Pavel Kolar, Paed. Dr., PhD
Alena Kobesova, M.D., PhD
Craig E. Morris, D.C., DACRB

Course Goals

Course attendees will have a clear understanding of:
- The basic principles of developmental kinesiology.
- Development during the first year of life: stabilization of the spine in the sagittal plane, development of the phasic movements coupled with trunk rotation.
- The relationship between development during the first year of life & locomotor system pathology in adulthood.
- The reflex consequences following central neural programs during the first year of life.
- Functional stabilization of the spine & correction of poor stereotypical respiration.
- New terminology such as functional joint centration/decentration, punctum fixum, and the integrated stabilizing system of the spine.
- In addition, posture will be discussed from a developmental point of view.
- Critical principles of reflex locomotion: Locomotor patterns, stepping forward & support function, support/stimulating zones.

Course attendees will possess:
- Skills to utilize critical functional tests to evaluate the integrated stabilizing system of the spine.
- Skills for evaluation of breathing stereotypes.

Course Description

Much attention has been given in recent years to the development, maintenance and decline of functional stability of the locomotor system. Indeed, emerging research has proven the existence of the deep, or core, stabilizing muscles and their impact in controlling safe joint motion. This is especially true for the joints of the spinal column, where the complexity of the biomechanical and neurophysiological demands is phenomenal. With the increased understanding of functional stability have arisen new theories regarding the etiology of functional pathology and also of effective treatment methods to restore stability. Unfortunately, these techniques have yielded less than satisfactory results for many frustrated clinicians in search of more effective and long-lasting results. Some functional stabilization methods, although based on sound principles, have been criticized as impractical.

It is during this period that a new method of intrinsic locomotor system stabilization has arisen to dramatically gain the attention of rehabilitation specialists. Pavel Kolar, PaedDr., PhD has indeed spawned a new manual approach to activate the “Integrated Stabilizing System” and achieve exciting levels of improved function in a remarkably brief period. Based upon the scientific principles of developmental kinesiology, the neurophysiological aspects of the maturing locomotor system on which the internationally renowned “Prague School of Manual Medicine and Rehabilitation” was established, he has expanded the scope of clinical options in an exciting new direction. Attendees to the course will be introduced to these methods.

Course Instructors

Asst. Prof. Pavel Kolar, Paed. Dr., PhD
Professor Kolar is a physiotherapist by training, with advanced traind in pediatrics management and a PhD in physiology. His instructors, Professor Karel Lewit and the late Professors Vaclav Vojte and Vladimir Janda, profoundly influenced him in his approach. He is the Director of the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. This is the largest hospital in Central Europe, with 4,000 beds. He also acts as an adviser to the Director of the Hospital.
**Professor Kolar** is renowned for his work in rehabilitation, in addition to his treatment of celebrities in the world of sports, politics and entertainment. He has been appointed team clinician for the Czech Olympic teams, 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 the President’s personal clinician when he went abroad. Professor Kolar has taught his methods in Europe, North America and Australia. He is also a member of interdisciplinary team at the Orthopedic Unit at the hospital. This concerns evaluation of children suffering from cerebral palsy and poor posture resulting in orthopedic deformities and indications for surgical treatment. His work is highly appreciated by orthopedists, who consider his opinion to be very important for surgical indications. Professor Kolar resides in Prague with his wife and three children.

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**Alena Kobesova, M.D., PhD**

Dr. Kobesova is a neurologist who specializes in manual medicine and rehabilitation at the Rehabilitation Department, University Hospital Motol, School of Medicine, Charles University, Prague, Czech Republic. She is a certified instructor in Manual Medicine in the Czech Republic. She has studied extensively with Professor Karel Lewit, an international authority in manual medicine for more than 5 decades and the founder of the renowned “Prague School of Manual Medicine”. In conjunction with Professor Lewit, she has produced a four-volume instruction video demonstrating “Prague School” therapeutic soft tissue mobilization and relaxation techniques.

Dr. Kobesova is an instructor of neurological manual medicine and rehabilitation at the 2nd Medical School and also the Physiotherapy School, Charles University, Prague. She also organizes courses for international groups of clinicians travel to the Czech Republic to study the “Prague School” methods. Specializing in the treatment of patients suffering from various neurological disorders, Dr. Kobesova is a member of interdisciplinary team, which cares for patients suffering from hereditary motor and sensory neuropathy (HMSN - Charcot Marie Tooth). She recently published an article in the peer-reviewed journal, Czech rehabilitation journal “REHABILITACE” describing the complex treatment of the patients with HMSN.

Dr. Kobesova successfully completed the Czech Reflex Locomotion Training Course, which covers the theoretical and practical methods of the founder of Reflex Locomotion, the late Professor Vaclav Vojta. Professor Kolar studied with Professor Vojta and bases much of his work on Vojta’s principles. An emerging leader in the field of manual medicine and rehabilitation, Dr. Kobesova has served as the lead instructor in manual medicine and rehabilitation courses on three continents. She is very experienced in Professor Kolar’s methods, having assisted him in his courses for the past four years. Because Professor Kolar is not fully fluent in English, Dr. Kobesova also serves as his interpreter during the lecture portion of the course. Dr. Kobesova resides in Prague with her husband and two sons.

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**Craig E. Morris, D.C., DACRB**

Professor Morris is a 1981 graduate of Cleveland Chiropractic College, L.A. He has practiced in Torrance, CA for over 25 years. Dr. Morris is a Clinical Professor at Cleveland Chiropractic College, Los Angeles. He has lectured and conducted clinical workshops at academic institutions in North America, Europe, Asia, Australia and South America. Dr. Morris has also studied extensively with Professor Karel Lewit and the late Professor Vladimir Janda of the Department of Rehabilitation and Manual Medicine, Charles University, Prague, Czech Republic. He co-instructed courses internationally with Professor Janda in North America and Europe. Dr. Morris is the editor of the text, “Low Back Syndromes, Integrated Clinical Management” (McGraw-Hill), a leading multidisciplinary text for the management of low back disorders. He resides in Redondo Beach, California with his wife and they have four adult children and one grandson.

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**Magdalena Lepsikova, P.T.**

Ms. Lepsikova is a clinical physiotherapist at the Physical Therapy Department at Motol Hospital, 2nd medical Faculty in Prague, where she works with Asst. Professor Kolar and Dr. Kobesova. She specializes in rehabilitation of locomotor system dysfunction. She also serves as a lecturer, where she regularly instructs both medical and physiotherapy students. She is trained as a Vojta therapist and also as a DNS therapist. A very popular and effective instructor, she has taught DNS courses around the world. She resides in Prague with her husband and daughter.
Workshop Timetable

This course will be conducted simultaneously with the “B” Course, so the instructors for each section will vary throughout the course to ensure that all attendees have the opportunity to learn from each instructor.

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Enrollment Fee: Early Bird Discount After September 15, 2009 Examination Fee

( ) $825.00* ( ) $895.00 * ( ) $100.00**

* $500 non-refundable
**Please note: The examination fee is elective for workshop registrants. However, successful completion of the examination component is a pre-requisite for admission into the Course D workshop to qualify to become a “Certified DNS Clinician”. Please see the DNS/Prague School website (www.rehabps.com) for detailed explanation of DNS certification.

*Registration for this course is limited due to the hands-on nature of the course.

Please register* at the F.A.I. website at www.rehabfai.com

*2-Part Registration Process: 1. On-line registration 2: Payment by credit card (call 01-310-530-4460) -OR-

*Fax completed registration/credit card payment form on next page

Registration is completed, and your space reserved, once on-line registration and payment have been completed.

Hotel Accommodations

FAI has negotiated a discounted room rate of $119/night for our courses at the Sunrise Hotel Best at Redondo Beach Harbor. Please call +1-310-376-0746 to register and ask for the DNS-FAI course room discount rate. There is free parking to all attendees. Book your room ASAP, as this popular hotel fills quickly.

“Dynamic Neuromuscular Stabilization (DNS) is a critically important inclusion within Murdoch University’s Postgraduate Certificate and Diploma Courses in Musculoskeletal Rehabilitation. I would highly recommend this course to doctors interested in expanding their clinical skills and scope of practice, especially in the fields of rehabilitation, sports chiropractic and chronic pain disorders.” – John Sweeney, AM, DC, FACC, FICC, Past-President, World Federation of Chiropractic

“DNS training has helped broaden my ability to understand and assess neuromuscular conditions at a deeper level while adding a treatment approach that has improved my effectiveness with my current cases and expanded my ability to treat patients that were untreatable by previous methods.” - Dave Juehring, DC, DACRB, Director, Palmer College Rehabilitation Clinics & Residency Program, Davenport, IA

“Every chiropractor and chiropractic student needs to know this information.” - Kim Christensen, DC, CCSP. DACRB, CSCS, Portland, OR

“Professional athletes present unique challenges when it comes to neuromuscular system performance at the elite level. Injury prevention and performance enhancement are two key components of our organization’s Sports Medicine Program. We have applied many DNS methods into our performance programs and certainly see them as a nice fit in rehabilitation from injury as well.”

Ken Crenshaw, ATC
Head Athletic Trainer
Arizona Diamondbacks
Name____________________________________Clinic_____________________________________
Address________________________________City________________State/Province________________
Country____________________________________E-mail__________________________________________
Phone____________________________________Fax______________________________________________

Please describe the course (Level -“A”, “B”, Review, etc.) for which you are registering:
Course Description_____________________________________________________________________
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Location____________________________________Dates_________________________________________

PAYMENT METHOD
CREDIT CARD TYPE _____A/E _____M/C _____VISA
CARD #____________________________________EXPIRATION ____/_____AMOUNT__________

Code (on back side of card: (3 digits for Visa/MC; 4 digits for AE)___________________________
Postal/Zip Code where card charges are mailed_____________________________________________

*Please note: Credit card charges will be charged to F.I.R.S.T. Health.*

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Authorizing Signature

Notes:_________________________________________________________________________________

**Please Fax Completed Form to 01-310-530-4464**