

## COURSE INSTRUCTORS

**Clare C. Frank** DPT, MS, OCS, FAAOMPT

Dr. Frank received her physical therapy degree from Northern Illinois University. She completed the Kaiser Permanente Orthopedic Residency program in 1993 while working on her Master of Science degree in Physical Therapy at University of Southern California. She received her post-professional doctorate degree from Western University of Health Sciences, Pomona, California in 2003. She is a board certified specialist in Orthopedic Physical Therapy and a fellow in the American Academy of Orthopedic Manual Physical Therapy. Her clinical career has been greatly influenced by Shirley Sahrman PT, PhD, and the Prague School of Manual Medicine faculty, namely, the late Vladimir Janda MD, Karel Lewit MD, and Pavel Kolar PT, PhD.

Dr Frank practices at a private clinic in Los Angeles, California. She has been instrumental in setting up the Movement Science Fellowship at Kaiser Permanente, Los Angeles and is one of the primary clinical instructors for the program. She currently teaches in the U.S. and internationally and has co-authored "Assessment and Treatment of Muscle Imbalances: The Janda Approach" with Human Kinetics, Inc.

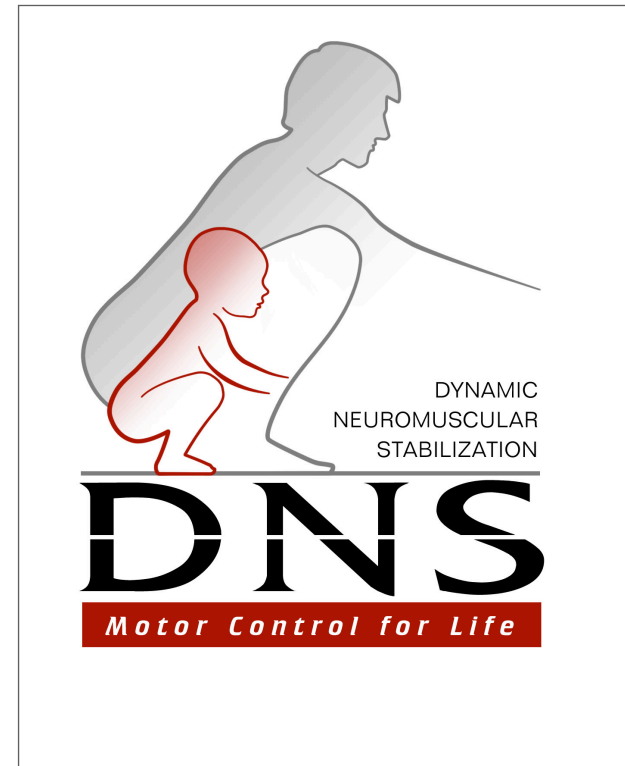
**Marcela Safarova** PT, PhD

Dr Safarova received her physical therapy training and completed her doctoral studies from Charles University. She is the head physiotherapist at Motol Hospital, a large teaching hospital associated with Charles University in Prague, Czech Republic. Dr Safarova specializes in the rehabilitation of the locomotor system. She is also a certified Vojta therapist and has trained and works with both Professors Pavel Kolar and Karel Lewit. She also serves as an adjunct lecturer for both medical and physiotherapy students at the university. She currently serves as an instructor for Professor Kolar's courses both in Prague and internationally.

## INTRODUCTION TO DYNAMIC NEUROMUSCULAR STABILIZATION

The "Prague School of Rehabilitation and Manual Medicine" was established by key neurologists/physiatrists, all of whom were giants in the 20th century rehabilitation movement era i.e. Karel Lewit and the late Professors Vaclav Vojta, Vladimir Janda & Frantisek Vele. Based on groundbreaking neurodevelopmental and rehabilitation principles by these men, Professor Pavel Kolar has successfully integrated the work of his predecessors in proposing the underlying neurodevelopmental mechanism for how the movement system develops hand-in-hand with CNS maturation. This complex approach is "cutting-edge" in that it provides a window into the complexity and plasticity of the CNS and its effect on the movement system. The DNS approach can be used in the rehabilitation of a myriad of neurologic, musculoskeletal pain syndromes as well as performance athletic training.

For more information on this approach, please check out [www.rehabps.com](http://www.rehabps.com)



**Jan 28 - 30, 2012**

## COURSE LOCATION

Azusa Pacific University  
701 E. Foothill Blvd.  
Azusa, CA 91702

## DYNAMIC NEUROMUSCULAR STABILIZATION: COURSE A

Jan 28 - 30, 2012

Registration Fee: \$800

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

Please circle: PT MD DO DC OT ATC

Other \_\_\_\_\_

Please register for the course at  
[www.cynergyeducation.com](http://www.cynergyeducation.com)

Questions & Further Information:

Contact Clare at:  
[clare@movementlinks.com](mailto:clare@movementlinks.com)  
or (626) 390-2776

## COURSE DESCRIPTION

The nervous system establishes programs that control human locomotion, that includes posture and movement. This critical "motor control" is largely established during the first years of life. Based upon the principles of neurodevelopmental kinesiology, i.e. the neurophysiologic aspects of the maturing movement system on which the Prague School was established, the scope of clinical rehabilitation options for many of our neurologic and musculoskeletal pain patients has been expanded. The DNS approach involves every component of the movement system (i.e. muscles, joints, nerves and, & soft tissue) by stimulating movement control centers in the brain through activation of *ideal inborn movement stereotypes*. This, in turn, helps restore the structural and postural alignment of the body's neuro-musculo-skeletal system by evoking the global motor patterns. Global motor patterns form the foundation of human movement and represent genetically predetermined elements for uprighting and equilibrium. These patterns are essential for the control of posture and dynamic stability of the spine through the lifespan of the individual. Participants in this course will be introduced to the application of these principles.

Instructional Level: BASIC

## COURSE OBJECTIVES

- Demonstrate an understanding of the basic principles of developmental kinesiology
- Describe the relationship between the development during the first year of life and the pathologic movement system in adulthood
- Evaluate and correct respiratory patterns
- Demonstrate an understanding for the basis of reflex locomotion and its role in the DNS approach
- Perform the basic techniques for reflex turning and reflex creeping
- Assess and train the intrinsic spinal stabilizing system based on the principles of DNS and reflex locomotion

## COURSE SCHEDULE

Day 1: (8:00 AM - 5:00 PM)

- AM Registration & Continental Breakfast  
Ontogenesis: Postural & Motor development from a developmental kinesiology model
- PM Lecture/Lab: Respiration  
Tests of the Intrinsic Spinal Stabilizing System (ISSS)

Day 2: (8:30 AM - 5:00 PM)

- AM Lab: ISSS Testing & Training (*cont.*)
- PM Lecture/Lab: Basic Theory for Reflex Locomotion & Reflex Turning

Day 3: (8:30 AM - 5:00 PM)

- AM Lab: Reflex Creeping
- PM Lecture/Lab: Role of active exercises

**PLEASE WEAR APPROPRIATE LAB ATTIRE FOR VISUAL AND PALPATION OF MUSCLES.**

2.1 CEUs (21 contact hours) provided by Cynergy Education Group. A recognized provider of CEU's by the PTBC and BOC

