

動態神經肌肉穩定術：小兒課程(1) Dynamic Neuromuscular Stabilization: Pediatric Course Part 1

- 主辦單位：宏甫顧問有限公司
- 日期：2026年5月16-19日(共4天)
- 地點：宏甫國際中心 台中市西區台灣大道二段285號23樓
- 時間：每天早上9點上課(8:30開始報到)，下午五點左右下課
- 費用：34800元(內含80歐元註冊費，含刷卡手續費以2800元計，開立時發票金額會扣除2800元，申請補助者需自行跟機構說明。)
- 講師：Marcela Safarova, DPT, PhD

● 講師介紹

Marcela Safarova 博士

全球少數同時精通 DNS 與 Vojta 的資深治療師

Ms. Safarova graduated from Charles University Dept of Physical Therapy and specializes in rehabilitation of locomotor system dysfunction. She worked as head physiotherapist of the Physical Therapy Department at the Motol Hospital in Prague for several years. Now she is working in Children Rehabilitation Department.

Ms. Safarova is a Certified Vojta therapist and she is going to be certified assistant for Vojta's method teaching. She has trained and worked with Professor Kolar and Dr. Kobesova at the rehabilitation department for several years, where she treats both adults and children. She regularly instructs both medical and physiotherapy students at the hospital. In the last year she worked for 6 month in Germany, served for International Vojta Association in Siegen. Fluent in English, Ms. Safarova has served as an assistant skills instructor for several of Professor Kolar's courses for international clinical groups who come to study in Prague, in addition to lecturing on his methods on Denmark, Sweden, Japan, Australia and USA. In addition to reflex locomotion methods, she is a certified teacher of Professor Karel Lewit's techniques. She is graduated from Charles University Prague June 2009; PhD thesis: Musculoskeletal System Dysfunction in Patients in Long-Term Remission of Wilms Nephroblastoma. She resides close to Prague with her family.



Introduction

These DNS pediatric courses are based on neurophysiology, neuroanatomy, muscle physiology and kinesiology with an emphasis on diagnostics. These courses are limited to licensed health professionals (MD, DO, PT, DC, OT). In addition, the organizer reserves the right to limit the audience to certain groups of professionals. Please check with the organizer.

Certified DNS Pediatric Practitioner

The following are the criteria to become Certified DNS Pediatric Practitioner:

1. Complete DNS Pediatric courses I, II and III and pass DNS Pediatric tests I, II and III. If a student already completed DNS courses A and B and passed the corresponding A and B tests, they only need to complete DNS Pediatric courses II and III and pass the corresponding tests (the test for DNS Pediatric course I is not required as the same material is covered in DNS courses A and B)
2. Three years of DNS practice is required from the time of the practitioner's first DNS course
3. The practitioner is eligible to register for DNS D course in Prague once he/she completed a total of 5 DNS courses (DNS Pediatric courses I, II and III + any other 2 DNS courses or, DNS A and B, DNS Pediatric course II and III + one additional DNS course of any kind).
4. Passing DNS practical pediatric test and successfully passing written DNS course D test will earn a student diploma as a Certified DNS Pediatric Practitioner.



Course Objectives

●Pediatric course part 1 (本次課程):

This is a 4 days course for new attendees who have never attended any DNS course previously. For those already familiar with DNS, whom have attended the DNS A course, it is a 3 day course (Students who have done some DNS courses previously may attend all 4 days of this course should they wish)

- Demonstrate an understanding of the basic principles of developmental kinesiology 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.
- 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
- Evaluate and correct poor respiratory patterns.
- Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns - stepping and support function and stimulation zones.
- Perform the basic techniques for reflex locomotion, i.e. reflex turning 1, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors.
- DNS principles for baby handling



時 間	第一天(內主題)	摘 要
08:30~09:00	報到	
09:00~10:30	Developmental Kinesiology, Ontogenesis- Basic Principles(1)	簡介發展肌動學、發生學、與動態神經肌肉穩定術基本原理(1)
10:30~10:45	休息	
10:45~12:15	Developmental Kinesiology, Ontogenesis - Basic Principles(2)	簡介發展肌動學、發生學、與動態神經肌肉穩定術基本原理(2)
12:15~13:30	午餐/休息時間	
13:30~15:00	Stabilization of Spine, Trunk and Pelvis in Sagittal Plane, Breathing stereotype (ideal and pathological models).	脊椎、軀幹、骨盆之縱向穩定度、呼吸模式(正常與病態)的原理說明
15:00~15:15	休息	
15:15~16:45	Stabilizing system of the spine: DNS postural tests - assessment principles	脊椎穩定系統：DNS 姿勢測試原則
時 間	第二天(內主題)	摘 要
08:30~09:00	報到	
09:00~10:30	Describe the basis for primitive reflexes and postural reactions and their roles in developmental kinesiology.	解釋發展肌動學中有關原始反射與姿勢反應的原則與應用
10:30~10:45	休息	
10:45~12:15	Assessment of baby' s developmental age. Developmental and chronological age correlation (baby demonstration)	評估嬰兒發展年齡。發展年齡與實際年齡之間的關聯
12:15~13:30	午餐/休息時間	
13:30~15:00	Describe the relationship between development during the first year of life and pathology of the locomotor system in adulthood.	說明出生第一年所出展的發展變化與成人肌肉骨骼系統病理現象之關聯
15:00~15:15	休息	
15:15~16:45	Assess the integrated stabilizing system of the spine both visually and utilizing dynamic functional DNS tests	利用觀察與動態 DNS 測試法評估穩定系統狀態
時 間	第三天(內主題)	摘 要
08:30~09:00	報到	
09:00~10:30	Evaluate and correct poor respiratory patterns. (1)	評估正確與不良呼吸模式(2)
10:30~10:45	休息	
10:45~12:15	Evaluate and correct poor respiratory patterns(2)	評估正確與不良呼吸模式
12:15~13:30	午餐/休息時間	
13:30~15:00	Demonstrate a basic understanding of the principles of reflex locomotion: locomotor patterns-stepping and support function and stimulation zones. (1)	簡介反射性移行：移行模式說時，包含跨步與支撐功能、以及刺激區域(1)
15:00~15:15	休息	
15:15~16:45	Demonstrate a basic understanding of the principles of reflex locomotion:	簡介反射性移行：移行模式說時，包含跨步與支撐功能、以及刺激區域

	locomotor patterns-stepping and support function and stimulation zones. (2)	(2)
時 間	第四天(內主題)	摘 要
08:30~09:00	報到	
09:00~10:30	Perform the basic techniques for reflex locomotion, i.e. reflex turning 1, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors. (1)	演練反射性移行基本技術(1): 反射性反身、反身性爬行、初始擺位技巧、預期性動作、關鍵刺激部位其它施力方向(1)
10:30~10:45	休息	
10:45~12:15	Perform the basic techniques for reflex locomotion, i.e. reflex turning 1, and reflex creeping: initial positioning and anticipated movements, key zones and their vectors. (2)	演練反射性移行基本技術(1): 反射性反身、反身性爬行、初始擺位技巧、預期性動作、關鍵刺激部位其它施力方向(2)
12:15~13:30	午餐/休息時間	
13:30~15:00	DNS principles for baby handling(1)	嬰兒懷抱方式演練(1)
15:00~15:15	休息	
15:15~16:45	DNS principles for baby handling(2)	嬰兒懷抱方式演練(1)