



Course Objectives

Core Preparations, 4-Week Online Course

1. Participants will have a clear understanding of the functional anatomy of the abdominals and the role of the transverse abdominis in pre-op and post-op core strength.
2. Participants will have a detailed understanding of diastasis recti and functional core weakness and how it can contribute to abdominal surgery preparation and recovery.
3. Participants will understand core strengthening and neutral alignment training to best increase body mechanics and muscle memory to the abdominals in preparation for surgery.
4. Participants will be able to identify common compensation pain that results from functional core weakness and have initial strategies to improve that pain with stretching and alignment training.
5. Participants will have a basic understanding of abdominal splinting and its role in pre-op core training and post-op surgical recovery.
6. Participants will understand initial post-op surgical recovery core rehab plan.