



Functional Pelvic Floor

Online Tummy Team CEU Series

Course Objectives:

1. Participants will have a clear understanding of the anatomy of the abdominals, the emotional and spiritual connection to the core, the role of the transverse abdominis, and why traditional crunches, poor posture and bracing the tummy can cause core damage.
2. Participants will have a clear understanding of the functional anatomy of the pelvic floor, the connection between the core and pelvic floor, and common symptoms pelvic floor dysfunction.
3. Participants will understand and be able to evaluate for diastasis recti and the symptoms related to this condition and be able to objectively measure diastasis in clients.
4. Participants will be able to effectively evaluate conditions related to functional pelvic floor weakness, pelvic floor disconnect and pelvic floor hypertonicity and related pain and compensation patterns.
5. Participants will be able to instruct and facilitate core and pelvic floor restoration exercises and progress the functional incorporation of internal core and pelvic floor strength.
6. Participants will be able to instruct in neutral active sitting, belly breathing, upright transverse activation, self abdominal massage and potty posture.
7. Participants will be able to evaluate for and instruct in proper use of abdominal splinting and sensory re-education of the core muscles.
8. Participants will be able to demonstrate understanding related to stress incontinence, pelvic organ prolapse, intimacy pain and pelvic pain and be able to instruct client in releasing muscle guarding and bracing strategies.
9. Participants will have solid knowledge of the functional pelvic floor integration, pelvic floor smart initial fitness strategies and guiding individual clients through the functional pelvic floor rehabilitation process.