Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Pediatric Course Part 2

Contact Hours: **18**

Course date:
April 2 - 4, 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
kristen@motusintegrativehealth.com
https://www.motusintegrativehealth.com/education/course-cata

www.rehabps.com

Tentative Course Program

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

Day 1 Friday – April 2, 2027

9.00 – 10.45	Review of developmental kinesiology - ontogenesis.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Review of assessment in the first year of life, workshop with dolls.
12.30 – 13.30	Lunch.
13.30 – 15.00	Review of DNS tests – workshop.
15.00 – 15.15	Coffee break
15.15 – 17.30	DNS assessment and treatment of higher developmental positions – postural insufficiencies in older children and adults, discussion, closing the day.

Day 2 Saturday – April 3, 2027

9.00 – 10.45	DNS assessment and treatment approach to children with poor posture, scoliosis.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Corrective exercises for patients with poor posture and scoliosis (3m supine and prone, quadruped, low kneeling).
12.30 – 13.30	Lunch
13.30 – 15.00	Corrective exercises for patients with poor posture and scoliosis (squat, side lying, oblique sit).
15.00 – 15.15	Coffee break.
15.15 – 16.30	Development of children between 2-6 years of age.
16.30 – 17.30	Patient demo, discussion, closing the day.

Day 3 Sunday – April 4, 2027

9.00 – 10.45	DNS assessment and treatment approach in children with lower extremity problems in all three anatomical planes (anteverted hip, tip toeing, in toeing, genua valga and vara, flat foot).
10.45 – 11.00	Coffee break.
11.00 – 12.30	Corrective exercises for patients with hip, knee and foot dysfunction (4,5M prone, side lying, 6M prone, quadruped – differentiated position).
12.30 – 13.30	Lunch.
13.30 – 15.00	Corrective exercises for patients with hip, knee and foot dysfunction (oblique sit and transition to quadruped, tripod, high kneeling).
15.00 – 15.15	Coffee break.
15.15 – 16.40	Baby handling.
16.40 – 17.30	Patient demo, discussion, closing the day.

More information about the course:
https://www.rehabps.cz/rehab/course.php?c_id=4272

Course Goals and Description

- Review of developmental kinesiology covered in DNS Pediatric course part 1, review of red flags in development, distinguish physiological and pathological development (cases).
- Development of children between 2-6 years of age.
- Demonstration of babies: Be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies.
- Baby handling – review of the principles described in pediatric course part I (0-7M). Handling II age older 7M; demonstration focusing on key body segments – head and neck, hip, shoulder. Handling of physiological and abnormally developing babies.
- Postural analysis & testing of integrated spinal stabilization system– review of tests presented in Pediatric course 1.
- Exercise toddler and preschool children in higher differentiated positions.
- Tests in pediatric clients – how to assess children in different age, modality (MABC, PDMS, TUG, 6MWT etc.).
- Child with DCD (developmental coordination disorder), dyspraxia.
- DNS assessment and treatment approach in children with lower extremity problems in all three anatomical planes (anteverted hip, tip toeing, in toeing, genua valga and vara, flat foot).
- DNS assessment and treatment approach in children with poor posture and scoliosis.
- Patient's & parent's education.

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 Pediatric DNS 2 test consisting of 10 videos of babies and 10 pictures of babies. The student is asked with each image to describe the developmental age, including physiologic and pathologic presentation, and to explain the answers. 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 2**
LOCATION: **Seattle, WA**
DATES: **April 2 - 4, 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 pediatric test part 2 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 2**
LOCATION: **Seattle, WA**
DATES: **April 2 - 4, 2027**
EXAMINATION: **May 20, 2027**

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Alena Kobesova MD, PhD

DYNAMIC
NEUROMUSCULAR
STABILIZATION
DNS®
Motor Control for Life

Rehabilitation Prague School
14PS0 / CACH Pediatric 3 18140

www.rehabps.com

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

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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.