

DNS & Spinal Rehabilitation

Important aspects of balance, strength and power come from deep stabilization of the body, relaxation and efficient re-development of movement patterns, which have been hard-wired into your nervous system and are mainly responsible for injury and under-performance.

One such approach to get this balance, strength and power is DNS (Dynamic Neuromuscular Stabilisation) Sports Method. DNS Sports Rehabilitation works with the quality of whole body movement, alignment and respiration, and the ability of our nervous system to work efficiently with our movement.

DNS is rooted in developmental movement, which means understanding the way whole body (global) movement patterns from crawling to upright to standing to walking to dynamic movement, such as sports performance, are activated. In this way DNS is excellent for rehabilitation and beyond.

It complements all forms of movement as it gives you the tools to improve and restore compromised physical function, spinal stabilization and balance, core control, posture and respiration, and recovery from injury or physical trauma. This all leads to improved body awareness and proper activation of your Central Nervous System – CNS.

It is not enough to give people movements to do and hope they move better. Body self-awareness is key to rehabilitation and moving with strength, efficiency and becoming pain free.

Movement control centres in the brain must be stimulated in order to activate the body's 'stabilising-postural system'. This can increase the quality of specific and general exercise in and outside the therapy session. Effective rehabilitation starts from the inside. This is also known as Functional Integration.

Otherwise there is only movement for the sake of movement with little understanding of coordinating mind, body, breath and energy.

DNS Sports Method is a key part of Mindful Guernsey movement therapy, and Functional Integration of the body.

Why is breathing important in DNS?

Efficiency can be described as achieving maximum productivity with minimum wasted effort.

As we age, the breathing mechanism and physical function begin to under-perform. Sometimes sooner than we would like. One of the main reasons for this is in not seeing that our lack of mobility is connected to our breathing pattern.

“...if breathing is not normalized then no other movement pattern can be...”

“...as this then affects balance which then affects breathing...and around we go...”

If you learn to breathe and move efficiently then you reduce the chance of injury as internal balance is not compromised. Furthermore, you have a greater range of movement available, as well as recruitment of power and stability. Who doesn't want this?

“...disorders in breathing have a stronger association with back pain than obesity and physical activity...”

What do I do in a DNS Sports session?

We start with an assessment and correction of the breathing mechanism which in turn affects the stabilization of the spine. We then begin to work with looking at deeper areas of body control and stabilization using various patterns of movement that engage the internal core of the body and its integration with the arms and legs.

It's amazing how much of our movement is inhibited by internal and external collapse of the body. You learn to relax that which is overused and stretch and activate that which is underperforming in-order to bring internal and external balance so you can move with ease and grace. Breathing is improved, whole body stability and strength of posture are gradually improved, alongside the recruitment of power and flexibility – especially through the spine, torso and hips.

This approach is now being widely used by professional athletes to maintain their capacity to perform at high levels for longer without injury.

Group classes and one-to-one is available.
Contact Rajan : info@mindfulguernsey.com

Other approaches

As well as using DNS Sports Method, our movement rehabilitation also uses functional training strategies from personal training, Yoga, and Somatic exercises from Moshe Feldenkrais and Thomas Hanna - who were both pioneers of Somatic (Physical) Exercise and body mechanics.

All exercise methods are designed to re-educate the body using standing, matt or floor based work. Individuals mindfully learn to re-integrate whole-body movement while eliminating habitual pain response patterns which can develop into chronic pain, particularly in the spine, neck and pelvis.

The key is to use efficient respiration mechanics, with internal core and spinal stabilisation, and control of the muscle and deep fascial tissue. The body then becomes better equipped to deal with more dynamic movement or advanced movement practices such as Hunyuan Qigong and HunYuan Tai Chi.

Please check our Upcoming events or sign up to our newsletter on the homepage for more info.

If you are interested in one-to-one sessions please contact Rajan:
info@mindfulguernsey.com