At the conclusion of the Diaphragm/Pelvic Floor Piston for Adult Populations Online, participants will be able to:

1. Articulate the evidence for the evolution of practice from stiffening musculoskeletal interpretations of core strength to an understanding of a neuromuscular, systems approach to responsive central stability ("Core Strategy") for the purpose of educating patients in a new clinical approach to meet their needs.

2. Analyze common issues experienced by men and women across the life span with new attention to deficits in pelvic health, maturation, breathing mechanics, sensory changes and faulty central stability strategies as contributing variables to patient presentation.

3. Identify form and alignment that optimizes re-establishing the interrelationship of the components of the anticipatory and reactive core for function, movement and fitness.

4. Integrate the use of optimized breath mechanics as the gateway to anticipatory central stability and the postural control system

5. Execute external qualitative evaluation of the pelvic floor, TA and diaphragm and their coordinated function via observation and palpation of postural alignment, breathing patterns, muscular recruitment patterns, movement strategies, and postural control compensations during movement tasks.

6. Recognize the relevance of pelvic health considerations to musculoskeletal, and performance issues. Conversely gain an understanding of the impact of musculoskeletal and performance considerations on pelvic health.

7. Develop programming and modifications for ADLs, movements and fitness activities for women and men that maximize results while keeping pelvic health in mind.

8. Learn to monitor, cue, and modify functional and exercise tasks to facilitate integration of Core Strategy into clinical programming for a variety of patient populations.

9. Develop exercise programs that marry a coordinated “anticipatory core” foundation with more superficial “reactive” postural muscle groups (postural synergies/slings) to promote symptom-free functional movement patterns, empowered gait, aligned posture, and return to fitness and sport activities.