

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Strength Training Course “Part I”

Contact Hours: 18

Course date:

August 30 - September 1, 2024

Location:

Plan B

Gjörwellsgatan 12

112 60 Stockholm

Sweden

Instructor:

Hans Lindgren, DC

Organizer:

Back Care Program

hans.lindgren@bigpond.com

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

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

Day 1 Friday – August 30, 2024

8:00 – 11:00	Introductory Lecture: Who is Pavel Kolar, PT?; Ontogenesis, Sagittal Stability, Functional Joint Centration, Pathological Postures, Why is Open Scissor Posture so prevalent in strength training?
11:00 – 11:15	Break/Transition to Workshop.
11:15 – 12:00	Workshop: Seated Diaphragm Test, Seated Respiration Assessment
12:00 – 13:00	Lunch
13:00 – 14:45	Workshop: Supine IAP Test, Arm Elevation Test, Exercise variations in 3 Month Supine
14:15 – 15:00	Break
15:00 – 17:00	Workshop: Hinging (Romanian Deadlift, Kettlebell Deadlift, Kettlebell Swing)

Day 2 Saturday – August 31, 2024

8:00 – 9:00	Lecture: How to properly use a belt; Proper Bracing for Maximal lifting.
9:00 – 10:00	Demonstration: Deadlift - analyze several participants executing the deadlift. Teach them how to properly brace for the deadlift. Cover the Modified Sumo Deadlift exercise.
10:00 – 10:15	Break
10:15 – 12:00	Workshop: Modified Sumo Deadlift & Bracing for the deadlift.
12:00 – 13:00	Lunch
13:00 – 15:00	Workshop: Quadruped Rocking Assessment, Quadruped to Bear Assessment, correction exercises for 3 Months Prone, Quadruped, and Bear.
15:00– 15:15	Break
15:15 – 17:00	Workshop: Pressing & Pulling (barbell press, bench press, push-ups, horizontal row, Bent Row, pull-ups, chin-ups, active hanging)

Day 3 Sunday – September 1, 2024

8:00 – 9:30	Lecture: Functional Capacity
9:30 – 9:45	Break/Transition
9:45 – 10:15	Workshop: Developmental Flow Sequence
10:15 – 11:00	Demonstration: Barbell Squat
11:00 - 12:00	Workshop: Squat Assessment
12:00 – 12:15	Break
12:15 – 14:00	Workshop: Squat variations (goblet, front squat, back squat)

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3186

Course Goals and Description

What is DNS-Strength Training 1? DNS-ST1 is an introductory course designed for both strength training and medical professionals with the singular focus of equipping attendees with the skills to effectively apply the powerful concepts of DNS to traditional strength training movements such as pressing, pulling, hinging and squatting. It is an entry-level course; as such, no prior DNS experience is required to attend.

In this course, we introduce DNS concepts to the attendees and cover application of these concepts to common strength training movements such as the deadlift, barbell press, and the squat. All movements in this course are bilateral and symmetrically loaded.

Who is eligible to take this course? Everyone. This course is NOT restricted to medical professionals.

Objectives:

- Introduce fundamental DNS concepts such as functional joint centration & ontogenesis.
- Cover the anatomy and mechanics of trunk stabilization.
- Cover multiple DNS tests for trunk stability.
- Cover physiological and pathological postures.
- Workshop DNS exercises based in developmental kinesiology from newborn to approximately 6 months.
- Apply DNS concepts to common bilateral, sagittal plane, strength training movements such as pushing, pulling, hinging and squatting. All strength training movements are bilateral with symmetrical loads.

Goals:

- Attendees will be able to apply DNS concepts to common bilateral, sagittal plane, strength training movements such as pushing, pulling, hinging and squatting.
- Attendees will be able to perform basic DNS tests to properly identify instability in their patients/athletes.
- Attendees will be able to properly assess and correct respiration.
- Attendees will be able to cue and teach proper respiration.

DNS Assessments Covered:

- Seated Diaphragm Test
- Supine IAP Test
- Arm Elevation Test
- Quadruped (Sit-Backs, Rocking, and Rocking into 6 Months Prone)
- Bear Position
- Squat Assessment

Strength Training Movements Covered:

- Hinging: Romanian Deadlift. (RDL), Kettlebell Deadlift, Sumo Deadlift, Conventional Deadlift, Modified Sumo Deadlift
- Squatting: Goblet Squat
- Pressing: Bench Press, Barbell Overhead Press, Push-Ups
- Pulling: Pull-Ups, Chin-Ups, Bent Row, Horizontal Row

At the end of the course, a Certificate of Attendance will be awarded by local instructor.

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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**

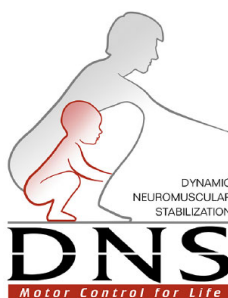
COURSE LEVEL: **DNS Strength Training**

LOCATION: **Stockholm**

DATES: **August 30 - September 1, 2024**

CONTACT HOURS: **18**

Hans Lindgren, DC



Course Instructor



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.