



## Course Outline

### Core Preparations for Cesarean Birth, 4-Week Online Course

#### Background Education - 1.0 CEU

- Introduction to Core Preparations for Cesarean Birth (3 min)
- Core Strength and Self-Assessment (9 min)
- Anatomy of the Abdominals (7 min)
- The Transverse Abdominis (12 min)
- Diastasis Recti (15 min)
- Importance of Core Preparation (8 min)
- Emotional and Spiritual Considerations (6 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 - 1.0 CEU

- Treating Compensations and Alignment (6 min)
- Neutral Pelvis Stretches (10 min)
- Neutral Ribcage Stretches (8 min)
- Active Standing and Progressing TA holds (7 min)
- Active Core Postures (10 min)
- Cesarean Birth Plan (7 min)

**Week 4: Focus – Post-Op Preparation - 0.75 CEU**

- Muscle Memory/ Surgery Preparation (*5 min*)
- Setting up your post-op environment (*5 min*)
- Splinting Post-surgery (*\*review from week 1*)
- Transition Back to Active Core (*6 min*)
- Preparing your Environment for Baby (*9 min*)
- Initial Postpartum Plan (*12min*)
- Final Thoughts

**TOTAL: 4.25 CEU**