



## **Course Objectives**

### **Core Preparations for Cesarean Birth, 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 prenatal and postpartum core strength.
2. Participants will have a detailed understanding of diastasis recti and how it can affect pregnancy and postpartum recovery.
3. Participants will understand core strengthening and optimal fetal alignment for pregnancy, surgical delivery and post-op birth recovery.
4. Participants will be able to identify common compensation pain that affects pregnancy, 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 prenatal core training and postpartum birth recovery.
6. Participants will understand initial post-op birth recovery core rehab plan.