



Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Integrative Assessment and Manual Therapy

Contact Hours: 18

Course date:

November 1 - 3, 2024

Location:

Movement Therapy

36 Young Street

Wollongong NSW 2500

Australia

Instructors:

Robert Lardner, PT

Hans Lindgren, DC

Organizer:

Back Care Program and Movement Therapy

backcareprogram1@gmail.com

<http://www.hanslindgren.com/blog/course-details-for-the-dns->

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

(the actual program will be sent to you by the local organizer)

Day 1 Friday – November 1, 2024

9.00-10.00	Intro to Neuro Developmental Approach
10.00-12.00	Distortion Patterns of Pelvis
12.00-13.00	Lunch
13.00-15.00	Practical Lab: Pelvis
15.00-17.00	Distortion Patterns of L/S

Day 2 Saturday – November 2, 2024

9.00-10.00	Review Pelvis Distortion
10.00-12.00	Practical Lab: L/S
12.00-13.00	Lunch
13.00-15.00	Hip Distortion Patterns
15.00-17.00	Practical Lab: Functional Testing

Day 3 Sunday – November 3, 2024

9.00-10.00	Review L/S and Hip Distortions
10.00-12.00	Distortion Patterns of Thoracic Cage, C/S and Shoulder
12.00-13.00	Lunch
13.00-15.00	Practical Lab: T/S, C/S and Shoulder
15.00-16.00	Review Questions

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3177

Course Goals and Description

Program Description A neuro-developmental approach to assessment utilizing a tiered framework that integrates specific DNS exercise with manual therapy treatment prescriptions.

Program Topics Physical Examination of Axial Structures; Manual Therapy techniques for Axial Structures; Physical Therapy and Rehabilitation of Axial Structures

Course objectives

- Provide a focused, structured physical examination of the axial skeleton
- Understand the difference between “upper” and “lower” tiered examination procedures and findings
- Re-frame the utility and intention of manual therapy based on a neuro- centric, developmental approach
- Identify and correct distortion patterns of the axial skeleton
- Choose specific DNS exercises based on exam findings to create lasting results

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

Peter Brown

HAS ATTENDED THE FOLLOWING COURSE WORK

**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: **DNS Integrative Assessment I**

LOCATION: **Wollongong**

DATES: **November 1 - 3, 2024**

CONTACT HOURS: **18**

Robert Lardner, PT

Hans Lindgren, DC



Course Instructors



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.

Currently, he is in private practice in Chicago and continues to teach various seminars throughout the United States, Canada, Europe and Asia.



Hans Lindgren, DC

Hans Lindgren received his Doctor of Chiropractic Degree from Anglo-European College of Chiropractic (AECC), Bournemouth, England in 1984. Returning to his native Sweden, Hans worked in Stockholm before starting his own Clinic, the Uppsala Chiropractic Clinic, a well recognized Chiropractic centre incorporating both Chiropractic and Physiotherapy. Hans was directly involved in several rehabilitation projects with the Akademiska Hospital in Uppsala, and during his 9 years working as a Chiropractor in Sweden also wrote articles in 'B&K' the leading Body-Building and Training magazine, and worked as Sports Chiropractor for Ulltuna and Lidingö Men's Premier-League Volleyball teams. He was also responsible for the post-graduate program for the Swedish Chiropractic Association, and was appointed as a Chiropractic Consultant for the Company Health Care Programs of the Akademiska Hospital and Pharmacia Sweden. Hans ran his first course on 'How to Incorporate Gym-training into Rehabilitation' for the Swedish Chiropractic Association in 1988.

In 1993 Hans moved to Brisbane, Australia where in 1994 he established both the Alexandra Hills Chiropractic Centre and Nordic Gym - a unique cutting-edge Fitness Centre specialising in one-on-one Personal Training and Rehabilitation. Nordic Gym became affiliated with the Australian Institute of Sport (AIS), preparing Australian Team Divers for the Commonwealth Games.

In 1999 Hans was introduced to the Prague School of Rehabilitation and commenced a long and rewarding journey with many of the world's leading Rehabilitation Specialists, including Professors Kolar, Janda and Lewit. After intensive study under Professor Pavel Kolar and completing all levels of the DNS Program, Hans was one of the first Chiropractors worldwide to be certified as a DNS Practitioner.

Hans has a long-held interest in Rehabilitation, Sports Medicine and Strength & Conditioning, and runs courses on Functional Stabilization for Health Care Professionals, Personal Trainers, and Strength and Conditioning Coaches. He is a member of the Australian Strength and Conditioning Association, first joining in 1996.

Hans has actively participated in as well as coached many competitive sports. He was the Assistant Coach, Sports Physician, and Strength and Conditioning Coach for the Australian Ice Hockey Team which travelled to the World Championships.

Hans has also successfully competed as a Natural Body Builder since 1999 winning several titles, culminating in his 2010 3rd placing at the Natural Universe Body Building Championships held in Los Angeles, CA. Following this success Hans turned his attention to Powerlifting, competing numerous times and resulting in Hans now holding 3 Australian Records in Drug-free Powerlifting.

Hans utilises DNS treatments in his daily clinical practice as it combines effectively treatment with functional rehabilitation and improved performance.

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.