Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Exercise course "Part I"

Contact Hours: **12**

Course date:
June 5 - 6, 2027

Location:
NW Sports Rehab
33400 13th pl. so.
Federal Way, WA 98300
USA

Instructor:
Dr. Robert Newhalfen

Organizer:
Robert Newhalfen, DC
Motus Integrative Health
https://www.motusintegrativehealth.com/education/course-catalog/
https://www.motusintegrativehealth.com

www.rehabps.com

Tentative Course Program

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

Day 1 Saturday – June 5, 2027

9.00 – 10.45	Developmental kinesiology, ontogenesis – basic principles & application in sport.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Postural–locomotiom function: definition of optimal and abnormal patterns.
12.30 – 13.30	Lunch.
13.30 – 15.15	Stabilizing system of the spine: DNS tests (workshop).
15.15 – 15.30	Coffee break.
15.30 – 17.00	Basic types of stabilization exercise utilizing optimal developmental positions and patterns - demonstration.

Day 2 Sunday – June 6, 2027

8.30 – 10.30	Active exercise prescription based on developmental positions (workshop).
10.30 – 10.45	Coffee break.
10.45 – 12.30	Active exercise prescription based on developmental positions – modification for strengthening exercise (workshop).
12.30 – 13.30	Lunch.
13.30– 15.30	Active exercise based on developmental positions: modifications to train basic sport movements: throwing, jumping, kicking, shooting, stroking (workshop). FAQ, discussion.

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=4273

Course Goals and Description

Course objectives

- Demonstrate an understanding of the basic principles of developmental kinesiology.
- Describe the relationship between development during the first year of life and dysfunction of the locomotor system in adulthood.
- Discuss and demonstrate the basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process & functional joint centration in postural development.
- Evaluate and correct poor respiratory patterns.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests.
- Integrate corrective exercises based on the DNS functional tests and developmental positions in supine, prone, low kneeling, oblique sit, and quadruped global movements.
- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies.

Certification in DNS Exercise Course

To ensure adequate practice with clients, this practical test can only be taken one year after completion of the first DNS course (either DNS Exercise I or DNS A). You may still choose to take DNS Exercise III prior to that 1-year span. However, if you wish to take the trainer certification practical test, you will have to re-take Level III again and sit for the test. Also, completing an online test after DNS exercise II is a prerequisite for taking the practical test at DNS Exercise III course. When you earn your certification, you can choose to have your name listed on the Prague School Rehabilitation website for a one-time fee. You are required to take at least 1 DNS course every 3 years to retain your certification status.

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 EXERCISE COURSE PART I**
LOCATION: **Seattle, WA**
DATES: **June 5 - 6, 2027**
CONTACT HOURS: **12**

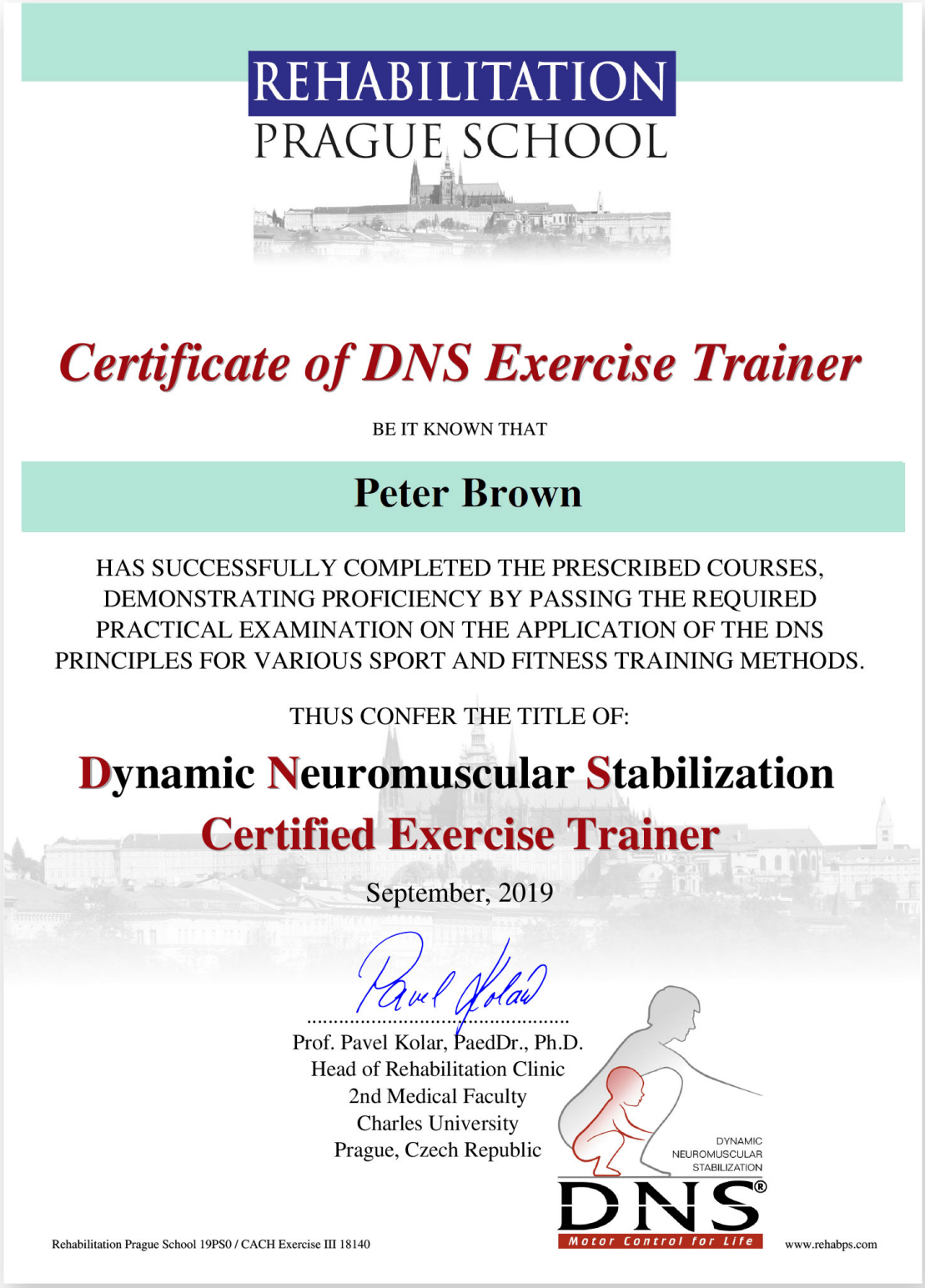
Robert M Newhalfen
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Dr. Robert Newhalfen

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 courses DNS Exercise I-III, an online test after DNS exercise II and the practical test at DNS Exercise III course, Certificate of DNS Exercise Trainer from Prague School of Rehabilitation can be awarded. After obtaining the final diploma, you can be listed among **DNS Exercise Trainers** 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 Exercise Trainer

BE IT KNOWN THAT

Peter Brown

HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES, DEMONSTRATING PROFICIENCY BY PASSING THE REQUIRED PRACTICAL EXAMINATION ON THE APPLICATION OF THE DNS PRINCIPLES FOR VARIOUS SPORT AND FITNESS TRAINING METHODS.

THUS CONFER THE TITLE OF:

Dynamic Neuromuscular Stabilization
Certified Exercise Trainer

September, 2019

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

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS®
Motor Control for Life

Rehabilitation Prague School 19PS0 / CACH Exercise III 18140

www.rehabps.com

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.