



Course Outline

Comprehensive Core, Part 2, 8-Week Online CEU Course

**Videos from Core Foundations Online Program*

Follow Up Reassessment and TA Progression - 1.25 CEU

- Welcome Video
- Reassessment: 2nd & 3rd Session (14:30 min)
- *Common Compensations (20 min)
- 2nd Session Progression (10:00 min)
- *Progressing Transverse Holds (4:25 min)
- Active Standing and Transverse Holds (10 min)
- TA Exercises, Session 2 (13:00 min)

Addressing Compensation w/Neutral Alignment Training - 2.0 CEU

- *Neutral Pelvis (18 min)
- Training in Neutral Pelvis (23:00 min)
- *Neutral Rib Cage (12:00 min)
- *Neutral Rib Cage Stretches (17:00 min)
- Training in Neutral Rib Cage (10:40 min)
- *Abdominal Connection (8 min)
- *Abdominal Massage & Myofascial Release (11 min)
- *Stretches for Your Toolbox (13:00 min)
- Hands on Techniques (14:00 min)

Modifications and Splinting Education - 0.75 CEU

- *Modifications (4:00 min)
- *Determining Your Personal Priorities (7 min)
- *Problem Solving the Splint (9 min)
- *Weaning from Your Splint, Part 1 (6:00 min)
- *Weaning from Your Splint, Part 2 (7:45 min)
- Considerations when Weaning from Splint (9:30 min)

Basic Pelvic Floor Training - 1.0 CEU

- *Functional Pelvic Floor (14 min)

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- *The TA and Prostate (for men) (5 min)
- *Isolated Pelvic Floor Connection (19 min)
- *Potty Posture (11 min)
- Considerations for PF Strengthening (9:00 min)

Functional Integration Training - 1.5 CEU

- *More Functional Integration (15 min)
- *Active Core Postures (10 min)
- Training in Active Standing (9 min)
- *Active Walking (9 min)
- Training in Active Walking (13 min)
- *Advanced Lifestyle Integration (23:00 min)
- Considerations for Functional Integration (8:00 min)

Tummy Safe Fitness Integration - 1.75 CEU

- *Rehab vs. Lifestyle vs. Fitness (5:30 min)
- Fitness/Lifestyle Transition (9:00 min)
- *Initial Fitness Guidelines (8 min)
- *Fitness Minutes (10 min)
- *Core Integration into Fitness (20:00 min)
- Fitness Considerations (11 min)
- *Transition to Fit2b (2:30 min)
- *Full Body Workout (27:00 min)
- *Wall Workout (7:30 min)

Client Discharge and Professional Resources - 0.25 CEU

- *Final Self-Assessment (5 min)
- Final Diastasis Check (7:00 min)
- Patient Education (4:00 min)
- Thank You

Course Downloads - 0.75 CEU

- Chart Notes
- TA Exercises
- Neutral Pelvis Stretches
- Neutral Rib Cage Stretches
- Pelvic Floor Strengthening
- Active Standing/Walking
- Bending/Reaching/Lifting Strategies

TOTAL: 9.25 CEU

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