

Diaphragm/Pelvic Floor Piston for Adult Populations Online: Modules 2-4

Module Two: Part One (35 min) Alignment

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

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

Demonstration via lecture and video of detailed alignment screen Movement/Functional Screen (form efficiency) cueing and clinical pearls.

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

Anatomical and functional review of the Diaphragm and breath mechanics, dysfunctional dominance patterns, barriers to a balanced breath and breath mechanics intervention strategies are presented.

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

Chest and Belly Breather intervention strategies. Concept synthesis through 2 mini-case-studies of CrossFit athletes.

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

Anatomical and functional review of pelvic floor and functional partnerships. External pelvic floor assessment: palpation, self-palpation and functional tests and interpretation.

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

Pelvic Floor intervention strategies; connect to the Diaphragm and create the Piston. Pelvic Floor tips for interventions, integration into function, motor control and building automaticity
Concept Synthesis through a continuation of mini-case studies.

Module 1-4 concept highlights, summary and clinical applications