

Dynamic Neuromuscular Stabilization (DNS) according to Kolar

Pediatric Course Part 1

Contact Hours: 18

Course date:

September 5 - 7, 2025

Location:

**MOTILITY BODYWORK
3228 S. JAMESTOWN AVE
TULSA, OK 74135
USA**

Instructors:

**Jiri Halamka, MPT
Craig E. Morris, DC**

Organizer:

**Craig E. Morris, D.C.
doc@aces4me.com
<https://www.aces4me.com>
Tel.: 310-480-7768**

**REHABILITATION
PRAGUE SCHOOL**



www.rehabps.com

Tentative Course Program

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

Day 1 Friday – September 5, 2025

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|---------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8.00 – 10.00 | Introduction to DNS – terminology, functional joint centration, global motor patterns. |
| 10.00 – 10.15 | Coffee break. |
| 10.30 – 12.00 | Ideal stabilization pattern – development of stabilization pattern, the role of diaphragm, developmental definition of ideal respiration and stabilization pattern. |
| 12.00 – 13.00 | Lunch. |
| 13.00 – 15.00 | DNS assessment and treatment – postural insufficiencies in older children and adults. |
| 15.00 – 15.15 | Coffee break. |
| 15.30 – 17.00 | DNS assessment and treatment – postural insufficiencies in older children and adults. |
| 17.00 – 18.30 | Baby demonstration: how to determine the developmental age and quality of the development |

Day 2 Saturday – September 6, 2025

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|---------------|-------------------------------------------------------------------------------------------------------------------------------|
| 8.00 – 10.00 | Ontogenesis – developmental kinesiology – description of spontaneous motor activity and postural. |
| 10.00 – 10.15 | Coffee break. |
| 10.30 – 12.00 | Ontogenesis – developmental kinesiology – cont., active exercise in undifferentiated developmental positions. |
| 12.00 – 13.00 | Lunch |
| 13.00– 15.00 | Assessment – primitive reflexes and postural reactivity of infant, workshop with dolls. |
| 15.00 – 15.15 | Coffee break. |
| 15.15 – 17.00 | Assessment and treatment of the infant with asymmetry + patients video demonstration. Patient demo (child with asymmetry). |
| 17.00-18.30 | Active exercise in developmental positions. |

Den 3 Sunday – September 7, 2025

| | |
|---------------|---------------------------------------------------------------------------------------|
| 8.00 – 10.00 | DNS assessment and treatment – postural insufficiencies in older children and adults. |
| 10.00 – 10.15 | Coffee break. |
| 10.15 – 12.00 | DNS assessment and treatment – postural insufficiencies in older children and adults. |
| 12.00 – 13.00 | Lunch. |
| 13.00– 15.00 | Infant handling and therapy. |
| 15.00 – 15.15 | Coffee break. |
| 15.15 – 17.00 | 1 patient demo (physiological baby 0-6M) 1 patient demo (physiological baby 7-12M) |
| 17.00 – 18.30 | Active exercise in developmental positions, discussion, closing the course. |

More information about the course:

https://www.rehabps.cz/rehab/course.php?c_id=3478

Course Goals and Description

This is a **4 days course** for attendees who works primarily with pediatric clients.

- Demonstrate an understanding of developmental kinesiology in depth with an emphasis on development during the first year of life. Basic sagittal stabilization, postural-locomotion function, stepping forward and supporting extremity function.
- Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.
- Red flags in the development during the first year of life.
- Assessment of baby's developmental age. Developmental and chronological age correlation (baby demonstration).
- Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.
- Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests in children.
- Clarify how DNS corrective exercises can integrate with other exercise strategies.
- Evaluate and correct poor respiratory patterns.
- DNS principles for baby handling in positions that corresponds to developmental positions of the baby age 0-7M. Devices used for carrying babies, yes or no, how and why?
- Child with asymmetry (oblique neck, oblique pelvis, plagiocephaly and their consequences to the development).
- Demonstrations of baby assessment and treatment based on DNS principles.
- Toddlers and preschool children exercises according to DNS, easy positions without differentiation.

After the DNS Pediatric 1 course participants should be able to assess the spontaneous locomotor function of a child and distinguished between physiological and pathological movement pattern. The emphasis is put on assessment of quality of a movement and assessment of the basic primitive reflexes.

Structure of the DNS Pediatric educational track:

- The basic Pediatric DNS Course (part 1) is over 4 days.
- The intermediate Pediatric DNS Course (part 2) is over 4 days.
- Advanced Pediatric DNS Course (part 3) 4 days.
- The Final Course D is over 6 days. This is the general course taking place in Prague both for participants following the standardized educational A-D track and the Pediatric DNS track.

DNS Pediatric educational track ground rules:

Students who have completed the Basic Pediatric course (part 1) can register to the Intermediate Pediatric course (part 2) or to the standardized course B (they do not need to attend the Standardized DNS A Course).

Eligibility requirements to apply for the final DNS course D

(6 days course in Prague, by invitation only):

- Completion of pediatric courses parts 1-3, and at least two additional DNS workshops which may include: repeated pediatric courses 1-3, DNS standardized A-C courses, DNS skills review sessions, DNS exercise courses etc.
- Receipt of certificates of achievement in pediatric DNS courses parts 1,2,3 or in standardized DNS courses parts A,B, and C.
- Application for course D must take place no earlier than three years and no later than 7 years, following completion of DNS pediatric course part 1 or DNS standardized course A.
- Demonstrate adequate handling skills that are evaluated by the respective instructors during workshop practice sessions.

Prague School certificates & optional examination:

Participants who would like to take part in the educational track towards becoming a certified practitioner can take Pediatric DNS 1 test consisting of 40 multiple choice questions and 10 picture questions for 50 Euros fee. Participants are required to return the test to the Prague School instructor within 8 weeks following the course.

Please, bring a rag doll to the course to train practical skills!

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: **PEDIATRIC COURSE PART 1**

LOCATION: **Tulsa, OK, USA**

DATES: **September 5 - 7, 2025**

CONTACT HOURS: **18**


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Jiri Halamka, MPT


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Craig E. Morris, DC



Upon successful completion and passing of the DNS pediatric test part 1 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**

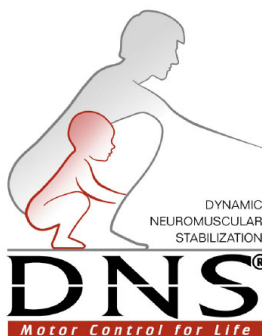
COURSE LEVEL: **PEDIATRIC COURSE PART 1**

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EXAMINATION: **October 20, 2025**

Alena Kobesova MD, PhD



Upon successful completion and passing of the DNS pediatric courses 1-3 and tests, Certificate of DNS Pediatric Practitioner from Prague School of Rehabilitation can be awarded. After obtaining the final diploma, you can be listed among **DNS Pediatric 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 Pediatric Practitioner

BE IT KNOWN THAT

Peter Brown

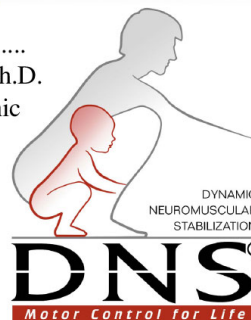
HAS SUCCESSFULLY COMPLETED THE PRESCRIBED COURSES
AND HAVING DEMONSTRATED PROFICIENCY BY PASSING ALL
REQUIRED EXAMINATIONS REGARDING THE PRINCIPLES,
DIAGNOSTIC & THERAPEUTIC PEDIATRIC APPLICATION OF DNS.

THUS CONFER THE TITLE OF:

**Dynamic Neuromuscular Stabilization
Certified Pediatric Practitioner**

October, 2014

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



Course Instructors



Jiri Halamka, MPT

Jiří was born and raised in České Budějovice. He played football at a professional level until the age of 21, and transitioned to a coaching role, after a series of injuries.

Jiří completed his bachelor's degree in physiotherapy at the University of West Bohemia in Plzeň in 2017. Upon graduation, he worked as a sports physiotherapist for youth football players at Football Club Viktoria Plzeň for 2 years. He then worked as pediatric rehabilitation physiotherapist for patients with cerebral palsy in Janské Lázně for one year.

From there, he moved to the 2nd Faculty of Medicine in Prague, Charles University, where he completed his master's studies in 2023. He also spent a year in New Zealand to enhance his language and manual skills, as part of his masters' program. He currently practices at in the Pediatric Rehabilitation department at University Hospital Motol.

Jiri also teaches rehabilitation and practical skills to physiotherapy students at 2nd Medical Faculty, Charles University. He is a part of the DNS instructor team, focusing on teaching clinical and pediatric courses, both in the Czech Republic and abroad.



Craig E. Morris, DC

Dr. Morris is a 1981 graduate of Cleveland Chiropractic College, LA. He has practiced in Torrance, CA for 35 years, where he is the clinical director at the multidisciplinary (Chiropractic and Orthopedics) clinic, “F.I.R.S.T. Health”. He is also licensed to practice in Oregon and travels there regularly to assess patients.

Dr. Morris is a retired Professor of Clinical Sciences at Cleveland Chiropractic College, Los Angeles. He has also served as a post-graduate instructor at institutions including Cleveland Chiropractic College (LA and Tokyo, Japan), Southern California University of Health Sciences; Palmer Chiropractic University; the University of Southern Denmark; University of Johannesburg and Durban University of Technology, South Africa; Anglo-European Chiropractic College, Bournemouth, England; Canadian Memorial Chiropractic College and the School of Chiropractic at Anhembí Morumbi University in São Paulo, Brazil and Feevale University in Novo Hamburgo, Brazil.

Dr. Morris is the one of the original five clinicians from around the world, and the first Doctor of Chiropractic in North America, to become a certified instructor in Dynamic Neuromuscular Stabilization according to Kolar. He has studied with Professor Pavel Kolar individually and in organized numerous courses internationally for over a decade and utilizing DNS approaches in his clinic daily.

Dr. Morris was the first California Doctor of Chiropractic to successfully complete the three-year post-graduate specialty training and testing requirements to attain his Diplomate status of the American Chiropractic Rehabilitation Board (DACRB).

Dr. Morris has also studied extensively with the late Professors Karel Lewit and Professor Vladimír Janda of the Department of Rehabilitation and Manual Medicine, Charles University, Prague, Czech Republic. He co-instructed many courses internationally with Professor Janda in North America and Europe. Dr. Morris was the first chiropractor ever invited to lecture at a Medical Conference in Eastern Europe.

Dr. Morris has published several papers in peer-reviewed publications, including collaborative articles with the Prague School, appearing in such journals as SPINE & the Journal of Manipulative and Physiological Therapeutics (JMPT) and the Journal of Bodyworks and Movement Therapies (BMT) and has served as a peer-reviewer for several scientific journals.

Dr. Morris is the founding President of the Slovak Chiropractic Association; a member nation of the World Federation of Chiropractic. Dr. Morris is a Fellow and 2-time Past President of the Academy of Forensic and Industrial Chiropractic Consultants (AFICC). He served as the Chairman of the Manual Medicine and Manipulation Committee of the American Back Society. He is a member of the California Chiropractic Association (lifetime), the American Chiropractic Association, and formerly the California Society of Industrial Medicine and Surgery, and a former Fellow of the American Back Society.

Dr. Morris is the editor and a multi-chapter author of the textbook, “Low Back Syndromes: Integrated Clinical Management”, published by McGraw-Hill, which is a leading international multidisciplinary text for the management of low back disorders.

In the world of sports, Dr. Morris is a former Certified Strength and Conditioning Specialist (NSCA) and has remained active in the assessment and treatment of sports injuries for more than three decades. He has served as a member of the chiropractic staff at the 1984 Los Angeles Olympics, a medical board member for the International Powerlifting Federation, serving as the treating doctor for the World Junior Championships in Bratislava, Slovakia, a rehabilitation consultant for the National Hockey League Players’ Association (NHLPA), the director of rehabilitation for the Tampa Bay Lightning Ice Hockey Team (NHL) and a rehabilitation consultant for the Florida Panthers Ice Hockey Team (NHL). Dr. Morris was previously a Research Committee member for the International Federation of Sports Chiropractic (FICS). He was Research Director for ProGolf Health, the largest private multidisciplinary therapeutic group for professional touring golf professionals on both the European and PGA Mens’ Tours.

Dr. Morris is a recent member of the Editorial Board for the internationally renowned “Chiropractic Report” edited by David Chapman-Smith, LLB, the former Secretary-General of the World Federation of Chiropractic.

Dr. Morris has lectured on five continents on issues regarding chiropractic, medical-legal issues, sports and rehabilitation. He has enjoyed instructing thousands of chiropractors, physiotherapists, physicians, osteopaths, trainers and allied health care providers in his courses over the years.

Dr. Morris resides is a native of California, currently residing in Hermosa beach and Grants Pass, Oregon. He has four grown children, and six grandchildren, all of whom currently reside in the United States.

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.