



## **FUNCTIONAL CORE AND PELVIC FLOOR FOR SENIORS**

*This training consists of 3 parts – all 3 parts of the training must be completed for CEU.*

Pre-registration is required [Register now through BuildingTherapyLeaders.com](https://www.buildingtherapyleaders.com)

### **Course Description:**

A comprehensive course on functional core and pelvic floor rehabilitation for senior clients. Functional core and pelvic floor rehab that shifts the mindset of the physical and occupational therapist away from exercises and treatment strategies and into function and real life meaningful movement. Learn a practical and effective approach to treating common but life impacting symptoms that impact many senior clients including; low back pain, collapsed posture, constipation, weak and unstable core, diastasis recti, pelvic pain, hip pain, pelvic instability, stress and urge incontinence, pelvic organ prolapse, prostate dysfunction, abdominal hernias, constipation and more. We focus on what the client is unable to do, what does normal look like, how do we get them back to normal and minimize compensations to live a strong, confident and pain free life.

### **Course Objectives:**

1. Participants will have a clear understanding of the anatomy of the abdominals, the emotional connection to the core, the role of the transverse abdominis, and why traditional crunches, poor posture and bracing the tummy can cause core damage and common symptoms of functional core weakness.
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 of pelvic floor dysfunction.
3. Participants will be able to identify and describe the functional core and pelvic floor muscles and their role in core and pelvic floor function.
4. Participants will be able to effectively evaluate conditions related to functional core and pelvic floor weakness, including disconnect, disuse 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 chronic low back pain, sciatica, mid back pain, diastasis recti, abdominal hernias, and constipation and instruct clients in step-by-step strategies to rehabilitate their functional core strength.
9. Participants will be able to demonstrate understanding related to stress incontinence, pelvic organ prolapse, intimacy pain and pelvic pain and be able to instruct clients in releasing muscle guarding and bracing strategies and functional pelvic floor rehab strategies.
10. Participants will have solid knowledge of the functional core and pelvic floor integration, core and pelvic floor smart initial fitness strategies and guiding individual clients through the functional core and pelvic floor rehabilitation process.

## FUNCTIONAL CORE AND PELVIC FLOOR FOR SENIORS

**This course is intended for:** Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Chiropractors, and Restorative Fitness Instructors.

### Course Agenda:

**Pre-class video education:** 120 min of video education (self-study) provided to participants 2 weeks prior to class.  
 (On line video completion is verified through tracking system)

### In person training:

#### Day 1- Friday March 24<sup>th</sup>, 2023 3:00-6:00pm

**3:00-3:30** Introduction/ Follow up on pre class education  
**3:30-4:00** Case Studies/why we do what we do.  
**4:00-4:15** Rethinking How we address the core in light of a better understanding of Functional Anatomy  
**4:15-4:30** Defining and Identifying Functional Core Weakness/ Understanding Compensation  
**4:30-5:00** Functional Core Weakness Assessment and Diastasis Recti Assessment  
**5:00-5:30** Practice palpation skills with DR assessment  
**5:30-6:00** Connection and the role of abdominal rehab splinting with Seniors

#### Day 2- Saturday March 25<sup>th</sup>, 2023 8:00am-5:00pm

**8:00-8:30** breakfast  
**8:30-8:45** Welcome back/thoughts from day 1  
**8:45-9:00** Optimal Alignment (Active Sitting Training)  
**9:00-10:00** Initial Functional Core Activation Training  
**10:00-10:15** **break**  
**10:15-10:45** Neutral Pelvis Training- identifying and addressing compensation patterns  
**10:45-11:00** Training in Optimal alignment (Active standing)  
**11:00-11:30** Neutral Rib cage training  
**11:30- 12:00** Functional integration Strategies- meaningful movement- release- replace-reset strategies

**12:00-1:00**

**1:00-1:30**

**1:30-1:45**

**1:45-2:15**

**2:15-3:00**

**3:00-3:15**

**3:15-4:00**

**4:00-4:30**

**4:30- 5:00**

### Lunch- (Q&A - Case Studies)

Rethinking Anatomy and function of pelvic floor

Identifying and understanding Functional pelvic floor weakness assessment

mastering the Core/PF connection

Foundations Functional Pelvic Floor

### Break

Addressing Specific conditions: low back pain, hernias, GI tract, constipation, PF, balance, chronic pain, DR

Introducing and progressing Core smart fitness Advanced PF/Core work- bands, vibration plate

Questions, explanation of post class webinars to reinforce clinical application

### Post Class: 6 Ongoing (at home) Clinical Application Webinars.

**6 weekly 90 min** webinars to promote clinical application of skills taught in course, problem solve and share ideas and reinforce focus for each lesson.

**Lesson 1:** Core Assessment, Active Sitting, Initial Core Activation, Splinting

**Lesson 2:** Neutral pelvis training, Active Standing

**Lesson 3:** Neutral Rib Cage training, Functional integration

**Lesson 4:** Functional PF Assessment, initial core /PF connection

**Lesson 5:** Problem solving compensations, specific issues, functional integration, comorbidities.

**Lesson 6:** Core Smart Fitness, advanced PF and Core work, Bands, Vibration plate

**On line test will be given covering all components of training and must be passed for CEU.**

**Online Test/Certificate of Completion/ Endorsed Tummy Team Trained Practitioner Status**

## FUNCTIONAL CORE AND PELVIC FLOOR FOR SENIORS

You must preregister through [BuildingTherapyLeaders.com](http://BuildingTherapyLeaders.com)

Registration closes on **March 3, 2023**.

Once the course closes you will be provided the self-study pre course education information. This **MUST** be completed prior to the in-person course on March 24<sup>th</sup>. **(Completion is documented via on line course)**  
**Live in Person** course dates **Friday March 24<sup>th</sup> 3:00pm-6:00pm** and **Saturday March 25<sup>th</sup> 8:00am-5:00pm**.

Location **Ensign Services** – 29222 Rancho Viejo Road – San Juan Capistrano, CA 92675.

**Post Class Webinars** will begin the week following the in person course. Dates and times TBD. You must be available for 90 minutes 6 weeks following the course for the Webinars.

(Attendance will be taken at each WebEx)

*On Line test will be given at the end of the training and must be passed for CEUs*

Total education hours **21** – **all** portions of the training **MUST** be attended/completed for CEUs.

**CEU's – All course requirements must be completed for CEU/Certificate of Completion**

- Pre-course video education: **2 contact hours (.2 CEU)**
- In person class: **10 contact hours (1.0 CEU)**
- Post class webinars: **9 contact hours (.9 CEU)**

**Instructor: Kelly Dean, PT** - Kelly is a licensed physical therapist in the state of Washington. She received her Master's of Physical Therapy in 1997 from University of North Dakota. During the first 10+ years of her career, she specialized in stroke and brain injury rehabilitation and functional integration (getting back to real life after major life changes). After personally suffering from a severe diastasis recti, functional core weakness and functional pelvic floor weakness that impacted every aspect of her life, Kelly went on a journey to immerse herself into helping others have a better experience. Kelly has used this passion and background to create a unique and science-based approach to functional core and pelvic floor rehabilitation and founded The Tummy Team in 2010. Kelly has owned her own clinic as well as has a thriving international online physical therapy clinic which has allowed her to work with thousands of clients worldwide. In addition, Kelly has developed multiple continuing education courses for medical, rehabilitation, fitness and birth professionals to update and improve the standard of care for birthing parents everywhere. Kelly has spoken at medical conventions, MANA conferences, PT schools, Midwifery schools, naturopathic colleges, and chiropractic schools around the country. She is passionate about immediately applicable education and clinically relevant tools to help professionals feel empowered and effective in real life client care.