BSMPG The Boston Sports Medicine and Performance Group

April 27-April 30, 2013

Location

Boston MA
Northeastern University

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life

Dynamic Neuromuscular Stabilization Course "B"

The "Prague School of Rehabilitation and Manual Medicine" was established by key neurologists/ physiatrists, all of whom were giants in the 20th century rehabilitation 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**

BSMPG is a recognized provider of CEU's by the BOC.

APPROVED CE PROVIDER BOC

Mail Registration Materials along with Check or Money Order for $900 to:

BSMPG, 200 Freeman Street, #2
Brookline MA 02446

Name: _____

Address: _____

_____

Email: _____

Course Objectives

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review and introduction to more advanced theory.
- Postural analysis & testing of integrated spinal stabilization system—advanced theory and testing.
- Integration of corrective exercises based on newly taught DNS functional tests and RL positions.
- Provide more complex management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice.
- See website for complete list of course objectives

Registration Note

- Registration with Prague School is also necessary in addition to course fee. See website for complete details.

Course open to: PT, DO, DC, MD, OT and ATC professionals only

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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 2004. 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 Sahrmann 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. She has served on the medical team for the 2009 World Figure Skating Championships in Los Angeles, as well as the injury prevention team for the Chinese Olympic Teams 2010/11. She currently teaches in the U.S. and internationally and has co-authored "Assessment and Treatment of Muscle Imbalances: The Janda Approach"

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 physiotherapy students at the university. She currently serves as an instructor for Professor Kolar's courses both in Prague and internationally.

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Visit www.bsmpg.com for complete details including registration and course outline