



CHIROPRACTIC EDUCATION AUSTRALIA

Presents

Injury prevention and performance enhancement training, utilising the concepts of Dynamic Neuromuscular Stabilisation (DNS) in Sports Training

Martina Jezkova, PT

Inger Villadsen, DC, M. Med Sc., PG Dip. NMS Rehab.

with special introduction by Bill Nelson

DATE: 18 – 20th February 2012

CPD: FLA Hours - Pending

VENUE: Mary Jane Barker Room
Y Hotel Hyde Park
5 – 11 Wentworth Avenue
SYDNEY NSW 2000

Course Description

DNS is a contemporary and rapidly expanding approach that is being embraced by clinicians, coaches and sports trainers both internationally and domestically. DNS utilises the principles of developmental kinesiology in training programs to optimise global motor patterns thereby enhancing human movement and sports performance.

Course Objectives:

- Demonstrate an understanding of the basic principles of developmental kinesiology with an emphasis on the development of the first year of life
- The basis of human movement: support, stepping forward, the biomechanics of motor function, the verticalization process in postural development
- Evaluate and correct poor breathing stereotype
- Demonstrate an understanding of functional joint centration
- Assess the integrative stabilising system of the spine
- Integrate corrective exercise strategies based on functional tests and developmental positions
- Demonstrate how DNS corrective exercises can be integrated with other exercise strategies

Learn more about DNS by accessing the Prague School

Website at: www.rehabps.com

Instructors:

Martina Jezkova

Ms. Jezkova is a senior physiotherapist at the Motol Hospital Department of Rehabilitation, Charles University, Prague, Czech Republic.

She completed her physiotherapy training in the Czech Republic. She is certified as a Vojta Therapist and has worked with Professor Kolar at Motol Hospital for many years. She has extensive training in the application of DNS therapy and has taught DNS courses around the world.

Inger Villadsen

Inger Fjord Villadsen completed her chiropractic studies at the Anglo European College of Chiropractic in 1985. After working for 3 years in Denmark, Sweden and Wales, Inger migrated to Australia and commenced private practice in 1988.

Inger completed her Master's degree in Clinical Epidemiology (Newcastle University) in 2004 and Postgraduate Diploma in Neuromusculoskeletal Rehabilitation (Murdoch University) in 2010. Dr. Villadsen is one of only two instructors certified by Prague's Motol University in Czech Republic to teach Dynamic Neuromuscular Stabilisation) in Australasia.

Guest Speaker: Bill Nelson

Bill Nelson is an elite international sporting coach who has turned his knowledge of developing peak team and individual performance into a world-class corporate consultancy, Total Performance Concepts.

Bill's wisdom of the science of motivation, performance coaching, team building and the development of organisational culture has been utilised by business organisations, defence forces, educational institutions, local government, and elite sporting programs throughout the world.

His business draws on his expertise and time as an Olympic Coach who contributed to peak performances at the Barcelona (1992) and Atlanta (1996) Games, World Championships and other international competition.

He is a multi-award winning swim coach and former vice-president of the World Swim Coaches Association who has worked with the sport's foremost performers in such academies as the world-acclaimed Australian Institute of Sport.

His ability to isolate the building blocks of peak performance was recognised by other sporting entities. From 1992-94, Bill served as an advisor to the Australian Road Cycling Team and, during the mid-90s to 2001, consulted to the premiership-winning SE Melbourne Magic and the Victoria Titans National Basketball League teams.

He has provided team-building and performance-enhancement services to Australian Football, Rugby League and Rugby Union clubs and teams. And has also served as a teamwork, leadership, culture and personal performance consultant to the National Rugby League (NRL) Referees and Match Officials from 2004-2010.

Bill was also a member of the coaching and management team which steered the Sydney Kings Basketball team to the National Basketball League (NBL) crown in the 2003, 2004, 2005 seasons, as well as Grand Final appearances in seasons 2006 and 2008. He was also a consultant to Basketball Australia and the men's National team in preparation for the 2008 Beijing Olympics.

In season 2008-09 Bill continued his work in the NBL by working with Coach Brian Goorjian and the Victorian based South Dragons as they worked their way from finishing last in the NBL in 2007/08 to the National Champions in season 08/09. This has been Bill's 14th season working with Coach Goorjian.

In his capacity as a performance strategist to international surfwear and board sports company Billabong, Bill operates as a mentor to many of the leading professional surfers, snowboarders and skateboard riders on both the national and international men's and women's tours.

His actions speak as loud as his words as evidenced by his own personal sporting achievements, his role in the Sydney Olympic Torch Relay and his awarding of an Australian Sports Medal and the Commonwealth Sports Achievement Award.

That insight is no longer the exclusive property of Olympic or elite level athletes. Individuals, teams and business organisations have successfully incorporated the Nelson message into their pursuit of high achievement.

These days Bill continues to coach, however this time it is to many of world's leading business and sporting organisations and personnel.

Workshop Timetable

<u>Saturday 18th February 2012</u>	<u>Sunday 19th February 2012</u>	<u>Monday 20th February 2012</u>
8.30am - 9.00am Registration	9.00am - 10.30am Workshop	9.00am - 10.30am Workshop
9.00am - 10.30am Workshop	10.30am - 11.00am Morning Tea	10.30am - 11.00am Morning Tea
10.30am - 11.00am Morning Tea	11.00am - 12.30pm Workshop	11.00am - 12.30pm Workshop
11.00am - 12.30pm Workshop	12.30pm - 1.30pm Lunch	12.30pm - 1.30pm Lunch
12.30pm - 1.30pm Lunch	1.30pm - 3.00pm Workshop	1.30pm - 3.00pm Workshop
1.30pm - 3.00pm Workshop	3.00pm - 3.30pm Afternoon Tea	3.00pm - 3.30pm Afternoon Tea
3.00pm - 3.30pm Afternoon Tea	3.30pm - 5.15pm Workshop	3.30pm - 5.15pm Workshop
3.30pm - 5.15pm Workshop		

REGISTRATION FORM – DNS SPORTS COURSE 2012

Name _____ **Qualification** _____

Address _____

Phone _____ **E-Mail Address** _____

Enrolment Fee:

(All fees include GST)

Early Bird

() \$770.00

After 12.02.12

() \$880.00

Please note: 1. All workshop delegates will be responsible for their own refreshments/meals during the workshop breaks

Send registration details and payment to: **Chiropractic Education Australia
P.O. Box 444, Frenchs Forest, NSW 2086
Fax: 02 9452 2387**

Payment By Credit Card	
Card No:	<input style="width: 25px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 25px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 25px; height: 20px; border: 1px solid black;" type="text"/> <input style="width: 25px; height: 20px; border: 1px solid black;" type="text"/>
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Expiry Date: <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/> / <input style="width: 20px; height: 20px; border: 1px solid black;" type="text"/>	Amount: \$ <input style="width: 80px; height: 20px; border: 1px solid black;" type="text"/>

Please make cheque payable to:
 "Chiropractic Education Australia "

Electronic transfer:

Bank: NAB
 BSB: 082-656
 Account No.: 51 696 3051

NB Please email CEA (info@cea.org.au) when payment has been made using this method.

Cancellation and Refund Policy for Workshop Registration

Cancellations must be forwarded to CEA by email or fax and all cancellation requests received by 14th February 2012 will be fully refunded, less a A\$50.00 administrative fee. No refunds will be given for any cancellations received after 14th February 2012.

CEA will not be responsible for any airfares or other expenses incurred should the workshop be cancelled due to any circumstances outside of its control, however a full refund of the conference registration fee would be issued. Also, CEA will not accept responsibility for injury or damage to persons or property occurring during the workshop. Insurance is the responsibility of individual delegates.

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