Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Basic course "B"

Contact Hours: **18**

Course date:
May 14 - 16, 2027

Location:
Motus Integrative Health
1425 Eagle Ridge Drive
Schererville, IN 46375
USA

Instructor:
Dr. Robert Newhalfen

Organizer:
Motus Integrative Health
kristen@motusintegrativehealth.com
https://www.motusintegrativehealth.com

www.rehabps.com

Tentative Course Program

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

Day 1 Friday – May 14, 2027

9.00 – 10.30	Developmental kinesiology & ontogenesis; review of the basic principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Primitive reflexes, postural reactions & postural activity during the first year of life. Functional assessment during the first year of life – demonstration of babies & video demonstration. Distinguish physiological and pathological development; central coordination disturbance; determine the developmental age. Proper baby handling.
12.30 – 13.30	Lunch.
13.30 – 15.00	DNS active exercise in supine positions – review and advanced modifications. Muscle synergies in supine DNS /ontogenetic positions.
15.00 – 15.15	Coffee break.
15.15 – 17.00	DNS active exercise in supine positions – workshop.

Day 2 Saturday – May 15, 2027

9.00 – 10.30	DNS active exercise in prone positions – review and advanced modifications. Muscle synergies in prone DNS /ontogenetic positions.
10.30 – 10.45	Coffee break.
10.45 – 12.30	DNS active exercise in prone positions - workshop.
12.30 – 13.30	Lunch.
13.30– 15.00	Developmental dyspraxia, DCD, cortical function – theory, video demonstration & practical outcomes.
15.00 – 15.15	Coffee break.
15.15 – 17.00	Workshop: supine and prone positions - cont.

Day 3 Sunday – May 16, 2027

8.30 – 10.30	DNS active exercise in side lying positions – introduction on basic muscle synergies. Possible modifications of ipsilateral locomotor pattern training and progression.
10.30 – 10.45	Coffee break
10.45 – 12.30	DNS active exercise in side lying positions – worksop. Advanced “higher” ontogentic positions for active exercise. Patient’s education.
12.30 – 13.30	Lunch
13.30 – 15.00	DNS based mobilization & relaxation techniques. Final DNS review & discussion.

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=4242

Course Goals and Description

Course Objectives

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review theory covered in the A course and introduce more advanced theory, namely the verticalization process
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology
- Introduce basic information about reflex locomotion according to Vojta
- Perform demonstration of assessments of babies: attendees will be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies
- Demonstrate and teach proper handling of infants
- Demonstration application of DNS assessment and treatment in adult patients with pain and dysfunction within the locomotor system – stabilization assessment and treatment strategy
- Postural analysis & testing of integrated spinal stabilization system – review of Course A tests and introduction to additional, advanced tests
- Integration of corrective exercises based on newly taught DNS functional tests
- Exercise in differentiated ipsilateral and contralateral static positions, position transfer during locomotor function, exercise progression using unstable surface, resistance against “planned movement”, dual tasking and other challenges both in ipsi and contralateral patterns, transition between ipsilateral and contralateral patterns, training of isolated segmental movement
- Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice
- Optimally prepare students for the next level of training (Course “C”)

OPTIONAL EXAMINATION
Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee.
The test will consist of an analysis of babies at various developmental stages. Web link with videos will be mailed to participant for analysis. Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

May only re-take the test 3 times.
The clinician would be required to repeat one or more courses, before re-qualifying for certification testing.

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: **B**
LOCATION: **Schererville, IN, USA**
DATES: **May 14 - 16, 2027**
CONTACT HOURS: **18**

Robert M Newhalfen
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Dr. Robert Newhalfen

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Rehabilitation Prague School
12PS2 / CATT B 18140

www.rehabps.com

Upon successful completion and passing of the DNS Test B, 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: **B**
LOCATION: **Schererville, IN, USA**
DATES: **May 14 - 16, 2027**
EXAMINATION: **June 20, 2027**

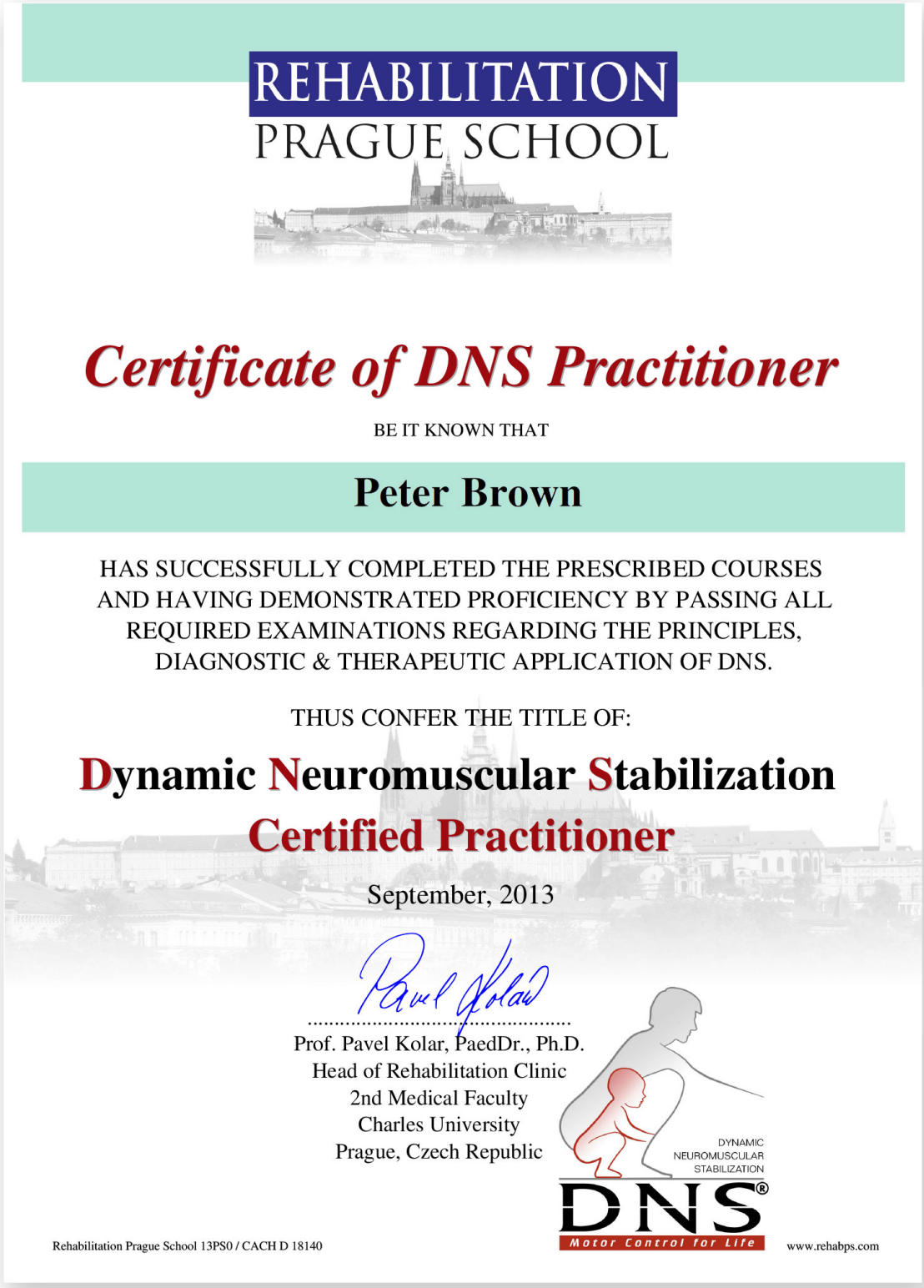
Alena Kobesova MD, PhD

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Upon successful completion and passing of the courses A-D and tests, a Certificate of DNS Practioner from Prague School of Rehabilitation can be awarded. You will be recognized as a Certified Practitioner in the Dynamic Neuromuscular Stabilization approach. After obtaining the final diploma, you can be listed among **DNS Certified 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 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 APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

Dynamic Neuromuscular Stabilization

Certified Practitioner

September, 2013

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

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Course Instructor



Dr. Robert Newhalfen

Dr. Robert Newhalfen graduated in 2010 from National University of Health Sciences (NUHS) with a Doctor of Chiropractic degree.

He is currently the owner of Motus Integrative Health, a multidisciplinary group of clinics that combines chiropractic, physical therapy, massage and medical care. He has clinics located in the Chicago suburbs known as NW Indiana, in the towns of Schererville, Crown Point and Griffith.

Dr. Newhalfen and his clinics treat a wide array of patients ranging from infants and children with asymmetry, neurological conditions and other disturbances to elderly patients with pain looking to improve the quality of their life. Dr. Newhalfen himself actively treats patients of all ages and skill levels including many elite level youth athletes, Professional Powerlifters and Bodybuilders, Olympic level gymnasts and more.

Dr. Newhalfen was first introduced to DNS concepts in 2010 as a student at NUHS. He was successfully treated for an inguinal hernia in 2012 using the principles of DNS and has been all in on DNS ever since. Dr. Newhalfen was certified as a DNS Exercise Trainer (DNSET) in 2016, a DNS Practitioner (DNSP) in 2017, a DNS Pediatric Practitioner (DNSPP) in 2020 and as a DNS Instructor in 2023.

Dr. Newhalfen has been hosting courses since 2017 through his company Motus Education. He also regularly attends many types of courses to continue learning and growing. Dr. Newhalfen is deeply passionate about DNS and how it can help people live the highest quality of life possible. He is especially excited about how DNS can help children optimize their growth and development to be the highest functioning adults they can be.

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.