



## Comprehensive Core 2

### Online Tummy Team CEU Series

#### Course Objectives:

1. Participants will be able to reassess the core after initial core training, and make an appropriate treatment plan to progress functional core strength and address compensation patterns.
2. Participants will have a clear understanding of the difference between abdominal bracing and corset activation, and will be able to evaluate and instruct clients in being able to differentiate between the two.
3. Participants will be able structure follow up sessions based on client needs and the appropriate progression of core strength and compensation release.
4. Participants will able to evaluate pelvic alignment and instruct in neutral pelvis strategies in standing, walking and upright functional movement patterns.
5. Participants will be able to evaluate rib cage alignment and instruct in neutral rib cage strategies including muscle release and scapula activation.
6. Participants will be able to progress and wean clients appropriately from abdominal splinting based on their strength and diastasis measurements.
7. Participants will understand multiple ways to verbally and physically cue clients to activate and incorporate their functional core strength into daily activities.
8. Participants will understand the importance of functional integration and fitness guidelines to progress functional core strength.
9. Participants will be confident in modification options for clients going through The Tummy Team Core Foundations Online Program.
10. Participants will be able to accurately assess when clients are ready to transition into the lifestyle and fitness phase of functional core restoration.