

Dynamic Neuromuscular Stabilization – Part B

Date: Friday, November 18th (9am – 5pm) • Saturday, November 19th (9am – 5pm); •
Sunday, November 20th (8:30am – 3pm)
Location: NUHS Campus / Lombard, IL
Instructor(s): Julia Demekova, MPT
Hours: 19.5

COURSE OBJECTIVES:

- Developmental kinesiology basic principles; ontogenesis during the first year of life, relationship between early ontogenesis and pathology of the movement system in adulthood (Course “A” review)
- Primitive reflexes, postural activity, postural reactions: its importance in assessment, early identification of abnormal development
- Assessment of newborn and babies during the first year of life, developmental age determination, practical & video demonstration
- Assessment of spinal, chest and pelvic stabilization, assessment of breathing stereotype using the DNS tests. Advanced modification of the DNS tests, practical details in clinical evaluation. Practical demonstration of adult patients.
- DNS therapeutic approaches training optimal sagittal core stabilization. DNS active exercise based on reflex locomotion principles and developmental positions. Review of the basic treatment positions demonstrated in course “A”, demonstration and practical workshop of advanced positions & modifications.
- How to integrate the DNS with other rehabilitation approaches: myoskeletal mobilization and relaxation techniques
- Cortical function & dyspraxia: assessment of body scheme; how to integrate cortical control within the DNS training.
- Patient’s education and DNS self-treatment.
- Parent’s education in proper baby handling
- Getting ready for the DNS course "C"

FORMAT

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

OUTLINE

- Hours 0-1.5:** Developmental Kinesiology & ontogenesis; Review of the basic principles
- Hours 1.5-3.5:** Primitive reflexes, postural reactions & postural activity during the first year of life. Functional assessment during the first year of life – demonstration of babies & video demonstration. Distinguish physiological and pathological development; central coordination disturbance; determine the developmental age. Proper baby handling
- Hours 3.5-5:** DNS active exercise in supine positions – review and advanced modifications. Muscle synergies in supine DNS /ontogenetic positions

- Hours 5-7:** DNS active exercise in supine positions – workshop
- Hours 7-8.5:** DNS active exercise in prone positions – review and advanced modifications. Muscle synergies in supine DNS /ontogenetic positions.
- Hours 8.5-10.5:** DNS active exercise in prone positions - workshop
- Hours 10.5-12:** Developmental dyspraxia, DCD, cortical function – theory, video demonstration & practical outcomes
- Hours 12-14:** Workshop: supine and prone position - cont.
- Hours 14-16:** DNS active exercise in side lying positions – introduction on basic muscle synergies. Possible modification of ipsilateral locomotor pattern training and progression.
- Hours 16-18:** DNS active exercise in side lying positions – worksop. Advanced “Higher” ontogenic positions for active exercise. Patient’s education
- Hours 18-19.5:** DNS based mobilization & relaxation techniques. Final DNS review & discussion