



## Course Outline

### Core Preparations, 4-Week Online Course

#### Background Education - 1.0 CEU

- Introduction to Core Preparations (5 min)
- Core Strength and Self-Assessment (9 min)
- Anatomy of the Abdominals (7 min)
- Transverse Abdominis (12 min)
- Diastasis Recti (15 min)
- Importance of Core Preparation (8 min)
- Emotional and Spiritual Considerations (7 min)
- Why Crunches Don't Work (5 min)

#### Week 1: Focus – Awareness - 0.75 CEU

- The Functional Core Rehab Process (5 min)
- Activating the Transverse Abdominis (8 min)
- Initial Transverse Exercises (12 min)
- Functional Integration of the Core (12 min)
- Abdominal Splinting Pre/Post Op (8 min)

#### Week 2: Focus – Connection - 0.75 CEU

- Continuing Initial Transverse Activation/Optimal Alignment (4 min)
- Common Compensations (20 min)
- Abdominal Connection (8 min)
- Potty Posture (11 min)

**Week 3: Focus – Neutral Alignment - 0.75 CEU**

- Treating Compensations and Alignment (*6 min*)
- Neutral Pelvis Stretches (*10 min*)
- Neutral Ribcage Stretches (*9 min*)
- Active Standing and Progressing TA holds (*7 min*)
- Active Core Postures (*10 min*)

**Week 4: Focus – Post-Op Preparation - 0.25 CEU**

- Muscle Memory/ Surgery Preparation (*5 min*)
- Setting up your post-op environment (*5 min*)
- Transition Back to Active Core (*6 min*)
- Final Thoughts

**TOTAL: 3.5 CEU**