Slide 1

DNS Strength Training

Overview | Richard Ulm, DC

DYNAMIC NEUROMUSCULAR STABILIZATION
DNS
Motor Control for Life
www.rehabps.com

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Slide 2

Etiology
Of DNS Strength Training

DNS

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Slide 3

DNS Strength Training : Overview

DNS

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Slide 4

DNS Strength Training Track
- Overview -

The DNS ST Track is divided into 3 separate, 3-day courses. I look at this track as a one course divided into 3 parts. In each course, all of the fundamental DNS concepts are covered (ontogenesis, FJC, trunk stabilization, etc.), but at increasingly deeper levels. It is designed to maximize attendee's understanding of DNS and their ability to apply these principles to strength training through repetition and with increasing complexity - Intellectual progressive overload…if you will (pun intended).

This is a certification track, through which, one can become a *certified DNS Strength Coach (DNS-SC)*. To achieve this, one will need to pass an on-line, multiple choice examination after DNS ST2 and a practical examination after DNS ST3.

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What are the goals of the DNS ST track?

1) Expand the reach of DNS outside of the rehabilitation profession into into the performance profession.

2) Improve the strength training profession through teaching the fundamental principles of movement laid out by Pavel.

Who is the DNS Strength Training Tack for?

DNS Strength Training is designed for strength coaches, personal trainers, and clinicians who consistently utilize strength training in their treatments.
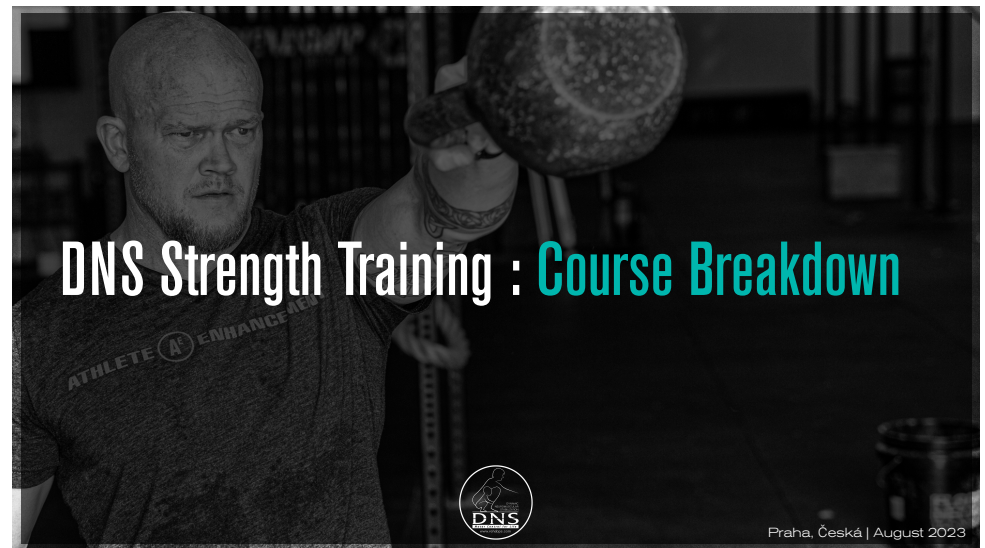

What is the objective of the DNS ST track?

To teach attendees how to effetely implement DNS principles into their strength training programs (cuing, exercise selection, assessment, etc.).

DNS Strength Training : Course Breakdown

Slide 1

DNS Strength Training **1**
- Overview -

DNS ST1 is the entry point into the track and, for most attendees, their first exposure to DNS. We introduce the DNS concepts on a level slightly deeper than that found in Exercise 1. We then apply these concepts to several fundamental strength training movements such as the barbell deadlift, kettlebell swing, and the bench press. All DNS exercises and tests are bilateral, as are the strength training movements. While higher positions such as Bear and Squat are covered, the focus of this course is sagittal stability and its application to strength training. There are also several lectures unique to the ST track that help attendees better apply the principles: E.G. How to Use a Lifting Belt, How to Execute Maximal Lifts.

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Slide 2

DNS Strength Training : Program Overview

DNS ST1

Ontogenesis:
- Emphasis on homologous patterns
- Sagittal plane development
- Sagittal stability (0-4.5 months…roughly)

DNS Concepts:
- Functional Joint Centration (introduction)
- Sagittal Stability (introduction)
- Ontogenesis (introduction)
- Functional Capacity
- Compensatory Postures

Strength Training Movements:
- Hinging (deadlift + variations, kettlebell swing)
- Squat + variations (introduction)
- Pulling (pull-ups, bent row)
- Pressing (bench press, push-ups, overhead press)

DNS Tests:
- Seated Diaphragm Test
- Quadruped Rocking Test
- 6 Month Rocking
- Quadruped Sit-Back
- Undifferentiated Bear
- Shoulder abduction

Strength Training Topics:
- How to execute a maximal lift
- Lifting belts: when? why? how?
- Application of DNS to Strength Training (Overview)
- DNS Principles of Movement

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Slide 3

DNS Strength Training **2**
- Overview -

In DNS ST2 we first review all of the material from DNS ST1. We spend an entire day doing this to ensure that attendees are solid on these concepts fundamental to DNS. We then dig deeper into these concepts. We cover the roll of the abdominal wall in stabilization, ontogenesis of the oblique slings, foot loading. In both the strength training and DNS exercises, we break out of the sagittal plane and workshop asymmetrical/unilateral movements such as single arm rows and Oblique Sit. Additionally, there are more lectures unique to the DNS ST track such as "The Diaphragm Paradox" and "Guidelines for a DNS Strength Coach".

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Slide 4

DNS Strength Training : Program Overview

DNS ST2

Ontogenesis
- Emphasis on asymmetrical patterns
- Coronal & transverse plane development
- Differentiated movement
- Uprighting & locomotion

DNS Concepts:
- Functional Joint Centration (in depth)
- Trunk Stability (in depth: abdominal wall & oblique slings)
- Foot loading
- Ontogenesis (review / Cover > 4.5 m)

Strength Training Movements: Asymmetrical/Unilateral
- Hinging: Single arm kettlebell swings, Single Arm RDLs
- Pressing: Single Arm pressing (horizontal & overhead)
- Pulling: Single Arm Cable & DB rowing
- Lunge: Reverse Lunge (DB, KB, Barbell)

DNS Tests + Corresponding Exercises:
- Differentiated Bear
- Seated Hip Flexion
- Transition: 1/2 kneeling to stand
- Tripod

Strength Training Topics:
- DNS training guidelines
- The Diaphragm Paradox
- DNS Principles of Movement

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Slide 1

DNS Strength Training 3
- Overview -

DNS ST3 is all about integration. In the previous 2 courses, the DNS concepts were introduced and then covered in depth (progressive overload). For the most part, the DNS exercises and the strength training exercises were practiced separately. In DNS ST3, we bring them together. In this course attendees will seamlessly integrate DNS into strength training. They will learn how to assess athletes and use their findings to choose corresponding DNS exercises to effectively correct the athletes performance in a strength training movement such as the barbell back squat or overhead press.

At the completion of this course, those who have passed the written examination will be eligible to take the practical test and become a Certified DNS Strength Coach

Slide 2

DNS Strength Training : Program Overview

DNS ST3

Ontogenesis:
- Review of the full progression

DNS Concepts:
- Functional Joint Centration (Review)
- Stability (Review)
- Ontogenesis (Review)

Strength Training Movements:
- Review of all previous movement
- Squat (in depth)
- Czech Get-up + variations

DNS Tests:
- Review of all previously covered tests, emphasis on tight integration with strength training movements.
- In depth review of sagittal stability (3 month model)
- Attendees will practice how to use DNS tests to evaluation athletes and how to choose DNS exercises to correct movement flaws.

Strength Training Topics:
- How to integrate DNS with Strength Training
- Programming Considerations
- DNS Principles of Movement

Slide 3

DNS Strength Training vs. DNS Exercise

Slide 4

DNS Strength Training : Program Overview
How are the DNS ST courses different from the Exercise courses?

Exercise courses are simplified versions of the clinical courses, best suited for rehab specialists. Strength training courses are **specifically designed** for strength training professionals.

Strength Training courses show specific tests that are useful to strength training professionals and omits tests that coaches and trainers would not use.

Strength Training courses show zero manual techniques.

Exercise courses focus on developmental exercises. Strength Training courses focus on application of DNS principles to strength training.

Exercise courses use relatively light loads. Strength Training courses use higher loads, more similar to those one would see in training.

Slide 1:

<u>DNS Strength Training</u> : Program Overview

How are the DNS ST courses different from the Exercise courses?

Both courses emphasize quality of movement.

Slide 2:

"The purpose of rehab is to restore the patient's capability of moving properly (FJC). The purpose of training is to increase the athlete's <u>capacity</u> to move properly in the environment their sport demands."

Slide 3:

Thanks