



Functional Pelvic Floor CEU Course

Functional Pelvic Floor Introduction and Assessment (2 CEU)

- Welcome to the Functional Pelvic Floor CEU (18 minutes)
- The Tummy Team Functional Pelvic Process (15 minutes)
- Functional Pelvic Floor - Evaluation Part 1 (Background Form/Self Assessment) (12 minutes)
- Functional Pelvic Floor - Evaluation Part 2 (The Interview) (20 minutes)
- Functional Pelvic Floor - Evaluation Part 3 (The Physical Assessment) (17 minutes)
- Functional Pelvic Floor: Hands-On Assessment (11 minutes)
- Goal Setting/Treatment Plan for your Clients (14 minutes)

Functional Pelvic Floor: Anatomy & Education (2 CEU)

- Professional Considerations: Importance of Pre-Appointment Videos (10 minutes)
- Welcome to Floor of Your Core (8 minutes)
- Connection Between Core and Pelvic Floor (5 minutes)
- Anatomy of the Abdominals (7 minutes)
- The Transverse Abdominis Muscle (12 minutes)
- Diastasis Recti (15 minutes)
- Common Symptoms (12 minutes)
- How Exercises Contribute to Dysfunction (6 minutes)
- Emotional & Spiritual Connection (7 minutes)
- Splinting for Pelvic Floor Rehabilitation (5 minutes)
- Vaginal Devices, Tools, & Pessaries (6 minutes)
- The Impact of Your Menstrual Cycle on your Pelvic Floor (16 minutes)
- Pelvic Floor Self-Assessment (10 minutes)

Functional Pelvic Floor, Week 1: Core Awareness (1.25 CEU)

- Professional Plan: Week 1 (5 minutes)
- Welcome to Week 1 (3 minutes)
- The Functional Core Rehab Process (12 minutes)
- Active Sitting and Core Activation (19 min)
- Abdominal Massage for Core Connection (9 minutes)
- Functional Integration of the Core (9 minutes)
- Week 1 Recap (2 minutes)
- Professional Considerations: Week 1 (15 minutes)

Week 2 continued on the next page...

Functional Pelvic Floor, Week 2: Core Connection/Pelvic Floor Awareness (2 CEU)

- Professional Plan: Week 2 (8 minutes)
- Welcome to Week 2 (5 minutes)
- Engaging vs. Bracing (9 minutes)
- Bones of the Pelvis (4 minutes)
- Adding Pelvic Floor Awareness to TA Holds (17 minutes)
- Common Compensations (20 minutes)
- Potty Posture (11 minutes)
- Setting up your Work/Home Environment (10 minutes)
- Setting up Your Environment for Newborn Care (11 minutes)
- Week 2 Recap (1 minute)
- Professional Considerations: Week 2 (6 minutes)

Functional Pelvic Floor, Week 3: Neutral Pelvis (1.75 CEU)

- Professional Plan: Week 3 (11 minutes)
- Welcome to week 3 (3 minutes)
- Neutral Pelvis (18 minutes)
- Standing Transverse Holds (9 minutes)
- Active Core Postures (10 minutes)
- Active Walking (9 minutes)
- Pelvic Connection/Release (17 minutes)
- Weaning From Your Splint (Part 1) (6 minutes)
- Listen to your Body (9 minutes)
- Week 3 Recap (2 minutes)
- Professional Considerations: Week 3 (8 minutes)

Functional Pelvic Floor, Week 4: Pelvic Floor Connection/Incontinence Strategies (1 CEU)

- Professional Plan: Week 4 (12 minutes)
- Welcome to Week 4 (2 minutes)
- PF Reassessment (2 minutes)
- Muscles of the Pelvic Floor (5 minutes)
- Pelvic Floor Strengthening (13 minutes)
- Basic Pelvic Floor Massage (11 minutes)
- Pelvic Floor Functional Integration (11 minutes)
- Recap of Week 4 (3 minutes)
- Professional Considerations: Week 4 (6 minutes)

Functional Pelvic Floor, Week 5: Pelvic Floor Integrations/Prolapse Strategies (1.25 CEU)

- Professional Plan: Week 5 (8 minutes)
- Welcome to Week 5 (3 minutes)
- Standing Pelvic Floor Integration (16 minutes)
- Upper Body Compensations (7 minutes)
- Neutral Rib Cage Stretches (17 minutes)
- Prolapse Strategies (8 minutes)
- Pessary Transitions (2 minutes)
- Digestion, Constipation & Abdominal Massage (6 minutes)
- Weaning From Your Splint (Part 2) (7 minutes)
- Recap of Week 5 (2 minutes)
- Professional Considerations: Week 5 (8 minutes)

Week 6 continued on the next page...

Functional Pelvic Floor, Week 6: Squatting and Intimacy Strategies (1.5 CEU)

- Professional Plan: Week 6 (10 minutes)
- Welcome to Week 6 (4 minutes)
- Intimacy Issues (25 minutes)
- Pelvic Floor Massage (20 minutes)
- When to be Concerned (3 minutes)
- Stretches to Prepare for Squatting (13 minutes)
- Squat Progression (11 minutes)
- Recap of Week 6 (3 minutes)
- Professional Considerations: Week 6 (5 minutes)

Functional Pelvic Floor Week 7: Challenging the Pelvic Floor & Addressing Pelvic Pain (1.5 CEU)

- Professional Plan: Week 7 (7 minutes)
- Welcome to Week 7 (4 minutes)
- Low Impact Fitness Guidelines (11 minutes)
- Fitness Minutes (10 minutes)
- More Fitness Minutes - for Pelvic Floor (12 minutes)
- Low to High Impact Progression (17 minutes)
- Pain? What to Address When (9 minutes)
- Addressing Pelvic Pain & Self Myofascial Release (14 minutes)
- Recap of Week 7 (3 minutes)
- Professional Considerations: Week 7 (5 minutes)

Functional Pelvic Floor, Week 8: Fitness/Lifestyle Transition (1.25 CEU)

- Professional Plan: Week 8 (3 minutes)
- Intro to Week 8 (2 minutes)
- Final Self-Assessment (2 minutes)
- Transition to Fit2B (5 minutes)
- Fit2b: Kelly's Standing Abs (11 min)
- Fit2b: Sterling Center (14min)
- Fit2b: Silver Linings (15 min)
- Mini Trampoline Training (Advanced) (6 minutes)
- Recap and Thank you (2 minutes)
- Thank you for doing FPF CEU (4 minutes)

Functional Pelvic Floor Test (.5 CEU)

Total Course hours: 16 hours (16 CEU)