



HONG KONG PHYSIOTHERAPY ASSOCIATION LIMITED

香港物理治療學會有限公司

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Sports Specialty Group and Paediatric Specialty Group

Dynamic Neuromuscular Stabilization

Basic Course A and Paediatric Course I



REHABILITATION
PRAGUE SCHOOL



The nervous system establishes programs that control human posture, movement and gait. This 'motor control' is largely established during the first critical year of life. Based upon the groundbreaking neurodevelopmental and rehabilitation principles described by the key neurologists/physiatrists from the Prague School, Pavel Kolar has organized the next generation of clinical protocols that are designed to restore and stabilize

locomotor function. This rehabilitation approach is called Dynamic Neuromuscular Stabilization (DNS). The DNS courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology emphasizing on diagnostics, neurodevelopmental aspects of motor control in order to assess and restore dysfunction of the locomotor system and associated syndromes.

We have invited a renowned instructor from the Prague School to deliver the Basic Course A (3-day course) and the Paediatric Course I (4-day course, including the Basic course A). The Paediatric Course I is for clinicians working with infants and children.

Date:	Basic Course A: 2-4 July 2018 Paediatric Course I *: 2-5 July 2018 <i>(*Paediatric Course I participants are required to complete the 4-day course which includes the Basic Course A as a foundation and prerequisite)</i>
Time:	Day 1-3: 09:00 - 17:00 Day 4: 08:30 - 15:00
Speaker:	Dr. Marcela Safarova, DPT, PhD
Venue:	The Hong Kong Polytechnic University, Hung Hom, Kowloon, Hong Kong <i>(*Exact room to be confirmed)</i>
Capacity:	20
Language medium:	English
Certificate:	Issued by Prague School of Rehabilitation (please see remarks)
CPD:	Pending
Application deadline:	6 April 2018 (Friday)

Basic Course A: http://www.rehabps.cz/rehab/course.php?c_id=910

Paediatric Course I: https://www.rehabps.cz/rehab/course.php?c_id=911



Course Fees

	HKPA SSG/PSG member		HKPA member		Non-HKPA member	
	Basic Course A (3 days)	Basic Course A + Paediatric I (4 days)	Basic Course A (3 days)	Basic Course A + Paediatric I (4 days)	Basic Course A (3 days)	Basic Course A + Paediatric I (4 days)
Early bird (Before 29/3)	HKD \$5,000	HKD \$5,500	HKD \$5,100	HKD \$5,600	HKD \$5,600	HKD \$6,100
Regular	HKD \$5,300	HKD \$5,800	HKD \$5,400	HKD \$5,900	HKD \$5,900	HKD \$6,400

Course fee includes the Prague School of Rehabilitation registration (Registration fee Euro 80), which is a prerequisite for enrollment in the course.

Course Objective:

- Demonstrate an understanding of the basic principles of developmental kinesiology with an emphasis on development during the first year of life;
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood;
- Demonstrate an understanding of new terminologies such as functional joint centration, punctum fixum, punctum mobile and the integrated stabilizing system of the spine;
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns - stepping and support function and stimulation zones;
- Evaluate and correct poor respiratory patterns;
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional tests;
- Perform the basic techniques for reflex locomotion, i.e. reflex turning 1 & 2, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors;
- Integrate corrective exercises based on the DNS functional tests and developmental positions used in reflex locomotion. Clarify how DNS corrective exercises can integrate with other exercise strategies;
- Provide basic clinical management explanation for clinicians to better integrate the DNS approach in their regular practice, including patient education;
- To optimally prepare participants for the next level of training (Course B / Paediatric II).

Speaker biography:

Dr. Marcela Safarova, DPT, PhD

Marcela Safarova is the head physiotherapist in the Clinic of Rehabilitation of Sports Medicine, Faculty Hospital Motol, Prague, Czech Republic. She coordinates the teams of physiotherapist for children and adult parts of the clinic and organizes physiotherapist's continuous education program. Marcela Safarova has been involved in the international instruction program of Prague School myoskeletal techniques including Dynamic Neuromuscular Stabilization according to Kolar (DNS) since 2003. She has completed a 6-week course in Manual Medicine under Prof. Lewit and the instructor course "Manual Techniques according to Lewit" thus being certified instructors in Manual Medicine in the Czech Republic. Marcela Safarova has also completed an 8-week course in Reflex Locomotion according to Vojta to become a certified Reflex locomotion practitioner. She has also been working towards becoming a certified Vojta Instructor. Marcela Safarova has been involved in research projects examining the clinical effectiveness of the DNS in scoliotic patients and in children and adolescent who are long term survivors of Wilm's tumor with postural problems. She has completed her Ph.D. in 2009, investigating Musculoskeletal System Dysfunction in Patients in Long-Term Remission of Wilms Nephroblastoma.

Marcela Safarova has over 10 years of clinical experience working with Assistant Professor Pravel Kolar, becoming highly skilled in his techniques. She is a full-time, active staff member of the Rehabilitation Clinic, University Hospital Motol, 2nd Medical Faculty, Charles University in Prague, where Professor Kolar serves as the head of the Rehabilitation Clinic and Physiotherapy School. Marcela Safarova serves as an instructor in rehabilitation to both medical and physiotherapy students at Charles University. Marcela Safarova has been teaching the concept of Dynamic Neuromuscular Stabilization in various European countries, USA, Australia and Japan.

Remarks:

- Priority will be given to SSG/PSG members and Hong Kong Registered Physiotherapists.
- Participants who participate in the 4-day course will be issued two certificates (Basic Course A and Paediatric Course I).
- Successful applicants will be notified by email within 4 weeks after the enrollment deadline. After the confirmation of successful application, course fees will **NOT** be refunded. List of successful applicants will be posted in HKPA web two days before the event.
- Please prepare a **crossed cheque** payable to '**Hong Kong Physiotherapy Association Limited**', with your 1) name, 2) HKPA membership number, 3) course name & 4) mobile number written at the back of the cheque.
- Status of membership is based on the updated list from the HKPA and is counted up to the date of deadline of application. Lots will be drawn if number of applicants exceeds the capacity.
- Date of application refers to the date stamped on the application letter
- Sports attire are highly encouraged for the practicum workshop.
- For application issues, please contact Ms. Ho Yuen Bing at +852 9218 4186 or email to hkpassg@gmail.com.

APPLICATION FORM

HONG KONG PHYSIOTHERAPY ASSOCIATION SPORTS SPECIALTY GROUP & PAEDIATRIC SPECIALTY GROUP

Course Name	Dynamic Neuromuscular Stabilization		
Name	(English)		(Chinese)
Membership	HK Registered physiotherapist <input type="checkbox"/> Yes <input type="checkbox"/> No	HKPA member <input type="checkbox"/> Yes <input type="checkbox"/> No (Membership no. _____)	SSG/PSG member : <input type="checkbox"/> Yes <input type="checkbox"/> No
Year of Graduation			
Workplace/ Setting			
Contact number	(office)	(Mobile)	
Mailing Address	(Mandatory)		
E-mail address	(Mandatory)		
Course Selection	<input type="checkbox"/> 3-day Course A (Adult)		<input type="checkbox"/> 4-day Course A + Paediatric I
	Course fee: HKD _____	Cheque No. _____	Issuing Bank: _____
Registration	Please send this form with a crossed cheque payable to “Hong Kong Physiotherapy Association Limited” , with your <i>1) name, 2) HKPA membership number, 3) course name & 4) mobile number</i> written at the back of the cheque to the following address: Ms. Ho Yuen Bing, Physiotherapist I, Physiotherapy Department CG14A, G/F, Wing C, Main Block, Queen Mary Hospital, 102 Pokfulam Road, Hong Kong		
<p><u>Legal Claim Waiver Consent</u></p> <p>In consideration of HKPA Ltd. accepting my application to</p> <p>I hereby agree to waive all my claims (howsoever accrued) against HKPA Ltd.</p> <p>Signature : _____ Name of Applicant : _____</p> <p>Date : _____ <i>*Please sign the above consent before submitting your application</i></p>			
<p><u>Special Weather Arrangement:</u></p> <p><i>When Tropical Cyclone Warning Signal No. 8 (or a higher number) and/or Black Rainstorm Signal is hoisted, the following arrangements will apply:</i></p> <p><i>For classes & examinations have NOT YET STARTED</i></p> <p>– <i>If Typhoon Signal No.8 and/or Black Rainstorm Signal is in force 2 hours before the course, the course will be cancelled.</i></p> <p><i>For classes & examinations that have already started</i></p> <p>– <i>When Typhoon Signal No.8 or above is hoisted - Classes immediately suspend.</i></p> <p><i>After confirmation of successful application, course fee paid are NOT refundable regardless of whether applicants have attended classes or not, unless the enrolled course is full or in exceptional circumstance deemed acceptable by HKPA.</i></p>			