

Online Video Library For patients section



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- ▶ Home
- ▶ Courses
- ▶ Online Video Library
- ▶ DNS according to Kolar
- ▶ Prague School
- ▶ DNS Certified Instructors
- ▶ DNS Certified Practitioners
- ▶ DNS Certified Exercise Trainers
- ▶ DNS Certified Pediatric Practitioners
- ▶ DNS Literature & Research
- ▶ **Online Video Library "For patients section"**

The Prague School and Dynamic Neuromuscular Stabilization®

The nervous system establishes programs that control human posture, movement and gait. This 'motor control' is largely established during the first critical years of life. Therefore, the "Prague School" emphasizes neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes.

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: Professors' Vaclav Vojta, Karel Lewit, Vladimír Janda, and František Vele.

Based upon the groundbreaking neurodevelopmental and rehabilitation principles described by these mentors, Pavel Kolar has organized the next generation of clinical protocols that are designed to restore and stabilize locomotor function. This new rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS). See video.

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REHABILITATION PRAGUE SCHOOL

- ▶ Home
- ▶ DNS App
- ▶ Online Video Library

▶ Online Video Library - For patients section

A practical guide instructing patients in layman's terms how to perform exercises according to the DNS concept. Self-treatment examples.

▶ Video Content

1 year subscription

Internet connection is required to access the videos. Videos cannot be downloaded, only online viewing is possible using a web browser. However, the **DNS App** allows both online and off line viewing.

Price: 20 €

After purchase, the subscriber will be emailed a username and password to log into the library. Electronic on-line version (e-pub) of exercise positions depicted on **DNS Self-treatment booklet** and **Pelvic floor exercise booklet** available as a free bonus

Exercise variants in a 3-month position on the back

A. Ankle circles