

## *Dynamic Neuromuscular Stabilization (DNS) according to Kolar*

### **DNS Pediatric Course Part 1**

Contact Hours: **18**

Course date:  
**April 24 - 26, 2026**

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

Instructor:  
**Dr. Robert Newhalfen**

Organizer:  
**Motus Integrative Health**  
[kristen@motusintegrativehealth.com](mailto:kristen@motusintegrativehealth.com)  
<https://www.motusintegrativehealth.com/education/course-cata>

**REHABILITATION  
PRAGUE SCHOOL**



[www.rehabps.com](http://www.rehabps.com)

# Tentative Course Program

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

## Day 1 Friday – April 24, 2026

9.00 – 10.45	Introduction to DNS – terminology, functional joint centration, global motor patterns.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ideal stabilization pattern – development of stabilization pattern, the role of diaphragm, developmental definition of ideal respiration and stabilization pattern.
12.30 – 13.30	Lunch.
13.30 – 15.15	DNS assessment and treatment – postural insufficiencies in older children and adults.
15.15 – 15.30	Coffee break.
15.30 – 17.30	DNS assessment and treatment – postural insufficiencies in older children and adults.

## Day 2 Saturday – April 25, 2026

9.00 – 10.45	Ontogenesis – developmental kinesiology – description of spontaneous motor activity and postural.
10.45 – 11.00	Coffee break.
11.00 – 12.30	Ontogenesis – developmental kinesiology – cont., active exercise in undifferentiated developmental positions.
12.30 – 13.30	Lunch
13.30– 15.00	Assessment – primitive reflexes and postural reactivity of infant, workshop with dolls.
15.00 – 15.15	Coffee break.
15.15 – 17.30	Assessment and treatment of the infant with asymmetry + patients video demonstration.

## Den 3 Sunday – April 26, 2026

9.00 – 10.45	DNS assessment and treatment – postural insufficiencies in older children and adults.
10.45 – 11.00	Coffee break.
11.00 – 12.30	DNS assessment and treatment – postural insufficiencies in older children and adults.
12.30 – 13.30	Lunch.
13.30– 15.00	Infant handling and therapy.
15.00 – 15.15	Coffee break.
15.15 – 16.40	1 patient demo (physiological baby 0-6M) 1 patient demo (physiological baby 7-12M)
16.40 – 17.30	Active exercise in developmental positions, discussion, closing the day.

More information about the course:

[https://www.rehabps.cz/rehab/course.php?c\\_id=3921](https://www.rehabps.cz/rehab/course.php?c_id=3921)

## Course Goals and Description

This is a **4 days course** for attendees who works primarily with pediatric clients.

- Demonstrate an understanding of developmental kinesiology in depth with an emphasis on development during the first year of life. Basic sagittal stabilization, postural-locomotion function, stepping forward and supporting extremity function.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Red flags in the development during the first year of life.
- Assessment of baby's developmental age. Developmental and chronological age correlation (baby demonstration).
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests in children.
- Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Evaluate and correct poor respiratory patterns.
- DNS principles for baby handling in positions that corresponds to developmental positions of the baby age 0-7M. Devices used for carrying babies, yes or no, how and why?
- Child with asymmetry (oblique neck, oblique pelvis, plagiocephaly and their consequences to the development).
- Demonstrations of baby assessment and treatment based on DNS principles.
- Toddlers and preschool children exercises according to DNS, easy positions without differentiation.

After the DNS Pediatric 1 course participants should be able to assess the spontaneous locomotor function of a child and distinguished between physiological and pathological movement pattern. The emphasis is put on assessment of quality of a movement and assessment of the basic primitive reflexes.

### **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 1 test consisting of 40 multiple choice questions and 10 picture questions for 50 Euros fee. 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 1**

*LOCATION:* **Seattle**

*DATES:* **April 24 - 26, 2026**

*CONTACT HOURS:* **18**

*Robert M Newhalfen*

Dr. Robert Newhalfen



Upon successful completion and passing of the DNS pediatric test part 1 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 1**

*LOCATION:* **Seattle**

*DATES:* **April 24 - 26, 2026**

*EXAMINATION:* **May 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**

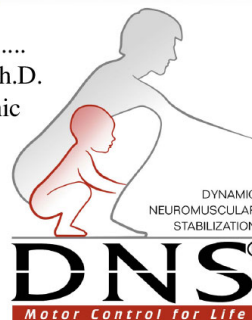
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES  
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL  
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,  
DIAGNOSTIC & THERAPEUTIC PEDIATRIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization  
Certified Pediatric Practitioner**

October, 2014

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



## 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.