Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Course for Women's Health

Contact Hours: **12**

Course date:
September 10 - 11, 2022

Location:
Winnipeg
Canada
Exact location TBD

Instructor:
Robert Lardner, PT

Organizer:
MAOMT
Darcy Nikkel
admin@osteopathymanitoba.org
http://www.osteopathymanitoba.org

www.rehabps.com

Tentative Course Program

Day 1 Saturday – September 10, 2022

9.00 – 10.30	Developmental Kinesiology & Ontogenetic influence on pelvic floor function
10.30 – 10.45	Coffee break
10.45 – 12.30	Functional relationship between diaphragm and pelvic floor. Pelvic floor integration in global movement patterns
12.30 – 13.30	Lunch.
13.30 – 15.00	Relaxation and activation of pelvic floor muscles: demonstration and workshop
15.00 – 15.15	Coffee break
15.15 – 17.00	Pregnancy - importance of diaphragm and pelvic floor. DNS techniques for pregnant females - demonstration and workshop

Day 2 Sunday – September 11, 2022

9.00 – 10.30	Functional sterility Urinary stress incontinence Dysmenorrhea Non specific pelvic pain Constipation DNS functional assessment and treatment strategies
10.30 – 10.45	Coffee break
10.45 – 12.30	Soft tissue & visceral techniques, “active scar” treatment using barrier phenomenon according to Lewit: workshop
12.30 – 13.30	Lunch
13.30 – 15.00	DNS based mobilization for lumbar spine and Lewit’s mobilization and relaxation techniques + self treatment techniques for pelvic region Demonstration and workshop
15.00 – 15.15	Coffee break
15.30 – 17.00	Patient demonstration: Complex DNS assessment and treatment of individual with pelvic floor dysfunction DNS Self-treatment for clients with with pelvic floor dysfunction, client’s education. Final Discussion

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=2260

Course Goals and Description

This course is for practitioners who have taken DNS A course or Pediatric 1 previously. It is designed to enhance your clinical skills and confidence in applying DNS principles and manual techniques in clients with pelvic floor dysfunction. Dysfunction of internal organs may lead to various clinical pictures in the locomotor system. In functional diagnosis of the motor system it is critical to consider the viscero-somatic relationships as a possible etiopathogenetic factor. It is essential to bear in mind that in patients with internal organ pathology, irritation and reflex changes (muscle TrPs, joint blockages, soft tissue dysfunction, altered motor stereotypes) in the locomotor system occur as a rule. Patients with diagnoses involving the internal organ system are thus important potential clients of the rehabilitation specialists. This course will focus on functional diagnosis and treatment of viscero-vertebral patterns in females with gynecological problems. Gynecological diseases are closely linked to functional deficits of the movement system. Although this connection, or its etiopathogenetic meaning, has not been sufficiently validated, it needs to be taken into consideration that any gynecological disorder is registered by the CNS through receptors. Then, the CNS reactively, or adaptively develops protective changes in muscles (changes in muscle tone), including the smooth muscle. Clinically, it is important that movement system symptoms in some cases of gynecological dysfunctions (amenorrhea, dysmenorrhea and sometimes functional sterility) are quite alike and show similar characteristics. These are protective motor patterns. The possibility of gynecological causes needs to be considered in patients with back pain who demonstrate a chaining of functional deficits of the muscle system (pelvic nutation, pelvic floor spasm, unilateral gluteal muscle hypotonia, TrPs in the hip adductor region, etc.). However, a large number of functional spinal and pelvic dysfunctions exist that are mistakenly considered to be gynecological diseases. Gynecological dysfunctions that are being significantly influenced by movement system function include menstrual cycle deficits, dysmenorrhea, premenstrual syndrome, certain gynecological infections, functional sterility and deficits during menopause (climacterium). Another syndrome which can be positively affected by rehabilitation is stress incontinence. Training ideal coordination between muscles of the pelvic floor, diaphragm and abdominal muscles may significantly decrease undesirable spontaneous loss of urine.

- **Course objectives**
    - Functional DNS assessment and treatment of patients with non-specific abdominal pain
    - DNS assessment and treatment for functional sterility and gynaecological problems
    - DNS assessment and treatment for urine incontinence
    - DNS assessment and treatment for constipation
    - Live patient demonstration
    - Visceral-vertebral patterns
    - Application of DNS based treatment techniques
    - Visceral mobilization techniques
    - Patient’s education, self-treatment techniques

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: **DNS Course for Womens Health**
LOCATION: **Davenport**
DATES: **April 26 - 29, 2012**
CONTACT HOURS: **24**

Signed .....
Assoc. Prof. Alena Kobesova, MD, PhD

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Rehabilitation Prague School
12PS2 / CATT B 18140

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Course Instructor

Robert Lardner, PT

Robert Lardner graduated from the Department of Physical Therapy, Lund's University, Sweden in 1991. He has worked in inpatient / outpatient rehabilitation facilities in Sweden prior to moving to Illinois in 1992, where he worked as a staff physical therapist at McNeal Hospital, Clearing Industrial Clinic and a supervisor of physical therapy at Mercy Hospital.

He has also been in charge of physical therapy services at a number private outpatient and sports clinics, and in addition teaching undergraduate and postgraduate courses at both the Southern California and the National Universities of Health Sciences. He has studied with Professors Janda, Lewit and Kolář from the Czech Republic who are pioneers in functional rehabilitation and manual medicine. Over the years he has taught different courses in the field of rehabilitation utilizing techniques and approaches of leaders in this field whose philosophies he deeply appreciates, these include manual therapy, gait and movement analysis, exercise, and reflex philosophies & techniques. At present he is also an international DNS (Dynamic Neuromuscular Stabilization) instructor.

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.