



Dynamic Neuromuscular Stabilization (DNS) according to Kolar

DNS Integrative Assessment part I

Contact Hours: 18

Course date:

November 14 - 16, 2025

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 – November 14, 2025

9.00-10.00	Intro to Neuro Developmental Approach
10.00-12.00	Distortion Patterns of Pelvis
12.00-13.00	Lunch
13.00-15.00	Practical Lab: Pelvis
15.00-17.00	Distortion Patterns of L/S

Day 2 Saturday – November 15, 2025

9.00-10.00	Review Pelvis Distortion
10.00-12.00	Practical Lab: L/S
12.00-13.00	Lunch
13.00-15.00	Hip Distortion Patterns
15.00-17.00	Practical Lab: Functional Testing

Day 3 Sunday – November 16, 2025

9.00-10.00	Review L/S and Hip Distortions
10.00-12.00	Distortion Patterns of Thoracic Cage, C/S and Shoulder
12.00-13.00	Lunch
13.00-15.00	Practical Lab: T/S, C/S and Shoulder
15.00-16.00	Review Questions

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3111

Course Goals and Description

Program Description A neuro-developmental approach to assessment utilizing a tiered framework that integrates specific DNS exercise with manual therapy treatment prescriptions.

Program Topics Physical Examination of Axial Structures; Manual Therapy techniques for Axial Structures; Physical Therapy and Rehabilitation of Axial Structures

Course objectives

- Provide a focused, structured physical examination of the axial skeleton
- Understand the difference between “upper” and “lower” tiered examination procedures and findings
- Re-frame the utility and intention of manual therapy based on a neuro- centric, developmental approach
- Identify and correct distortion patterns of the axial skeleton
- Choose specific DNS exercises based on exam findings to create lasting results

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 Integrative Assessment I**

LOCATION: **Winnipeg**

DATES: **November 14 - 16, 2025**

CONTACT HOURS: **18**

Robert Lardner, PT



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.