



Course Outline

Comprehensive Prenatal 8-Week Online CEU Course

**Videos from Prenatal Core Training & Core Foundations Online Program*

Background Education - 1.25 CEU

- Welcome Video (5 min)
- Pre-Appointment Education (10 min)
- *Anatomy of the Abdominals (7 min)
- *The Transverse Abdominis Muscle (12 min)
- *Diastasis Recti (15 min)
- *Core Strength in Pregnancy (4 min)
- *Emotional and Spiritual Connection (7 min)
- Hormones and Diastasis Recti (20 min)

Evaluation and Assessment of the Prenatal Client - 2.5 CEU

- 5 Conditions that Affect Core Strength (28 min)
- Signs & Symptoms of Core Weakness (13 min)
- Affects of Core Weakness on Pregnancy (6 min)
- Affects of Core Weakness on Labor & Delivery (8 min)
- Evaluation Part 1: Background Information (9 min)
- Evaluation Part 2: The Interview (21 min)
- Evaluation Part 3: The Physical Evaluation (18 min)
- Prenatal Core Evaluation (4 min)
- The Sexy Slide (3 min)
- Assessing a Pregnant Client for Diastasis Recti (5 min)
- Assessing a Non-Pregnant Client for Diastasis Recti (12 min)
- Treatment Plan and Goals (8 min)
- Typical Flow of Prenatal Appointments (8 min)

Prenatal Core Training - 0.75 CEU

- Understanding & Activating Your Transverse Abdominis (6 min)
- Optimal Posture and Alignment (7 min)
- Core Rehabilitation Exercises (11 min)
- Functional Integration of the Core & Body Mechanics (11 min)
- Hands On Client Work, Part 1 (8 min)

The Tummy Team
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3400 SE 196th Ave. Suite 106
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Prenatal Pelvic Floor Connection - 0.5 CEU

- Disassociation of the Transverse & the Pelvic Floor (6 min)
- Functional Pelvic Floor (14 min)
- Isolated Pelvic Floor Connection (19 min)

Upright Postures - 1.75 CEU

- Importance of Neutral Pelvis & Active Standing (6 min)
- *Active Standing & Transverse Holds (10 min)
- *Active Core Postures (10 min)
- *Active Walking (9 min)
- *Neutral Pelvis (18 min)
- *Neutral Rib Cage (12 min)
- *Neutral Rib Cage Stretches (17 min)
- Hands On Client Work, Part 2 (5 min)
- Core Strength and Fetal Alignment (21 min)

Pregnancy Related Considerations - 0.75 CEU

- Treatment Plan for Low Back Pain (6 min)
- Pubic Symphysis Pain Relief (11 min)
- Treatment Plan for Constipation (5 min)
- Treatment Plan for SI Instability (9 min)
- Treatment Plan for Mid Back Pain (9 min)
- *Breech Babies (4 min)
- *Bed Rest Considerations (5min)

Birth Training - 1.5 CEU

- Core Training for Effective Pushing (10 min)
- Prenatal Practice Pushing Training (8 min)
- To Coach or Not to Coach (6 min)
- Training in Alternate Pushing Positions (10 min)
- Hands On Client Work, Part 3 (10 min)
- Benefits of Abdominal Splinting in the Prenatal & Postnatal Client (13 min)
- *Splinting During Pregnancy (18 min)
- Birth Plan and Initial Postpartum Considerations (9 min)
- *Cesarean Births (8 min)

Postpartum Education - 1.0 CEU (Cont. on next page)

- Setting Up the Environment for Baby (9 min)
- *Initial Postnatal Plan (12 min)
- Tummy Safe Tip: Nursing Throne (7 min)
- Tummy Safe Tip: Changing Table (3 min)

- Tummy Safe Tip: Car Seat (3 min)
- Tummy Safe Tip: Crib (2 min)
- Postpartum Splinting Guidelines (6 min)
- Transition to Full Core Rehab (10 min)
- Baby Wearing Considerations (8 min)
- Postpartum Abdominal Massage (4 min)

Additional Information/Resources - 1.0 CEU

- Additional Physical Benefits of Rebuilding the Core (12 min)
- Initial Fitness Guidelines (8 min)
- Considerations for Cesarean Births (5 min)
- Recovering from Trauma or Loss (7 min)
- Intro to Grief Routine (12 min)
- Grief Routine (20 min)
- Wholesale Abdominal Splints (4 min)
- Becoming Tummy Team Trained
- Scopes of Practice (4 min)
- Closing Remarks

TOTAL: 11.0 CEU