

## **Diaphragm/Pelvic Floor Piston for Adult Populations Online : Modules 1-4**

### **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