

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Basic course “B”

Contact Hours: 18

Course date:

February 27 - March 1, 2026

Location:

**Evolve Massage College 5th floor
Located within the Clarion Hotel
1445 Portage Ave
Winnipeg, MB R3G 3P4
Canada**

Instructor:

Robert Lardner, PT

Organizer:

Darcy Nikkel

learnwithexpand@gmail.com

<http://www.expandlearning.ca>

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

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

Day 1 Friday – February 27, 2026

9.00 – 10.30	Developmental kinesiology & ontogenesis; review of the basic principles.
10.30 – 10.45	Coffee break.
10.45 – 12.30	Primitive reflexes, postural reactions & postural activity during the first year of life. Functional assessment during the first year of life – demonstration of babies & video demonstration. Distinguish physiological and pathological development; central coordination disturbance; determine the developmental age. Proper baby handling.
12.30 – 13.30	Lunch.
13.30 – 15.00	DNS active exercise in supine positions – review and advanced modifications. Muscle synergies in supine DNS /ontogenetic positions.
15.00 – 15.15	Coffee break.
15.15 – 17.00	DNS active exercise in supine positions – workshop.

Day 2 Saturday – February 28, 2026

9.00 – 10.30	DNS active exercise in prone positions – review and advanced modifications. Muscle synergies in prone DNS /ontogenetic positions.
10.30 – 10.45	Coffee break.
10.45 – 12.30	DNS active exercise in prone positions - workshop.
12.30 – 13.30	Lunch.
13.30– 15.00	Developmental dyspraxia, DCD, cortical function – theory, video demonstration & practical outcomes.
15.00 – 15.15	Coffee break.
15.15 – 17.00	Workshop: supine and prone positions - cont.

Day 3 Sunday – March 1, 2026

8.30 – 10.30	DNS active exercise in side lying positions – introduction on basic muscle synergies. Possible modifications of ipsilateral locomotor pattern training and progression.
10.30 – 10.45	Coffee break
10.45 – 12.30	DNS active exercise in side lying positions – worksop. Advanced “higher” ontogenic positions for active exercise. Patient’s education.
12.30 – 13.30	Lunch
13.30 – 15.00	DNS based mobilization & relaxation techniques. Final DNS review & discussion.

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3945

Course Goals and Description

Course Objectives

- Demonstrate an understanding of developmental kinesiology and its relationship with pathology of the locomotor system: review theory covered in the A course and introduce more advanced theory, namely the verticalization process
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology
- Introduce basic information about reflex locomotion according to Vojta
- Perform demonstration of assessments of babies: attendees will be able to recognize ideal and disturbed locomotor patterns and determine developmental age of the babies
- Demonstrate and teach proper handling of infants
- Demonstration application of DNS assessment and treatment in adult patients with pain and dysfunction within the locomotor system – stabilization assessment and treatment strategy
- Postural analysis & testing of integrated spinal stabilization system – review of Course A tests and introduction to additional, advanced tests
- Integration of corrective exercises based on newly taught DNS functional tests
- Exercise in differentiated ipsilateral and contralateral static positions, position transfer during locomotor function, exercise progression using unstable surface, resistance against “planned movement”, dual tasking and other challenges both in ipsi and contralateral patterns, transition between ipsilateral and contralateral patterns, training of isolated segmental movement
- Introduction to cortical functioning – body scheme, quality of relaxation, isolated segmental movements
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into clinical practice
- Optimally prepare students for the next level of training (Course “C”)

OPTIONAL EXAMINATION

Participants who would like to participate in the educational track towards becoming a certified practitioner can take this exam for an additional fee of 100 Euros.

The test will consist of an analysis of babies at various developmental stages. Web link with videos will be mailed to participant for analysis. Participants are required to return the test to the local instructor within a month after the course. Upon successful completion and passing of the test, a Certificate of ACHIEVEMENT from Prague School of Rehabilitation will be awarded.

May only re-take the test 3 times.

The clinician would be required to repeat one or more courses, before re-qualifying for certification testing.

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: **B**

LOCATION: **Winnipeg**

DATES: **February 27 - March 1, 2026**

CONTACT HOURS: **18**

Robert Lardner, PT



Upon successful completion and passing of the DNS Test B, 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**

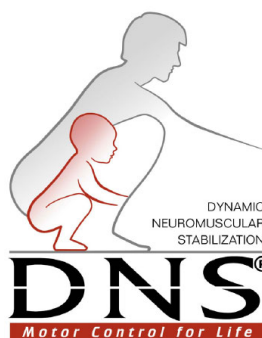
COURSE LEVEL: **B**

LOCATION: **Winnipeg**

DATES: **February 27 - March 1, 2026**

EXAMINATION: **March 20, 2026**

Alena Kobesova MD, PhD



Upon successful completion and passing of the courses A-D and tests, a Certificate of DNS Practitioner from Prague School of Rehabilitation can be awarded. You will be recognized as a Certified Practitioner in the Dynamic Neuromuscular Stabilization approach. After obtaining the final diploma, you can be listed among **DNS Certified 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 Practitioner

BE IT KNOWN THAT

Peter Brown

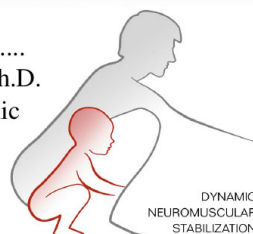
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,
DIAGNOSTIC & THERAPEUTIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization
Certified Practitioner**

September, 2013

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



DNS[®]
Motor Control for Life

Course Instructor



Robert Lardner, PT

Robert Lardner graduated from the Department of Physical Therapy, Lund's University, Sweden in 1991. He has worked in inpatient / outpatient rehabilitation facilities in Sweden prior to moving to Illinois in 1992, where he worked as a staff physical therapist at McNeal Hospital, Clearing Industrial Clinic and a supervisor of physical therapy at Mercy Hospital.

He has also been in charge of physical therapy services at a number private outpatient and sports clinics, and in addition teaching undergraduate and postgraduate courses at both the Southern California and the National Universities of Health Sciences. He has studied with Professors Janda, Lewit and Kolář from the Czech Republic who are pioneers in functional rehabilitation and manual medicine. Over the years he has taught different courses in the field of rehabilitation utilizing techniques and approaches of leaders in this field whose philosophies he deeply appreciates, these include manual therapy, gait and movement analysis, exercise, and reflex philosophies & techniques. At present he is also an international DNS (Dynamic Neuromuscular Stabilization) instructor.

Currently, he is in private practice in Chicago and continues to teach various seminars throughout the United States, Canada, Europe and Asia.

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.