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dynamic movement skills

run ahead of time![®]



what is dms?



What is DMS?

Dynamic Movement Skills (DMS) is the cutting edge training methodology for children and adults that develops, refines and improves gross motor skills, coordination, agility and quickness.

Dynamic Movement Skills is a training and rehabilitation methodology that stimulates the Central Nervous System (CNS) and Peripheral Nervous System (PNS) which in turn helps to refine and develop neuromuscular efficiency and motor patterns.

The fully developed session plans improve gross motor skills, balance, rhythm, coordination speed and agility. These skills ultimately help to increase movement-competence of core skills needed for running, functional movement and speed in sport, whilst increasing confidence in functional movement during movement re-patterning and neuromuscular rehabilitation after injury or surgery.

There are three Training Concepts to DMS:

- Kids Movement
- Movement Re-patterning & Rehabilitation
- Speed & Plyometric Training System



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DMS Junior System

is for children from the age of 5 to 11 years. It helps to develop, improve and refine gross motor skills, and through this helps to develop coordination, quick feet, balance and body control, which are important components in all sporting activity.



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DMS Youth System

is for teenagers from the age of 12 to 16. It is used to develop and improve speed, quickness, co-ordination, dynamic balance, core control and explosiveness as well as gross motor skills.



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DMS Pro System

is for elite football, handball, basketball and multidirectional sportsmen and women. It is used to develop speed, quickness, co-ordination, dynamic balance, core control and explosiveness and gross motor skills.



DMS Speed

DMS training improves neuromuscular efficiency and the range of speeds set by the Central Nervous System (CNS), this gives optimum reactive performance of any activity as it improves the speed of the muscle and the motor unit.

DMS Improvements are made in:

- Increased explosiveness
- Injury Prevention
- Dynamic core
- Agility
- Ability to turn faster
- Dynamic Balance
- Movement-pattern efficiency
- Quickness - quick feet in all directions



DMS Kids

We don't believe that every child develops movement in the same way, but we do believe that every child can develop to be the best they can be, if they are taught how. The Dynamic Movement Skills™ System prepares kids for competitive sport by providing the ability to develop their motor skills through the DMS programme irrespective of their level.

DMS Improvements are made in:

- Develops gross motor skills
- Improves Balance
- Improves co-ordination
- Better body control
- Improves concentration



DMS Rehabilitation

With Dynamic Movement Skills we try to re-educate the movement patterns interrupted after injury or surgery. We do this by stimulating the neuropathways.

We have used the Movement Re-patterning Module with Adults with:

- Movement Dysfunction
- Neurological Issues
- Seniors – Fall Prevention

For:

- Movement & Motor Re-education after injury or surgery
- Muscle Activation & Recruitment
- Delay of onset of neuromuscular fatigue
- Neuromuscular Stimulation
- Functional Movement Re-Education

DMS®	order number
DMS®-Dynamic Movement Skills-Mat System PRO 10 DMS® Mats with DVD and manual	cos101622
DMS®-Dynamic Movement Skills-Mat System YOUTH 10 DMS® Mats with DVD and manual	cos101754
DMS®-Dynamic Movement Skills-Mat System JUNIOR 10 DMS® Mats with DVD and manual	cos101755
DMS® additional mat PRO, 1 piece	cos101758
DMS® additional mat YOUTH, 1 piece	cos101757
DMS® additional mat JUNIOR, 1 piece	cos101756
DMS®-Dynamic Movement Skills Mat PRO 1 DMS® Mat with DVD	cos101622i
DMS®-Dynamic Movement Skills Mat YOUTH 1 DMS® Mat with DVD	cos101754i
DMS®-Dynamic Movement Skills Mat JUNIOR 1 DMS® Mat with DVD	cos101755i
DMS® Certification Course for up to 5 coaches	cos101759

DMS is a registered Trademark owned by Mike Antoniades.



Mike Antoniades

DMS is a product of The Running School®. This concept was created by Mike Antoniades, one of the UK's most innovative coaches, who is also the founder of Sport Dimensions.

Mike is a highly respected performance & rehabilitation coach who has worked with thousands of athletes and professional sports teams over the last 30 years in the UK, Europe and the USA.

Mike is also partner of h/p/cosmos® in the speedlab® concept.

h/p/cosmos® systems for various applications in sports, medicine, diagnostics, research, therapy and sports science.

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performance diagnostics
pulsar® 3p



wheelchair
saturn® 300/100r



speed training/speedlab®
pulsar® 3p

rehab



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senior fitness
mercury® med



locomotion therapy
locomotion® / airwalk®



cardiac rehabilitation
mercury® med



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treadmill therapy
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special applications



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sprint trainer comet®



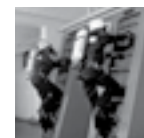
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