



## **Course Objectives**

### **Prenatal Core Training, 6-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 delivery.
3. Participants will understand the connection between the core and the pelvic floor, and will be able to disassociate the two in preparation for the pushing phase of labor.
4. Participants will understand core strengthening and optimal fetal alignment for pregnancy, labor and delivery.
5. 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.
6. Participants will have a basic understanding of abdominal splinting and its role in prenatal and postpartum core training.
7. Participants will understand strategies for a core strong birth plan.
8. Participants will understand initial postpartum core rehab plan.