

DNS

Dynamic Neuromuscular Stabilization (DNS) is an assessment and treatment modality originally developed in Prague by doctors Pavel Kolar, Vaclav Vojta, Karel Levit and Vladimir Janda. It is also a movement approach that stimulates movement control centers in the brain to promote activation and coordination of the neuromuscular system. DNS is based on concepts of Developmental Kinesiology reinforcing the original movement patterns that humans follow during the first year of life. Our bodies were meant to move by restoring our inborn stabilizing locomotion function.

According to research, the movements a baby performs are the most efficient because they are neurologically programmed in our nervous system. As we age and move through life we start to move in less optimal way. With practice, we can begin to re-learn these movement patterns so they become natural again.

DNS approach allows us to tap into the inner wisdom of the body to become more efficient, stronger, more fluid and heal faulty movement patterns. We can build the strength and coordination “from the ground up”. Our body has the answer.

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<https://www.rehabps.cz/data/PBATS.pdfreview>