INTRODUCTION TO

Dynamic Neuromuscular Stabilization

PEDIATRIC COURSE PART 2

Course Instructors

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. Karel Lewit and the late Professors 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 https://www.rehabps.com/

DNS Pediatric Certification Track
https://www.rehabps.com/dns-pediatric.html

Magdalena Lepsikova, PT, MS

Ms. Lepsikova graduated from Charles University and specializes in rehabilitation of locomotor system dysfunction. She is a physiotherapist at Motol Hospital, a large teaching hospital associated with Charles University, in Prague, Czech Republic. She also serves as a lecturer to physiotherapy and medical students at 2nd Medical Faculty of Charles University in Prague Ms. Lepsikova is a certified Vojta and Bobath therapist. She has trained and worked with Professors Karel Lewit and Pavel Kolar at the rehabilitation department for 10 years, where she treats both adults and children. She also serves as an adjunct instructor for Professor Kolar's “Dynamic Neuromuscular Stabilization” courses both in Prague and internationally. or Kolar’s courses both in Prague and internationally.

Clare Frank, PT, DPT, MS

Dr. Frank received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her post-professional doctorate degree from Western University of Health Sciences, Pomona, California. She is a certified DNS instructor and a certified Vojta therapist.

Dr. Frank practice at a private clinic 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.

movement links®

Presents

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

PEDIATRIC COURSE PART 2

July 30 – Aug 2, 2026

Course Location

Evergreen Physical Therapy
111 South Hudson
Pasadena CA 91101
www.evergreenpt.net

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 year of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system, 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- musculoskeletal 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.

Prerequisite: Completion on DNS Pediatrics Part 1

Course Objectives

- Review developmental kinesiology, recognize ideal and disturbed locomotor patterns of babies and handling of babies from Pediatrics Part 1.
- Describe development of children 2-6 years of age.
- Demonstrate handling of older babies 7 months and older, with focus on key body segments.
- Analyze posture & functional tests in children.
- Demonstrate exercises for toddlers and pre-school children in higher differentiated positions.
- Discuss & demonstrate pediatrics tests (MABC, PDMs, TUG, 6MWT, etc.)
- Discuss and demonstrate DNS principles for assessing & treatment with hip dysplasia, scoliosis, poor posture, hip torsions, tip-toeing, flat feet, etc.
- Discuss patient and parent's eduction.

Instructional Level: BASIC

Instructor-Student Ratio: 1:12

Course Schedule

DAY 1 (9:00 AM - 5:00 PM)

AM Registration begins at 8:30
Review developmental kinesiology, assessment of babies in the first year of life.
Workshop with dolls.

PM Review DNS tests from Pediatric Part 1.
Introduce tests in higher positions and postural insufficiencies in older children and adults.

Day 2 (9:00 am – 5:00 pm)

AM DNS Assessment & treatment of older children with poor posture and scoliosis.
Corrective exercises in supine, prone, low kneeling & quadruped.

PM Corrective exercises in squat, sidelying, and oblique sit.

DAY 3 (9:00 am – 5:00 pm)

AM DNS assessment & treatment of children with lower extremity problems. (anteversion, tip-toing, genu valga/vara, and flat feet).
Corrective exercises in differentiated 4.5M, sidelying, 6M prone, and quadruped.

PM Corrective exercises for children with hip, knee, foot dysfunction, and transition to quadruped, tripod and kneeling.

Day 4 (9:00 am – 1:00 pm)

AM Discuss children with development coordination disturbances (DCD) and dyspraxia.
Discuss typical pediatric assessment modalities (MABC, PDMS, TUG, 6MWT, etc.).
Closing Remarks; Summary .

Registration

Dynamic Neuromuscular Stabilization Pediatric Part 2: July 30 – Aug 2, 2026

Registration Fee: $925 + mandatory Prague School Fee of €100. Please note that the Prague School registration fee is non-refundable.

Two-step registration process

1. **Register on** https://www.rehabps.cz/rehab/course.php?c_id=3473
2. **Register on https://www.movementlinks.com/seminars3.php**

Target Audience:

This DNS course is based on neurophysiology, neurotanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. This course is limited to licensed medical professionals (MD, PT, OT, DC, DO,). The organizer reserves the request proof of licensure.

CEUs:

2.4 CEUs (24 contact hours) pending approval from California Physical Therapy Association. You are responsible to obtain your own CEUs if your state does not have reciprosity with CPTA.