

Dynamic Neuromuscular Stabilization Course A

A powerful new paradigm for evaluation and treatment of the Locomotor System

organized by Hong Kong Chiropractic College Foundation Ltd.

Speaker: Dr Petra Valouchova, DPT, Ph.D

- Physiotherapist at Rehabilitation Department, University Hospital Motol, Charles University, Prague, Czech Republic.
- Ph.D. in biomechanics at the same institution.
- 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.
- Instructor of neurological manual medicine and rehabilitation at the 2nd Medical School and also the Physiotherapy School, Charles University, Prague.

Dynamic Neuromuscular Stabilization (DNS)

- It is a new and unique rehabilitation strategy based on the principles of developmental kinesiology and neurophysiological aspects of the maturing postural locomotor system. DNS derives ideal quality of these functional stereotypes from central programs maturing during early postural ontogenesis. Disturbances of this equilibrium due to CNS lesions, pain, trauma, habitual patterns, or repetitive overuse often results in the etiology or perpetuation of musculoskeletal pain syndromes.
- The basis for DNS stems from the early pioneers of the “Prague school”. The developmental aspects and “Reflex locomotion stimulation” was pioneered by the Czech neurologist J.Vojta in the 50s, the work of the Professors: Janda, Vojta and Karel Lewit is also part of the foundation. The driving force of the development of the Prague School of Rehabilitation at present is Assoc. Prof. Pavel Kolar, PaedDR., Ph.D.

The Course

It will cover the followings:

- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns - stepping and support function and stimulation zones.
- 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:
- Integrate corrective exercises based on the DNS functional tests and developmental positions used in reflex locomotion.
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice.

(Please refer to http://www.rehabps.cz/rehab/course.php?c_id=46 for more information.)

Benefits

- The results achieved by DNS are superior to conventional rehabilitation methods, which tend to address the problem "locally". DNS therapy integrates increased brain stimulation with manipulation, mobilization, postural awareness, respiratory training, exercise, and education to achieve optimal global function.

- DNS approach helps reactivate the integrated stabilizing system of the spine.
- DNS can be used on patients with a wide variety of problems in the locomotor system, ranging from sports injuries, chronic low back pain to spinal cord injuries such as stroke and children with cerebral palsy (neuroplasticity of CNS stimulated).

Date and Time

9:00am - 5:00pm; 26th -28th October 2012

Fees

Course Fees : HKD 4,800, Registration Fees : 80 Euros (*online registration via the website below*)

Optional Examination

For details, please refer to: http://www.rehabps.com/REHABILITATION/Structure_course_A.html

Venue

The Federation of Medical Societies of Hong Kong
Duke of Windsor Social Service Bldg.,
4/Fl., 15 Hennessy Rd., Wan Chai, Hong Kong

Enquiries

Please contact HKCCFL@gmail.com

Booking Form /

Attendees MUST register via Prague School (www.rehabps.com/REHABILITATION/Structure_course_A.html). 80 Euros. Without online registration and Prague School payment, you will not be permitted to attend any DNS Courses.

Name: _____

Profession: _____

Address: _____

Phone: _____ Fax: _____

E-mail: _____

Payment Policy

Please have the cheque made payable to: *Hong Kong Chiropractic College Foundation Ltd.*

Cancellations

A cancellation fee of HKD500 will be charged for cancellations received at least 10 working days in advance of the event. No refund will be given for cancellations received less than 10 working days in advance.

Please return all completed forms, together with payment to:

*Hong Kong Chiropractic College Foundation Ltd.
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