



## **Comprehensive Prenatal for Professionals Online Tummy Team CEU Series**

### **Course Objectives:**

1. Participants will understand the anatomy of the core, the influence of diastasis recti, and the importance of connection to the transverse abdominis in pregnancy.
2. Participants will be able to describe how the core muscles influence and affect pregnancy, labor, delivery and recovery after birth.
3. Participants will be able to list the signs and symptoms of diastasis recti and/or a weak inactive core in prenatal and postnatal clients.
4. Participants will be able to accurately assess for diastasis recti.
5. Participants will be able to demonstrate how to assist prenatal patients in activating their core muscles safely.
6. Participants will be able to identify the connection between the transverse abdominis and the pelvic floor in relation to functional strength and labor and delivery strategies.
7. Participants will be able to instruct prenatal clients to effectively push without increasing the risk of tearing or creating a diastasis.
8. Participants will be able to list the benefits of abdominal splinting during labor, delivery and postnatal recovery.
9. Participants will be able to instruct in neutral pelvis and optimal alignment to decrease pain and increase optimal fetal alignment.
10. Participants will be able to coach clients through modifications to The Tummy Team's *Prenatal Core Training* and *Core Preparations for Cesarean* online programs.