical career has been greatly influenced by Shirley Sahrman PT, PhD, and the Prague School of Manual Medicine faculty, namely, the late Vladimir Janda MD, the late Karel Lewit MD, and Pavel Kolar PT, PhD.

Dr. Frank practices in Los Angeles, California. She currently teaches in the U.S. and internationally and has co-authored “Assessment and Treatment of Muscle Imbalances: The Janda Approach” with Human Kinetics, Inc.



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Presents



Exercise Part 1

August 10 - 11, 2024

COURSE LOCATION
Compound Training
Facility 230 Miller Avenue
South San Francisco,
CA 94080

www.ctfcompound.com

COURSE DESCRIPTION

The nervous system establishes programs that control human locomotion, that includes posture and movement. This critical “motor control” is largely established during the first years of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system on which the Prague School was established, the scope of clinical rehabilitation options for many of our neurologic and musculoskeletal pain patients has been expanded. The DNS approach involves every component of the movement system (i.e. muscles, joints, nerves and, & soft tissue) by stimulating movement control centers in the brain through activation of ideal inborn movement stereotypes. This, in turn, helps restore the structural and postural alignment of the body’s neuro-musculo-skeletal system by evoking the global motor patterns. Global motor patterns form the foundation of human movement and represent genetically predetermined elements for uprighting and equilibrium. These patterns are essential for the control of posture and dynamic stability of the spine through the lifespan of the individual. Participants in this course will be introduced to the application of these principles.

Instructional Level: BASIC

COURSE OBJECTIVES

- Demonstrate an understanding of developmental kinesiology and its relationship to postural foundation for movement efficiency.
- Demonstrate an understanding of functional joint centration, muscle mechanics, and global patterns.
- Evaluate and correct poor respiratory patterns.
- Assess and train the intrinsic spinal stabilizing system based on the principles of DNS.
- Integrate corrective exercises based on impairments of the stabilizing system and developmental kinesiology positions.
- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies

COURSE SCHEDULE

Day 1: (8:30 AM - 5:00 PM)

AM Registration begins at 8:30 AM
Introduction to Dynamic Neuromuscular Stabilization & motor development from a Developmental Kinesiology model.

LAB: Respiration & Intra-abdominal pressure regulation and its importance to postural stability.

PM LAB: Assessment & correction of exercises in various developmental positions.

Day 2: (8.30 AM - 3:00 PM)

AM LAB: Corrective in various developmental positions>

PM Lab (cont) & Final Remarks

Contact Hours: 13

REGISTRATION,

**Dynamic Neuromuscular Stabilization:
Exercise 1 : August 10-11, 2024**

Registration Fee: \$695

This fee includes the mandatory Prague School Fee of €80).

This Prague school fee is non-refundable, but transferable to another DNS course of your choosing.

Register on this private link:

<https://www.movementlinks.com/seminarsEx1-2408.php>

Website: [movementlinks.com](https://www.movementlinks.com)

Questions: info@movementlinks.com