

DNS Dynamic Neuromuscular Stabilisation - supporting your child's movement, posture and development from the ground up

Helps build strong foundations for movement, learning and confidence

Uses development positions (eg. rolling, crawling, sitting) to re-train the brain and body

Focuses on restoring optimal posture, breathing and movement patterns

A therapeutic approach based on how bodies naturally develop movement

Works with the nervous system not just muscles

Can reduce fatigue and clumsiness

This is not just exercises- it's helping the brain and body work together

Focus on breathing and core activation

(Creates stable foundations for learning and behaviour)

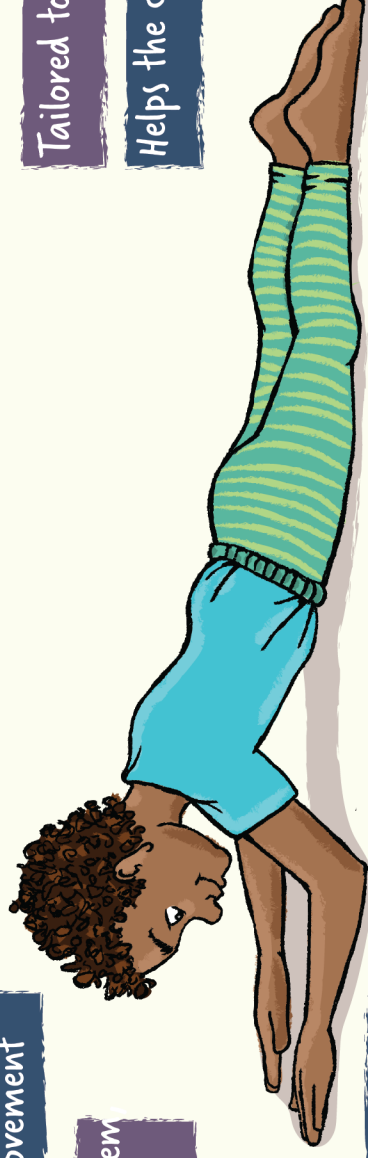
Helps improve independence in daily life

Focuses on restoring optimal posture

Helps sensory processing and regulation

Early developmental postures are used (ie. crawling position, tummy, side)

Supports attention, focus and learning readiness



Who can DNS help?

- Children with developmental delay
- Poor coordination
- Low muscle tone/poor posture
- Autism/ADHD/sensory differences
- Difficulties of attention and regulation
- Delayed motor milestones
- Children who struggle with sitting, focus or fatigue
- Children who avoid physical tasks
- Children who find transitions and routines difficult

Tailored to the child's need and pace

Helps the child move with confidence

Enhances motor planning and body awareness

(Can be combined and compliments other therapies)

Helps improve posture and core stability

Child led