

Re-Balancing: Pelvic Health

Course Description

This advanced lecture and lab course is designed to help Pilates instructors, physical therapists, and other rehab and movement professionals address dominant asymmetrical neuromuscular postural patterns that can contribute to common pelvic health related dysfunctions.

Re-balance core principles will be utilized with an intense focus on pelvic and respiratory diaphragm mechanics, neuromuscular control and effectively screening to help clients manage these common concerns.

Lab activities will allow participants to practice external pelvic, hip, core, breathing and pelvic floor assessments, corrective techniques and guide exercise selection for the Pilates and rehab environment.

Objectives

1. Understand normal asymmetrical pelvic/pelvic floor anatomy and physiology as it pertains to bladder, bowel and sexual function.
2. Recognize and assess human asymmetrical pelvic and respiratory patterns that can contribute to common pelvic floor/core concerns including: pregnancy, post-partum, pelvic organ prolapse, diastasis recti urinary, flatus & fecal incontinence, pelvic girdle pain, and sexual dysfunction.
3. Utilize pelvic and thorax alignment movement assessments to guide pelvic health patient education and exercise programming.
4. Deepen understanding of pelvic floor training strategies and learn how to prevent the misuse of the core and pelvic floor muscles.
5. Learn to facilitate "pelvic floor buddies" like the diaphragm, hamstrings, adductors, glute(s), internal obliques and transversus abdominus to optimize pelvic floor retraining.
6. Learn to inhibit "pelvic floor compensators" like the paraspinals, inferior glutes, intercostals and the pelvic wall muscles for optimal pelvic floor retraining .
7. Apply and integrate concepts to Pilates techniques on the reformer, chair, and mat.

Schedule

Day 1

8:00-8:30	Re-Balancing Pilates Core Principles (Part 1)
8:30-9:00	Airflow & Internal Pressures (The Respiratory & Pelvic Diaphragm)
9:00-9:30	Anatomy & Physiology: Pelvis Influencers
9:30-10:00	LAB: Pelvic Floor Airflow Assessments (child's pose tests)
10:00-10:15	BREAK
10:15-11:15	LAB: Re-Balancing Pelvic Floor Airflow Sagittal Plane Inhibition
11:15-12:00	Bowel/Bladder Function
12:00-1:00	LUNCH
1:00-2:00	The Pregnant or Post-Partum Client: Special Considerations
2:00-3:00	LAB: Sagittal Plane Retaining
3:00-3:15	BREAK
3:15-4:00	Pelvic Organ Prolapse: Special Considerations
4:00-5:00	LAB: Sagittal Plane Power - Increasing Impact & Upright Activities
5:00-5:30	Talking to Clients about Pelvic Health

Day 2

8:00-8:30	Re-Balancing Pilates Core Principles (Part 2)
8:30-9:30	The Asymmetrical Pelvis
9:30-10:00	LAB: Pelvic Asymmetry Assessments (adduction/abduction)
10:00-10:15	Re-Balancing The Asymmetrical Pelvis: Managing Asymmetrical Tension, Pressure and Airflow
10:15-11:15	BREAK
11:15-12:00	LAB: Frontal Plane Inhibition
12:00-1:00	LAB: Frontal Plane Retraining
1:00-2:00	LUNCH
2:00-3:00	Pelvic Pain and Diastasis Recti Abdominis: Asymmetrical Considerations
3:00-3:15	BREAK
3:15 – 4:00	Proprioception & Cuing: References Inside & Outside the Pelvis
4:00 - 5:00	LAB: Tri-planar Power: Advanced Pelvis Retraining
5:00-5:30	Building your Pelvic Health Network