

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Strength Training Course “Part II”

Contact Hours: 18

**Course date:
March 12 - 14, 2027**

**Location:
VOLKAN Crosstrain
1 Traversa Pisciarelli 27
80078 Pozzuoli NA
Italy**

**Instructors:
Richard Ulm, DC
Jakub Novak, DPT, Ph.D.**

**Organizer:
XFAB S.R.L.
Fabio Zonin
info@nextlevelstrength.it
<https://www.nextlevelstrength.it>
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**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

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

Day 1 Friday – March 12, 2027

8:00 - 10:00	Lecture: review concepts covered in DNS ST1 (ontogenesis, sagittal stabilization, etc), The Function & Origin of the Oblique Slings
10:00 – 10:15	Break/Transition
10:15 – 12:00	Workshop: review 3 months model, Quadruped Assessment, Exercises in 3M position
12:00 – 13:00	Lunch
13:00 – 14:00	Lecture: Proper Foot Loading for Strength Training
14:00 – 14:30	Workshop: Developmental Flow
14:30 – 17:00	Workshop: review hinging from DNS ST1, progress to unilateral loaded hinging (Single Arm Swings, Single Arm RDLs), and staggered stance hinging.

Day 2 Saturday – March 13, 2027

8:00 – 10:00	Lecture: Detailed lecture on Functional Joint Centration
10:00 – 10:15	Break/Transition
10:15 – 12:00	Workshop: Seated Hip Flexion Test, Differentiated Bear Assessment
12:00 – 13:00	Lunch
13:00 – 14:00	Lecture: The Diaphragm Paradox
14:00 – 14:45	Demonstration: Bilateral vs. Unilateral loading (bent row and single arm press)
14:45 – 15:00	Break
15:00 – 17:00	Workshop: Unilateral Pressing & Pulling

Day 3 Sunday – March 14, 2027

8:00 – 9:00	Lecture: Programming Guidelines for Applying DNS to Strength Training
9:00 – 9:30	Workshop: Developmental Flow Sequence
9:30 – 11:00	Workshop: DNS Tests (1/2 Kneeling Assessment, 1/2 Kneeling to Stand Assessment, Tripod)
11:00 – 11:15	Break
11:15 – 12:00	Demonstration: Reverse Lunge
12:00 – 13:00	Workshop: Reverse Lunge
13:00 – 14:00	Workshop: Accessory exercises (Czech Get-Up + Variations, DNS Transitions, etc.)

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=4124

Course Goals and Description

What is DNS-Strength Training 2? DNS-ST2 builds on the concepts covered in DNS ST1. We dig deeper into the fundamental DNS concepts introduced in DNS ST1 (Functional Joint Centration, Stabilization, The roll of the Diaphragm in Respiration and Stabilization). We break out of the sagittal plane to cover coronal and transverse plane movements. We also break away from symmetrically loaded, unilateral movements and cover asymmetrically loaded and unilateral movements such as lunging, single arm dumb bell rows, single arm kettlebell pressing.

Who is eligible to take this course? All attendees must have successfully completed DNS ST1. No other DNS course will substitute for DNS ST1.

Objectives:

- Provide a detailed explanation of Functional Joint Centration.
- Teach attendees about the origin and function of the oblique muscle chains.
- Teach attendees about proper foot loading: anatomy involved & its impact on stabilization and centration.
- Teach attendees about diaphragm function in sports: the diaphragm paradox.
- Workshop DNS exercises based in developmental kinesiology from newborn to 18 Months, with an emphasis on positions older than 6 months (Oblique Sit, Tripod, Bear).
- Introduce rules for applying DNS principles to programming.

Goals:

- Improve attendees' understanding of stabilization.
- Improve attendees' understanding of proper foot loading.
- Teach attendees how to program utilizing DNS principles.

DNS Assessments Covered:

- Seated Hip Flexion Test
- Differentiated Bear Assessment
- 1/2 Kneeling Assessment
- 1/2 Kneeling to Stand Assessment
- Tripod Assessment

Strength Training Movements Covered:

- Hinging: Kettlebell Swing, Single Arm Kettlebell Swing, Differentiated RDL, Single Arm RDL
- Squatting: Oblique Squat, Reverse Lunge
- Pressing: Single Arm DB/Cable Press, Single Arm Kettlebell Press, Single Arm Bench
- Pulling: Single Arm Horizontal Row (symmetrical & staggered stance), Single Arm DB Row Variations

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

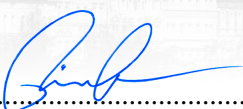
**DYNAMIC NEUROMUSCULAR STABILIZATION
ACCORDING TO KOLÁŘ
A DEVELOPMENTAL KINESIOLOGY APPROACH**

COURSE LEVEL: **DNS Strength Training Part II**

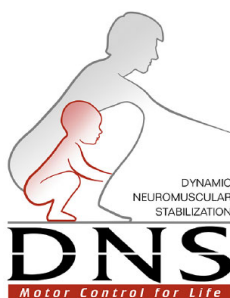
LOCATION: **Naples**

DATES: **March 12 - 14, 2027**

CONTACT HOURS: **18**


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Richard Ulm, DC


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Jakub Novak, DPT, Ph.D.



Course Instructors



Richard Ulm, DC, MS, CSCS, USAW1, CrossFit-1, SFG-1, RKC-1

Currently, Richard Ulm is the owner of and a treating physician at the Columbus Chiropractic and Rehabilitation Center in Columbus, Ohio where he combines his background in athletics and performance training with his experience in manual therapy and functional rehabilitation. What got him into the medical field was a passion for human performance he acquired while training for (attempting to qualify for) the 2004 and 2008 Olympic Games. While he fell short of this lofty goal, he did qualify for several USA National Championships including the 2004 and 2008 Olympic Team Trials. During this time, he was able to train at a high level with multiple Olympians (including his wife Jackie) and also be coached by 4-time Olympian and former American Record holder Jud Logan. This experience exposed him to elite performance training, inspiring him to pursue the strength training profession. For the next 10 years he diligently studied anything that would improve his understanding of training and the human body. Ultimately, this pursuit led him into the medical field where he was able to spend extensive hours studying biomechanics, gross anatomy, neurology and functional rehabilitation in hopes of achieving a deeper understanding of the human body and performance. In his clinic, he treats the full spectrum of patients from elite athletes (professional, CF Games athletes, Olympians) to the extremely dysfunctional who have often failed multiple surgeries and “have no other options”. In each of his patients, his goal is to improve how they stabilize, move, and function so they can perform at their absolute best whether that is medaling in the Olympics or being able to pick up a child without pain.

In 2011, Dr. Ulm started Athlete Enhancement (www.athlete-enhancement.com), an educational platform from which he is able to blend his background in athletics, coaching and strength training with his medical experience to help anyone passionate about performance training and rehabilitation to better understand these complex processes. Dr. Ulm writes and presents around globe on weight training, lifting technique, manual therapy and functional rehabilitation. He is a lead instructor of Dynamic Neuromuscular Stabilization for the Prague School of Rehabilitation, an adjunct professor at National University of Health Sciences and also an instructor for the Motion Palpation Institute.



Jakub Novak, DPT, Ph.D.

Jakub Novák interned at Do Dragao, a sports clinic in Portugal for one month before starting his physiotherapy career in Rehabilitation and Sports Medicine Clinic, University Hospital Motol in Prague in 2016. He completed his Master's degree in physiotherapy at the 2nd Faculty of Medicine at Charles University in 2018. He then started teaching physiotherapy and medical students at the 2nd Faculty of Medicine at Charles University in 2018. During that same year, Jakub joined the rehabilitation team at Professor Pavel Kolar's private Centre of Movement Medicine in Prague (www.cpmpk.cz).

In his clinical practice, he meets a wide range of patients from the fields of neurology, orthopedics, and sports medicine. He also collaborates on a long-term basis with many national level athletes in various sports such as track and field, Olympic weightlifting, hockey, floorball or baseball. His treatment approach with professional athletes focuses on optimizing the locomotor system for enhanced sports performance.

Jakub is a certified instructor for “Kolar's Approach to Dynamic Neuromuscular Stabilization: A Developmental Kinesiology Model.” He has taught numerous courses both in the Czech Republic and Slovakia as well as in other countries.

Jakub completed his PhD from Charles University, Second Faculty of Medicine in 2022. His research focused on the objective evaluation of the postural function of abdominal muscles and intra-abdominal pressure. He has published several original professional papers on this topic in and most recently, in the internationally peer reviewed rehabilitation journal.

He currently works also as a supervisor of Ph.D. students at the 2nd Faculty of Medicine, Charles University, where he deals with the topic of trunk stabilization and collaborates on research in this area with a foreign institution in the USA. He also participates as an active lecturer in scientific conferences.

Being a former top floorball player and skier, Jakub keep himself active, and enjoys spending his free time cycling, cross country skiing, alps skiing or hiking with his wife and daughters.

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.