時間： 2026.11.15-17
地點：台北市南京東路三段 259 號 11 樓
報名連結：https://www.fascia.com.tw/
課程介紹

【Intermediate C course 課程大綱】

- Advanced assessment – the integrated stabilizing system, locomotor stereotypes, respiratory stereotype
- Kinesiology of muscle chains involved in stepping forward and supporting function
- Pelvic girdle and hip joint: phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective, the most common pathological conditions – femoroacetabular impingement syndrome, arthritis; DNS assessment and treatment procedures
- Shoulder girdle: phylogenetic and ontogenetic aspects, anatomical parameters from developmental perspective, DNS assessment and treatment in shoulder girdle disorders - hemiplegic shoulder, frozen shoulder, impingement syndrome, SLAP lesion
- Scoliosis: definition and classification, ontogenetic aspects leading to scoliotic development, risk factors, spine control in motor development, assessment of infants and adults with scoliosis and body asymmetry, bracing and DNS treatment positions and strategies
- Pelvic floor issues and women's health: pelvic floor muscle function from developmental perspective; associated kinesiology between diaphragm and pelvic floor; typical postural disturbances, functional trigger point chains, joint dysfunction and hypersensitive zones in gynaecological diagnoses; DNS assessment and rehabilitation for stress incontinence, anorectal dysfunction, amenorrhea and

dysmenorrhea, functional sterility, pelvic organ prolapse and pelvic pain syndromes, vertebral-visceral relationships; rehabilitation for pregnant females

- General DNS self-treatment advanced techniques
- Provide more complex clinical management explanation for clinicians to better integrate more advanced DNS protocols into regular practice.
- Establish individual goals (DNS understanding & skills) for students to be optimally prepared for the next level of training (Course "D" in Prague)

【Basic C course 教學進度與內容】

Basic C course		
第一天	主題	摘要
08:30~09:00	報到	
09:00~10:30	DNS – review of the most important DNS principles	DNS – review of the most important DNS principles – Three levels of motor control; cortical function and body awareness training
10:45~12:00	Practical workshop	Practical workshop: DNS ontogenetic flow – sequencing of developmental postures
13:30~15:00	Practical workshop	Practical workshop: DNS ontogenetic flow – sequencing of developmental postures – analysis of postural-locomotion movement patterns, signs of functional decentration and the most frequent mistakes
15:15~16:45	Application of the DNS principles for Sport	Application of the DNS principles for Sport performance and Fitness exercise
第二天	主題	摘要
08:30~09:00	報到	
09:00~10:30	Workshop for shoulder girdle pain Ⅰ	DNS concept for functional diagnosis and treatment of shoulder girdle pain
10:45~12:00	Workshop for shoulder girdle pain II	DNS concept for functional diagnosis and reatment of shoulder girdle pain
13:30~15:00	Workshop for scoliosis Ⅰ	DNS management of patients with scoliosis; demonstration of assessment and DNS treatment of scoliotic patients. Patient's education
15:15~16:45	Workshop for scoliosis II	Workshop: DNS management of patients with scoliosis
第三天	主題	摘要
08:30~09:00	報到	

09:00~10:30	Workshop for girdle/ hip pain Ⅰ	DNS assessment & treatment for patients with pelvic girdle/ hip pain
10:45~12:00	Workshop for girdle/ hip pain II	DNS assessment & treatment for patients with pelvic girdle/ hip pain
13:30~15:00	pelvic floor dysfunction Ⅰ	DNS approach to patients with pelvic floor dysfunction
15:15~16:45	pelvic floor dysfunction II	DNS approach to patients with pelvic floor dysfunction

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 五年內已經來過宏甫授課多達 20 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。

動態神經肌肉穩定術
Dynamic Neuromuscular Stabilization

壹.DNS：劃時代的復健技術

「**改造大腦**」已是未來復健治療與運動訓練的新趨勢，透過重設與矯正(Reset and Correct)大腦功能，可以達到提升運動控制能力(Motor control)、平衡身體張力、促進生理系統功能，強化運動表現、預防運動傷害等多重目的。在所有「大腦改造技術」中，動態神經肌肉穩定術(Dynamic Neuromuscular Stabilization, DNS)無疑是最重要的技術。

DNS 是由**巴柏·柯勒**博士(Pavel Kolar)以「發展肌動學(Developmental kinesiology)」為基礎所研發出來的「神經肌肉系統治療法」。為何 DNS 的理論來自幼兒發展過程？從神經生理的角度來看，控制人體姿勢、運動與步態的所有「程式」都是由神經系統所「編寫」。因此，「動作控制(Motor control)」程式是否正常，對人體功能與身體健康有莫大影響。DNS 就是一種藉由**擺位(Positioning)、刺激關鍵點(Stimulation of key zones)與阻力運動(Resistance exercise)**，用以激發大腦「重設與矯正」人體控制程式的革命性療法。人體動作

的控制程式大部份在出生後的第一年就發展完成，意即：就正常幼兒來說，**出生第一年的神經系統，就像剛組裝完成的「全新電腦」，此時功能與效率最好、所有「應用程式」也處於最佳狀態。因此布拉格學院特別重視這些動作控制的神經發展過程，並據此發展出 DNS，用以重設與矯正大腦功能(神經系統)，使其符合或恢復出生之初的理想狀態，此即 DNS 的由來**。

柯勒博士分別擔任布拉格學院與布拉格「查理大學・第二醫學院・復健與體能訓練系」之院長與系主任。曾任教於查理大學的學者，都是二十世紀神經醫學與復健醫學巨擘，包括 Vaclav Vojta、Karel Lewit、Vladimir Janda 與 Frantisek Vele 等人。儘管柯勒博士追隨 Vojta 多年並深受影響，但是 DNS 與 Vojta 療法卻有截然不同的發展，兩者最大差異在於：**DNS 將發展肌動學、反射性運動療法(Reflex locomotion)與 Janda、Lewit 等學者的理論予以整合並做最全面的開發！DNS 不僅適用於兒童與成人，更能廣泛應用於神經系統疾、肌肉骨骼系統疾病，以及運動傷害的治療與預防**。藉由改變大腦動作控制流程，DNS 可以全面啟動「整合性穩定系統(Integrated stabilizing system)」，達到強化身體功能、促進神經發育、消除疼痛與預防傷害等目的。DNS 與其它復健技術大不同在於：**DNS 不只是一種「治療方法」，更是一套「整體性治療策略(Overall strategy)」**！透過 DNS 訓練，可以讓治療人員在探討病源、評估病患，擬定復健與訓練計劃時，有全新的思維與做法。

貳.生理效應

Vojta 所發明的反射性運動療法 RL(Reflex locomotion, RL)可說是一種「萬用復健原則(Universal Rehabilitation Principle)」。DNS 融入 Vojta 的反射性運動療法，以特殊的擺位、刺激關鍵點配合阻力運動，讓身體產生廣泛且強烈的生理效應，這些包括：

- 重設與矯正(Reset and Correct)大腦運動控制的「程式」
- 啟動異常動作與姿勢的「自動矯正機制(Active correction)」
- 激發全新的姿勢與動作之「身體主動型經驗機制(Corporal active experience)」、促成人體整合所有經由 DNS 所習得的姿勢模式(Postural pattern)。所有這些效應的總合，意謂著 DNS 可以改善「自主動作反應(Automatic postural reactivity)」
- 活化虛弱無力的肌肉
- 藉由改動作協調性、對稱性、直立動作、身體平衡等問題，促進「精神運動功能(Psychomotor development)」的發展
- 根據生理作用模式，啟動或促進「自動張力協調作用(Automatic tension regulation)」與「肌肉協同作用(Muscular synergisms)」
- 預防肌肉功能失衡所導致的身體或動作的變形(Deformations)
- 矯正既有的畸型體態(Malformations)
- 促進呼吸作用
- 促進循環作用
- 促進吞嚥與構音功能(Swallowing and articulation)
- 活化中樞神經系統功能

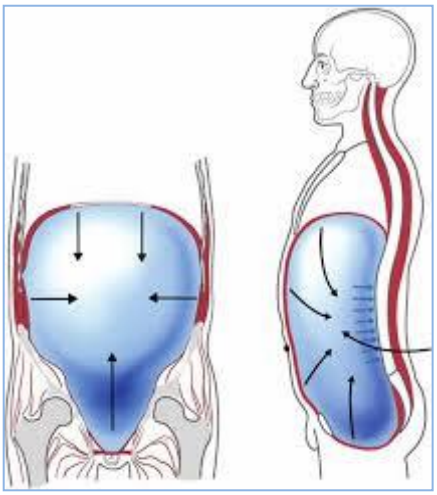
●(左上)：比較病患與正常幼兒的肌肉使用模式即可知道問題所在，這是 DNS 的評估方法之一

●(右上與下方)：根據發展肌動學所設計的擺位法，再配合刺激關鍵部位與阻力運動是 DNS 的治療方法。人體重返健康的方程式就藏在大腦中，而 DNS 就是啟動這個程式的關鍵密碼

參.適應症

DNS 應用範圍非常廣泛，藉由調整使用方法與介入時機，DNS 幾乎可以融入所有的治療技術。DNS 主要應用領域可分為三大類：**(1)神經系統疾、(2)肌肉骨骼系統疾病與(3)運動傷害的治療與防護**。從近年布拉格學院所推出的各種課程即可得知，DNS 的應用範圍，正以驚人的速度不斷擴充中。基本上 DNS 並沒有使用上的限制，不同專業人員可以從 DNS 的治療哲學與元素中，擷取適合引用的部份，融入現有的臨床技術。部份適應症列舉如下：

- 肌肉骨骼系統疾病
- 椎間盤症候群與相關脊椎疾病(術後與未手術者)
- 提升整體運動表現、預防運動傷害
- 失禁問題、骨盆底功能障礙(尤其女性問題)
- 中樞神經麻痺、中風、腦與脊髓受傷、腦性麻痺
- 周邊神經麻痺：腋神經叢麻痺...等
- 姿勢異常疾病：脊柱側彎、脊柱後彎
- 關節發育不全
- 中樞性協調障礙
  (Central Coordination Disturbance, CCD)
- 肌肉性或神經性斜頸(Torticolis)
- 脊柱裂(Spina bifida)
- 先天肌肉病變(Congenital myopathies)
- 先生性畸型(Cngenital deformities)：
  多發性關節攣縮(Athrogryposis)
- 螃蟹足/馬蹄內翻足(Club foot)等
- 唐氏症與相關運動遲緩症狀



●DNS 特殊的治療方式，能讓腹內壓快速維持在穩定狀態，大幅減輕背肌壓力，讓腦人的背痛或椎間板問題迎刃而解

●DNS 診斷方法：比較病患與正常幼兒發展上的差異，再以特殊的訓練方法，將病患動作控制回復到猶如出生第一年的最佳狀況