

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Pediatric Course Part 3

Contact Hours: 24

Course date:

October 15 - 18, 2026

Location:

Motus Integrative Health

1425 Eagle Ridge Drive

Schererville, IN 46375

USA

Instructor:

Martina Jezkova, MPT

Organizer:

Robert Newhalfen, DC.

drbob@motusintegrativehealth.com

<https://www.motusintegrativehealth.com>

Tel.: 219-322-6942

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

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

Day 1 Thursday – October 15, 2026

9.00 – 10.45	Cerebral Palsy: ethiology, assessment, classification, forms.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Kinesiology aspects of cerebral palsy, treatment.
12.30 – 13.30	Lunch.
13.30 – 15.00	Patient demo.
15.00 – 15.15	Coffee break.
15.15 – 17.30	Workshop – active exercise – flow for kids.

Day 2 Friday – October 16, 2026

9.00 – 10.45	The child with muscle tone disturbance (SMA, CMT, hypotonic child, myopathy) – lecture.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Workshop – handling in different specific cases, sharing experiences.
12.30 – 13.30	Lunch.
13.30 – 15.00	Premature baby, developmental consequences.
15.00 – 15.15	Coffee break.
15.15 – 16.30	Workshop – active exercise higher position (squat, bear, oblique sit, kneeling).
16.30 – 17.30	Patient demo, discussion, closing the day.

Day 3 Saturday – October 17, 2026

9.00 – 10.45	Peripheral paresis (brachial plexus paresis, meningomyelocele).
10.45 – 11.00	Coffee break.
11.00 – 12.30	Patient demo or a video analysis.
12.30 – 13.30	Lunch.
13.30 – 15.00	Young school age and sport load, growing problems.
15.00 – 15.15	Coffee break.
15.15 – 16.40	Workshop – topic according to participants suggestions.
16.40 – 17.30	Patient demo, discussion, closing the day.

Day 4 Sunday – October 18, 2026

9.00 – 10.30	Older school age and sport load from a DNS perspective, typical sport injuries.
10.30 – 10.45	Coffee break.
10.45 – 12.15	Patient demo or active exercise small groups.
12.15 – 13.00	Discussion – closing the course.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3644

Course Goals and Description

- Cerebral palsy: development, classification CP forms, kinesiology aspects, way of treatment.
- Peripheral paresis – Obstetrical brachial plexus paresis, meningomyelocoele; assessment and treatment approach according to DNS.
- Premature baby, developmental consequences.
- The child with muscle tone disturbance (SMA, CMT, hypotonic child, myopathy).
- Young school age and sport load, growing problems etc.
- Older school age and sport load.
- Life patient's demonstration, cases.
- Video analysis.
- Hands-on workshops to refine manual skills, work in small groups.

Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 4 days.
- The intermediate Pediatric DNS Course (part 2) is over 4 days.
- Advanced Pediatric DNS Course (part 3) 4 days.
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

DNS Pediatric educational track ground rules:

Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course).

Eligibility requirements to apply for the final DNS course D

(6 days course in Prague, by invitation only):

- Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
- Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
- Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions.

Prague School certificates & optional examination:

Participants who would like to take part in the educational track towards becoming a certified practitioner can take DNS Pediatric test 3. The test consists of 10 videos of babies and 10 pictures presenting assessment and treatment procedures. The student is asked with each image to describe the functional clinical picture, and comment on demonstrated treatment and suggest optimal treatment strategy, and to explain the answers. Test fee is 100 Euros. Participants are required to return the test to the Prague School instructor within 8 weeks following the course.

Please, bring a rag doll to the course to train practical skills!

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**

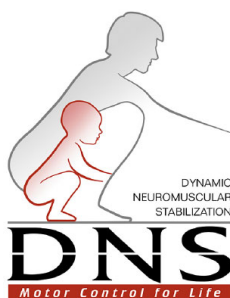
COURSE LEVEL: **PEDIATRIC COURSE PART 3**

LOCATION: **Schererville, IN, USA**

DATES: **October 15 - 18, 2026**

CONTACT HOURS: **24**

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Martina Jezkova, MPT



Upon successful completion and passing of the DNS pediatric test part 3 a Certificate of Achievement from Prague School of Rehabilitation will be awarded (electronic version by email).

REHABILITATION PRAGUE SCHOOL



Certificate of Achievement

BE IT KNOWN THAT

Peter Brown

HAS SUCCESSFULLY COMPLETED THE COURSE WORK
AND EXAMINATION REQUIREMENTS FOR THE FOLLOWING:

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

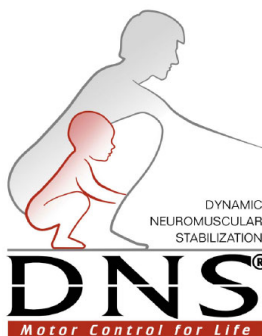
COURSE LEVEL: **PEDIATRIC COURSE PART 3**

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EXAMINATION: **November 20, 2026**

Alena Kobesova MD, PhD



Upon successful completion and passing of the DNS pediatric courses 1-3 and tests, Certificate of DNS Pediatric Practitioner from Prague School of Rehabilitation can be awarded. After obtaining the final diploma, you can be listed among **DNS Pediatric Practitioners** on the website of the Prague School for a fee of 20 EUR for an unlimited period. You are required to take at least one DNS course every 3 years to retain your certification status.

REHABILITATION PRAGUE SCHOOL



Certificate of DNS Pediatric Practitioner

BE IT KNOWN THAT

Peter Brown

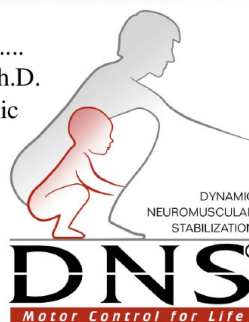
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,
DIAGNOSTIC & THERAPEUTIC PEDIATRIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization
Certified Pediatric Practitioner**

October, 2014

Prof. Pavel Kolar, PaedDr., Ph.D.
Head of Rehabilitation Clinic
2nd Medical Faculty
Charles University
Prague, Czech Republic



Course Instructor



Martina Jezkova, MPT

Martina Ježková completed her Physiotherapy Master's degree in 2001, at the Faculty of Physical Education and Sport, Charles University, Prague. She was a student of esteemed Professors Janda and Lewit, whom she later worked with at the Rehabilitation Clinic, University Hospital Motol, Prague.

In her 17 years of clinical rehabilitation practice at the University hospital, Motol, Martina worked with a broad scope of patients, including babies with cerebral palsy and children with central coordination disturbance, scoliosis, neurological disorder patients, gynaecology patients with functional sterility, pelvic floor dysfunction and other pelvic health issues. She also worked with professional and amateur athletes and elderly patients, to develop movement optimization strategies. In 2018 Martina opened her own private physiotherapy practice, outside of Prague.

Martina was certified therapist in Reflex Locomotion according to Vojta since 2004 and attends regular refresher courses. She has completed numerous professional development and instructor level trainings, including: Development Kinesiology in Rehabilitation and Dynamic Neuromuscular Stabilization principles (with Prof. Pavel Kolář), Manipulative Therapy in rehabilitation and Post Isometric Relaxation, soft tissue manipulation and manipulation of spine and extremity with Prof. Karel Lewit and Functional Sterility assessment and treatment according to Mojžíšová. In January 2014 Martina completed her first Yoga Instructor certification in Australia. Since 2014 she has continued to study and incorporate Yoga as part of her approach to movement rehabilitation and in 2018, she became a certified Iyengar Yoga instructor. Martina has also completed short courses in Klapp crawling (based on developmental kinesiology), Kinesiotaping, Fascial manipulation techniques according Stecco, fascial Yoga and Yoga for MS patients.

Martina closely works under Professors Pavel Kolar's supervision and teaches movement rehabilitation approaches, both nationally and internationally. From 2002 to present, she has been an instructor in rehabilitation at the 2nd Faculty of Medicine, Charles University, Prague, teaching both Physiotherapy and Medical students. Since 2004, Martina has served as a certified instructor in Musculoskeletal Techniques according to Lewit and since 2001 as an international certified instructor in Developmental Kinesiology and Dynamic Neuromuscular Stabilization according to Kolář. Drawing from her clinical practice, Martina has also developed specialized DNS courses in Women's Health and in the application of DNS principles to Yoga in Rehabilitation.

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.