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Musculoskeletal Special Interest Group
Malaysian Physiotherapy Association

DYNAMIC

NEUROMUSCULAR STABILIZATION

INTRODUCTORY COURSE

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SUNDAY

31 JULY 2022

9.00 AM - 5.00 PM



**REGEN REHAB
HOSPITAL**

Petaling Jaya, Kuala Lumpur

FEES

MPA MEMBER

RM 150

NON-MPA MEMBER

Early Bird (30th June) **RM 200**

Regular **RM 260**



MS. LIM YI LIN

CERTIFIED DNS INSTRUCTOR
CEO, Tesseract Centre for Advanced
Movement Intelligence

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DYNAMIC NEUROMUSCULAR STABILIZATION INTRODUCTORY COURSE



Get To Know

MS. LIM YI LIN

CERTIFIED DNS INSTRUCTOR

Lim graduated Bachelor of Science (Hons) in Applied Rehabilitation (Physio) from Teesside University, UK. She also completed Master of Health Science (Physiotherapy) from UKM.

She is a fully certified DNS Practitioner A-D by Prof. Pavel Kolar from Prague Rehabilitation School. Besides, she is also a certified instructor and exercise trainer.

She teaches the DNS Introductory, DNS A, DNS B and DNS Exercise 1 modules for DNS Prague (Rehabilitation Prague School, Czech Republic) in local and international courses.

She has a particular interest in movement care (centrated stabilisation for good neuromuscular movement patterns) especially in relation with women's health and paediatrics.

- Consultant Physiotherapist and Founder of MyPhysio FiCoMo Specialist Centre (2011)
- Fully Certified DNS Practitioner A-D
- The Janda Approach to Musculoskeletal Pain Syndromes
- Lymphoedema Therapy
- Neuromuscular taping by David Blow



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DNS INTRODUCTION | 9.00 AM - 10.00 AM

Introduction to the culture of Leadership and Bio-Psychosocial platform in Functional Treatment Strategies

DNS INTRO 1 | 10.30 AM - 11.30 AM

Video presentation; Journal discussion (Sports Journal); Levels of motor control

DNS INTRO 2 | 11.30 AM - 12.30 AM

DNS principles, DNS assessment and treatment, DNS in chronic low back pain

DEMONSTRATION | 2.00 PM - 4.00 PM

Stabilization in Development Kinesiology posture:

- Undifferentiated
- Ipsilateral pattern
- Controlateral pattern

Q&A | 4.00 PM - 5.00 PM

PLEASE BRING YOUR OWN TOWEL