

# 動態神經肌肉穩定術

## *Dynamic Neuromuscular Stabilization*

- 時間：2025 年 3-7 月場次
  - ◆ 第一場：2025. 3. 13-15(台北)
  - ◆ 第二場：2025. 3. 16-18(台北)
  - ◆ 第三場：2025. 3. 20-22(台中)
  - ◆ 第四場：2025. 3. 23-25(台中)
  - ◆ 第五場：2025. 7. 12-14(台中)
  - ◆ 第六場：2025. 7. 20-22(台北)
  - ◆ 第七場：2025. 7. 24-26(台北)
- 地點：
  - 台北場：台北市松山區南京東路三段 259 號 11 樓
  - 台中場：台中市西區台灣大道二段 285 號 23 樓之 5
- 費用：29800 元(含官方註冊費，惟發票會扣除註冊費 2800 元)
- 主辦：宏甫顧問有限公司，宏甫物理治療所
- 報名連結：<https://www.fascia.com.tw/>

### 講師：Veronika Nasslerova, MPT

Veronika earned her Master's Degree in Physical Therapy at the Department of Physical Education and Sport at the Charles University in Prague, Czech Republic in 2007. She worked at a private Rehabilitation Center Monada in Prague between 2006 and 2014. She worked in both, an outpatient and in-patient settings, focusing on treatment of patients with various neurological, musculoskeletal and orthopaedic diagnoses as well as paediatric population. For several years, she was a lecturer at the Department of Physical Education and Sport. In 2011, Veronika completed a course in Vojta's Reflex Locomotion with emphasis on treatment of adult patients. In 2013, she completed training in developmental kinesiology focused on functional assessment and treatment of patients with spinal cord injuries. She also studied the application of acupressure treatment for various neurological, orthopaedic and musculoskeletal diseases. Veronika also completed a course in Klapp's crawling. She specifically uses this treatment technique for children and young patients with scoliosis. She has been working at Professor Kolar's private rehabilitation Centre of Movement Medicine in Prague since February 2015. Veronika has been teaching DNS courses in both, Czech and English languages since 2015.

Veronika 是 DNS 發明人 Pavel Kolar 博士診所的物理治療師，除了專擅神經系統、骨科、脊椎側彎的治療外，他的患者中有許多運動員，他本身除了是查爾斯大學物理治療學士外，更是「體育與運動學院」的碩士。Veronika 三年內已經來過宏甫授課多達 20 場次，講課風格理論與實作並重，教學風格嚴謹且條理分明，深受學員肯定與喜愛。

## 課程主題與內容

第一天	主題	摘要
08:30~09:00	報到	
09:00~10:30	Basic Principles	Developmental Kinesiology, Ontogenesis
10:45~12:00	Basic Principles	Developmental Kinesiology, Ontogenesis
13:30~15:00	Ideal and pathological models	Stabilization of Spine, Trunk and Pelvis in Sagittal Plane, Breathing stereotype
15:15~16:45	Assessment principles	Stabilizing system of the spine: DNS postural tests
第二天	主題	摘要
08:30~09:00	報到	
09:00~10:30	Assessment and treatment principles	postural stabilization assessment and treatment principles
10:45~12:00	Postural stabilization	basic supine positions corresponding with developmental positions assessment and treatment/self-treatment principles: theory and demonstration
13:30~15:00	hands on workshop	basic supine positions corresponding with developmental positions
15:15~16:45	hands on workshop	basic supine positions corresponding with developmental positions
第三天	主題	摘要
08:30~09:00	報到	
09:00~10:30	Postural stabilization	basic prone positions corresponding with developmental positions theory and demonstration: assessment and treatment/self-treatment principles
10:45~12:00	hands on workshop	Postural stabilization : basic prone positions corresponding with developmental positions
13:30~15:00	intro to DNS course B ( I )	Postural stabilization: demonstration of higher positions corresponding with development between 3-14 months
15:15~16:45	intro to DNS course B ( II )	Postural stabilization: demonstration of higher positions corresponding with development between 3-14 months