

## *Treat the Whole Body with Dynamic Neuromuscular Stabilization*

*“DNS encourages physical therapists to look at the whole body not just the area causing pain.”*

The practice of physical therapy is constantly evolving. With over 90 years of history, physical therapists have helped generations recover from illness, deal with disabilities, improve function, reduce pain and avoid physical problems.

Just as the profession has evolved over time, so have many of the treatment techniques utilized by physical therapists. Some physical therapists focus on structural techniques to treat their patients while others embrace techniques built upon developmental movement principles. Although, the debate continues on whether movement is controlled more by mental processes or by learning new physical processes, one thing remains constant. Physical therapists are constantly striving to improve the lives of their patients.

A relatively new manual rehabilitation approach to helping patients restore function, overcome injury and reduce pain is Dynamic Neuromuscular Stabilization (DNS). This new rehabilitation system was developed by Pavel Kolar. DNS is built upon the principles and work of several professors at the Prague School of Rehabilitation and Manual Medicine including Vaclav Vjita, Karel Lewit, Vladimir Janda and Frantisek Vele.

DNS focuses on both stimulating movement control centers in the brain and physical processes. DNS incorporates all the elements of movement and works to stimulate movement control centers in the brain by activating inborn movement stereotypes. The process examines motor control, stability and quality of movement. The DNS method helps prevent irritation to injuries by balancing the body while teaching the brain to maintain central control and the stability of movement.

A certified instructor and leading expert on DNS, Clare Frank DPT, MS, OCS, FAAOMPT utilizes Dynamic Neuromuscular Stabilization in her private clinic based in Los Angeles, California. She recommends physical therapists look at the entire body when patients come into a clinic with a

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specific complaint, such as a shoulder injury. Instead of focusing on the malfunction of the joint itself, she encourages physical therapists to complete a movement analysis and examine all the potential contributors to the pain. A lack of dynamic trunk stabilization can contribute to pain throughout the body. DNS can be used to train the deep core of the body to re-establish natural movements and prevent irritation to the area injured by restoring balance to the entire body.

Individuals interested in learning more about Dynamic Neuromuscular Stabilization can find information on the Rehabilitation Prague School website ([rehabps.com](http://rehabps.com)).

- *Interested in learning more about Dynamic Neuromuscular Stabilization? Listen to DNS expert, Dr. Clare Frank in a PT Talker podcast on the topic at [www.PTtalker.com](http://www.PTtalker.com).*



## *About the Author*

After helping design and market the first preventative knee brace for football players as an Athletic Trainer at Iowa State University in the late 1970's, Jeff has made physical therapy equipment his passion since 1986. He launched Advantage Medical in 1994 with a commitment to help Physical Therapists and rehab professionals improve clinical outcomes as well as save time and costs through pioneering, creative solutions. Jeff's entrepreneurial approach keeps Advantage Medical and its clients at the forefront of innovations and best practices in the PT industry.

Jeff was also one of four original founders of the National Medical Alliance in 1988 which later changed its name to Motion1. He served as the Chief Operating Officer for 10 years and was instrumental in its growth and reputation as a leading supplier to independent rehabilitation distributors across the country. He is also the host of the long running podcast "PT Talker" featuring a physical therapy expert for listeners every week. Subscribe to the free, informative broadcast designed to help therapists grow their business at [www.PTTalker.com](http://www.PTTalker.com)

## *About Advantage Medical*

Advantage Medical was established in 1994 to meet the growing needs of rehab professionals in a variety of medical disciplines. Advantage Medical has become a leading provider of expert advice as well as quality therapy equipment and supplies, offering innovative solutions to challenges faced by physical therapists, clinic directors, chiropractors, athlete trainers and other medical professionals.

In October of 2010, Advantage Medical joined the family of Scrip Companies of Bolingbrook, IL as an operating division. Now with access to a wider variety of products and large scale purchasing power, Advantage Medical is poised to raise the level of value we bring to our clients. Scrip Companies serves markets in massage therapy, chiropractic, spa and now physical therapy.

## *About PT Talker*

Stay up-to-date on the latest industry trends and news by connecting with a community of your fellow experts. Advantage Medical's PT Talker is the online resource for business news and ideas for physical therapists. Our podcasts, blog and newsletters keep you informed with new ways to help grow your business, save time, provide improved clinical outcomes or lower costs. Review updates on the newest equipment and products, find tips and techniques for improved patient outcomes, and hear from other clinics about their best business practices. You'll find everything you need to stay ahead of the curve in physical therapy at [PTTalker.com](http://PTTalker.com).