



## **Dynamic Neuromuscular Stabilization: Exercise Level 1: Focus on Tennis Specific exercises for coaches and trainers**

**Dates:** June 1-2, 2019

**Location:** University of Southern California, Los Angeles

**Instructors:** Clare Frank, DPT, Inger Villadsen DC

**Organiser:** Coach Peter Smith, Head Coach, Men's Tennis, USC

DNS is a contemporary and rapidly expanding approach that is being embraced by clinicians, coaches and sports trainers both in USA and internationally. DNS utilises the principles of development kinesiology in training programmes to optimise global motor patterns, thereby enhancing human movement and sports performance. DNS focusses on intra-abdominal regulation in posture and movement, for optimal loading of joints in the kinetic chain, to maximize movement efficiency, and to minimize risk of overloading and injury.

### ***Why should you attend?***

*This is for those who want to be able to think about movement in 3D and facilitate change for the athlete to allow the player to reach their optimal potential.*

### **Course Objectives to:**

- Gain an understanding of the basic principles of developmental kinesiology, and its relationship to tennis movement patterns.
- Discuss and demonstrate the basis of human movement: the biomechanics of both stabilizing & dynamic motor function and functional joint centration, with a focus on the shoulder and hip.
- Evaluate and correct poor respiratory patterns.
- Integrate corrective exercises based on the DNS developmental positions in supine, prone, low kneeling, oblique sit and quadruped global movements.
- Demonstrate specific warm-ups and cool-downs for “brain-resetting” and recovery.

### **Clare Frank, DPT, MS, OCS, FAAOMPT**

Clare's clinical career and functional rehabilitation approach is greatly influenced by her mentors, Dr. Shirley Sahrman from the US, the late Professors Vladimir Janda and Karel Lewit and Pavel Kolar from Czech Republic. She has co-authored “Assessment and Treatment of Muscle Imbalances: The Janda Approach” and currently teaches various functional rehabilitation seminars in the U.S. and internationally. Clare currently practices in Los Angeles, and is the Program Director of Azusa Pacific University Advanced Clinical Fellowship in Movement & Performance.

### **Inger Villadsen D.C. M.Sc (Clin Epi) Postgrad.Dip. NMS Rehabilitation**

Currently in private practice, the Nineways Chiropractic Clinic is the home of three DNS practitioners addressing functional rehabilitation in chronic pain patients, particularly focussing on elite sports performers. As Principal, Inger is dedicated to disseminating a greater understanding of DNS methods and contributing to the associated body of knowledge. She has been a certified DNS instructor since 2007 lecturing and/or supporting Prague instructors in DNS Courses and workshops in Australia, Japan, Europe and North America. She has a special interest in tennis, using the DNS method to ensure optimal training strategies.

**Peter Smith**

Collegiate coach for 32 years coaching at USC, Pepperdine, Fresno St and Long Beach St. Has coached 5 NCAA championship teams at USC and 3 individual NCAA champions. Has run a junior academy for 25 years and coached National junior champions. Peter still competes in national events and has won 18 gold balls in Father-Son and Senior events

PROGRAM:	CPD CONTACT HOURS ??		COST:
<b>Course Limited to 30 Registrants</b>	<b>Saturday June 1</b>	<b>Sunday June 2</b>	<b>Early Bird: \$550 (before Apr 26, 2019)</b>  <b>Standard: \$600</b>  The above fee includes the mandatory Prague School fee of <u>80 Euros</u> . This Prague School fee contributes towards research.  For more information, please check out <a href="http://www.rehabps.com">www.rehabps.com</a>
	8.30-9.00 registration	8.30-10.30am Exercises	
	9.00-11.00am Intro & workshop	10.30-11.00am break	
	11.00-11.30 break	11.00-1.00 pm Exercisess	
	11.30-1.00 pm workshop	1.00-1.30 pm Break	
	1.00-2.00pm lunch	1:30 – 2:30 pm Exercise Flow	
	2.00-3.30pm workshop		
	3.30-4.00pm break		
4.00-5.00pm workshop			

**REGISTRATION FORM – DNS Exercise Level 1– TENNIS SPECIFIC EXERCISES  
June 1-2 2019**

**Contact Person: Peter Smith [sctennis@usc.edu](mailto:sctennis@usc.edu)**

YOUR DETAILS	PAYMENT DETAILS
<b>Name:</b> .....	<b>Type of Card</b> <input type="checkbox"/> - MasterCard <input type="checkbox"/> - Visa
<b>Address:</b> .....	<b>Cardholder Name:</b> _____
<b>Phone:</b> .....	<b>Credit Card Number:</b> _____ - _____ - _____
<b>Email:</b> .....	<b>Expiration Date:</b> _____
	<b>Security Code (3 Digits)</b> _____
	<b>Signature:</b> _____

**Cancellation/Refund Policy**

Cancellations must be received in writing 14 calendar days prior to the start of the course for a full refund, less \$75 administrative fee. No refunds will be granted after this 14-day date. We reserve the right to cancel the seminars up to 14 days prior to the start date for a full refund for circumstances beyond our control or if insufficient numbers of participants have registered for the course. In the event of cancellation, the organizer is not liable for expenses incurred by registrants, including but not limited to airline or other travel, hotel, car reservations or food.