

The Confident Physio's Guide to Core and Floor Training

Program for One Day Workshop

9.00 – 10.30

Research

- Core/Pelvic Floor Overview/Different Types of Pelvic Floor Muscle Dysfunctions
- Causes of Pelvic Floor/Core Dysfunction
- At Risk Populations of Women
- Strength v Postural Muscles

11.00 – 12.30 – Practical

FIND IT- IDENTIFYING A NEW ACTION

- Identifying Core Dysfunction
- Barriers to Learning Pelvic Floor/Core Co-ordination
- Retraining Core Dysfunction

1.30 – 2.45 – Practical

CONTROL IT- DEVELOPING NEUROMUSCULAR CONTROL

- Controlling Pelvic Floor/Core for different functions
- Protective Bracing Pattern – Functional Strength Pattern
- Bracing v Hollowing

3.00-4.15 Practical

TRAIN IT – FUNCTIONAL INTEGRATION

- Progressing functional training to gain full body integration
- Training for strength, endurance, speed and power