



Tummy Team Trained Practitioner Pledge

As a Tummy Team Trained Practitioner, I pledge to:

- Promote the new standard of care for diastasis recti treatment and functional core weakness in my clinical setting.
- Assess all clients comprehensively for functional core and pelvic floor weakness, including accurate diastasis recti evaluation.
- Train clients in neutral postural alignment and upright functional core rehabilitation techniques.
- Educate clients in anatomy, function, and integration of the core for everyday implementation of functional core strength practices.
- Provide up to date education on abdominal splinting and be a resource for abdominal rehab splints in my community.
- Apply what I learned in The Tummy Team professional training and continue learning about how the body was designed and effective ways to treat functional core weakness.
- Advocate for my clients and provide additional professional referrals when my client's symptoms are beyond my scope of practice.
- Be a resource in my community for Diastasis and Functional Core Rehabilitation.

THE TUMMY TEAM

THE PROFESSIONAL