

## Dynamic Neuromuscular Stabilization – Part A

Date: Friday, June 3<sup>rd</sup> (9am – 5pm) • Saturday, June 4<sup>th</sup> (9am – 5pm); • Sunday, June 5<sup>th</sup> (9am – 5pm)  
Location: NUHS Campus / Lombard, IL  
Instructor(s): Robert Larder, PT  
Hours: 21.0

### COURSE OBJECTIVES:

- Demonstrate an understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life.
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Demonstrate understanding of new terminology such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine.
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns - stepping and support function and stimulation zones.
- Evaluate and correct poor respiratory patterns.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Perform the basic techniques for reflex locomotion, i.e. reflex turning 1 & 2, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors.
- Integrate corrective exercises based on the DNS functional tests and developmental positions used in reflex locomotion. Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education.

### FORMAT

The program content will be presented in both a lecture and laboratory format.

### OUTLINE

**Hours 1-7:** Ontogenesis: postural, motor and sensory development from a developmental kinesiology

**Hours 8-12:** Tests of the Integrated Stabilizing System: analysis from the developmental standpoint

**Hours 13:** Basic Theory for Reflex locomotion stimulation

**Hours 14-15:** Reflex Turning I

**Hours 16-17:** Reflex Creeping

**Hours 18-21:** DNS Therapeutic Exercise Training