

# DNS C COURSE

Clinical Course for Registered Practitioners

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## Introduction

This DNS C course looks at the advanced assessment of the body - globally, then regionally and finally locally to pin point specific areas of concern.

It covers more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into regular practice.

Covering general DNS self-treatment advanced techniques, through individualized instruction to enhance clinical assessment ability, and learn further corrective therapy application skills from this workshop.

An experienced practitioner will join from the Prague School of Rehabilitation, presenting with Inger Villadsen to establish attendee individual goals (DNS understanding & skills) for students to be optimally prepared for the next level of training (Course "D" in Prague)

## PARTICIPATION REQUIREMENTS

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### PRAGUE SCHOOL OF REHABILITATION

DNS A & B must be completed prior to this course. DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These courses are limited to licensed health professionals (MD, DO, PT, DC, OT, ATC, massage therapists).

In addition, the organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer.

# Course Objectives

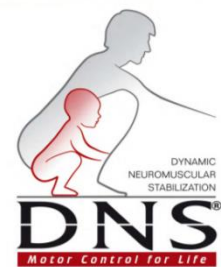
- Introduce advanced assessment methods – the integrated stabilizing system, locomotor stereotypes, respiratory stereotype
- Describe the kinesiology of muscle chains involved in locomotion: stepping forward and supporting function
- Discuss and workshop assessment and treatment of the pelvic girdle and hip joint: phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective, the most common pathological conditions – femoroacetabular impingement syndrome, arthritis, DNS assessment and treatment procedures
- Discuss and workshop assessment and treatment of the shoulder girdle: phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective.
- DNS assessment and treatment in shoulder girdle disorders - hemiplegic shoulder, frozen shoulder, impingement syndrome, SLAP lesion
- DNS assessment and rehabilitation for stress incontinence, anorectal dysfunction, amenorrhea and dysmenorrhea, functional sterility, pelvic organ prolapse and pelvic pain syndromes, vertebral-visceral relationships; rehabilitation for pregnant females.
- DNS C is a three day course. CPD Hours = 18.

For further information:

<https://www.ahpra.gov.au/Registration/Registration-Standards/CPD.aspx>



- Discuss and workshop assessment and treatment of pelvic floor issues and women's health: pelvic floor muscle function from developmental perspective; associated kinesiology between diaphragm and pelvic floor; typical postural disturbances, functional trigger point chains, joint dysfunction and hypersensitive zones in gynaecological diagnoses.
- Optimally prepare students for the next level of training (Course "D")



Dynamic Neuromuscular Stabilization according to Kolar

## DNS C

This course is a collaborative event, presented by Inger Villadsen + an experienced instructor from the Prague School of Rehabilitation. Focus is on individualized instruction, enhancing clinical assessment and corrective therapy application skills in this advanced DNS workshop.

# Julia Demekova

M.P.T



Julia Demekova MPT is a 2007 graduate of Palacky University in Olomouc in the Czech Republic. Since 2009, Julia has practiced at the Clinic of Rehabilitation and Physical Medicine in the Faculty Hospital in Motol in Prague, under the supervision of Professor Pavel Kolar.

In 2011 Julia became a certified instructor in DNS: the first and only instructor from Slovakia. In addition to this, during this time she studied the methods of Professor Karel Lewit.

Julia has wide experience with the treatment of neurological, musculoskeletal and orthopedic patients: she worked in a spinal cord injury unit since 2009 until 2015. She still treats both adults and children with a variety of diagnoses.

Julia has been an instructor in the DNS concept since 2011, and has taught clinical, sports medicine and paediatric courses in a variety of countries in North and South America, Europe UAE, Turkey and Asia. She works as a physiotherapist of the Rehabilitation Department at the University Hospital Motol in Prague.

# Inger Villadsen

D.C. M.SC (CLIN EPI) POSTGRAD DIP. NMS REHABILITATION

Inger was born in Denmark and studied chiropractic at Odense University and the Anglo European College of Chiropractic in Bournemouth, England graduating in 1985.

After working for three years in Europe, Inger migrated to Australia and commenced private practice in 1988.

Her practice, Nineways Chiropractic Clinic is where she is a practitioner addressing functional rehabilitation in chronic pain patients, particularly focusing on elite sports performers.

Inger is dedicated to disseminating a greater understanding of DNS methods and contributing to the associated body of knowledge.

She has been a certified DNS instructor since 2007, lecturing and/or supporting Prague School instructors in DNS courses and workshops in Australia, Japan, Europe, China, India and North America.



# Certificate of Attendance

A Certificate of ATTENDANCE will be awarded by local instructor

## 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 100 Euros.

The test will consist of an analysis of adult patients. A link to view the videos will be sent to participant for analysis. Participants are required to return the test to the DNS instructor within a month after the course. May only re-take the test 3 times. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

## Course Program

DAILY PLAN	8.30am - 9.00am	Registration (First Day only)
	9.00am - 10.30am	Seminar/workshop
	10.30am - 11.00am	Break
	11.00am - 12.30pm	Seminar/workshop
	12.30pm - 1.30pm	Break
	1.30pm - 3.00pm	Seminar/workshop
	3.00pm - 3.30pm	Break
	3.30pm - 5.00pm	Seminar/workshop

## COST:

Will be advised on website, when course is advertised, please note there is an additional fee of 80 Euros charged by the Prague School of Rehabilitation, which facilitates the certification and contributes towards research. (Website link displayed on registration page)

## REGISTRATION:

Available online at [www.dnsaustralia.com](http://www.dnsaustralia.com)

## CANCELTION & REFUNDS:

Cancellation must be forwarded to DNS Australia by email, cancellation requests will be refunded less a \$50 admin fee. Refunds will be given for cancellation received up to one week before course commences.

DNS Australia are not responsible for any airfares or other expenses incurred, should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the workshop registration fee would be issued. Also DNS Australia will not accept responsibility for injury or damage to persons or property occurring during the workshop.