

Diaphragm/Pelvic Floor Piston for Adult Populations Online

Module One: Part One (approx. 1 hr.) Foundational Concept Introduction

5 min: Introduction/Course overview

15 min: Conceptual introduction to a neuromuscular, dynamic approach to central stability vs stiff musculoskeletal strategies

35 min: Evidence and theory for a framework for discussion: Teamwork, Alignment and Preparation

10 min: Clinical applications and the development of Core Strategy

Module One: Part Two (approx. 1.25 hr.) Core Dysfunction Across the Lifespan

10 min: Re-framing both pelvic health and Musculoskeletal Dysfunctions in light of new understanding of Core Strategy across the lifespan

10 min: Gender neutral dysfunctions: pain and alignment

10 min: Gender specific issues: Literature review of female structural and athletic function differences

15 min: Gender specific issues in Puberty: ACL non-contact issues

10 min: Gender specific issues in Pregnancy and Postpartum

10 min: Gender specific issues in Menopause: Balance

10 min: Clinical applications and concept synthesis

Module Two: Part One (35 min) Alignment

10 min: Alignment as access to optimized muscular recruitment, multiple systems and inputs to the brain

10 min: Re-framing an understanding of Upper Quarter and Lower Quarter contribution to alignment (Ribcage/Pelvis) vs lumbo/pelvic position only

15 min: The contribution of ribcage position to alignment presentation, new definition of alignment presentation.

Module Two: Part Two (1.5 hrs.) Alignment Screen

15 min: Movement/Functional Screen (form)

45 min: Demonstration via lecture and video of detailed alignment screen

30 min: Demonstration of optimized alignment cues and clinical pearls

Module Three: Part One (approx. 45 min) Diaphragm and Breathing Mechanics

15 min: Anatomical and functional review of the Diaphragm and breath mechanics

10 min: Dysfunctional dominance patterns: Chest, Belly, Breath holding

15 min: Breath mechanics intervention strategies; Barriers to a balanced breath

5 min: Standing Diaphragm Self-lab instructions

Module Three: Part Two (approx. 1.25 hr) Refine the Breath

20 min: Chest Breather intervention strategies

20 min: Belly Breather intervention strategies

5 min: Supine breath mechanics self-lab instructions

15 min: Concept synthesis through 2 mini-case-studies of CrossFit athletes
10 min: Module summary

Module Four: Part One (approx. 1 hr) Pelvic Floor/TA

20 min: Anatomical and functional review of pelvic floor and functional partnerships
15 min: Pelvic Floor access clinical tricks in standing
25 min: External pelvic floor assessment: palpation, self-palpation and functional tests and interpretation
5 min: Standing pelvic floor assessment self-lab instructions

Module Four: Part Two (approx. 1 hr.) Find the Piston

20 min: Pelvic Floor intervention strategies; connect to the Diaphragm and create the Piston
5 min: Pelvic Floor interventions self-lab instructions, find your Piston
10 min: Pelvic Floor tips for interventions, integration into function, motor control and building automaticity (“Blow Before You Go”)
5 min: TA anatomical and functional review as it relates to Piston relationships
5 min: TA self-lab instructions
10 min: Concept Synthesis through a continuation of mini-case studies
15 min: Module 1-4 concept highlights, summary and clinical applications

Module Five: (approx. 3 hrs) Posterior Oblique Synergist

25 min: Introduction: Format change to a recording of a live course
50 min: Recorded participant Q and A based on Day one information from modules 1-4
25 min: Volunteer follow-up: Anatomy and function of the Posterior Oblique Synergist lecture
60 min: Posterior Oblique Synergist exercise lab demonstration
5 min: Posterior Oblique Synergist self-lab instructions

Module Six: Lateral Synergist/Anterior Oblique Synergist

5 min: Introduction
10 min: Lateral Synergist Lecture: Anatomy and Function
30 min: Lateral Synergist exercise lab demonstration
10 min: Lateral Synergist self-lab instructions
15 min: Anterior Oblique Synergist Lecture: Anatomy and Function
40 min: Anterior Oblique Synergist Lab demonstration
2 min: Anterior Oblique Synergist self-lab instructions

Module Seven: Rotational Synergist/Gait/Plyometrics/Course Synthesis

2 min: Rotational Synergist introduction
5 min: Rotational Synergist lecture: Anatomy and Function
20 min: Rotational Synergist exercise lab demonstration
1 min: Rotational Synergist self-lab instructions
35 min: Gait training: integration to dynamic functional task

10 min: Plyometrics and Fitness concepts

15 min: Concepts synthesis via: Volunteer epilogue and course wrap-up