

Dynamic Core for Kids is a new approach to core stability for children with challenges. Shelley Mannell, PT and Julie Wiebe, PT developed and presented an online 2-day professional development curriculum based on the approach. The course recording is presented here as bundled learning [Modules 1-7](#), with each module building on the previous presentation.

Module One: An in-depth discussion of the theory, evidence and concepts for the Dynamic Core approach, a neuromuscular and systems based path to creating core stability in children with challenges. The diaphragm is presented as the intersection of multiple systems, with breath mechanics as an accessible gateway to a new pediatric model of dynamic trunk and pelvic control. The development of (a neuromuscular) core strategy in typically and atypically developing children is presented. (run time = 2 hours)

Module Two: Optimized alignment promotes the availability of individual components of the anticipatory core (Diaphragm, Pelvic Floor, TA and Multifidus) and augments their teamwork. The position of the ribcage relative to the pelvis contributes to maximized breath mechanics, core component teamwork and a balance of flexors/extensors. An assessment paradigm for evaluation of alignment, (including ribcage position) and corrective cueing appropriate to the pediatric population is presented.

Module Three: The diaphragm is the link between the postural control, sensory, balance, emotional self-regulation, GI and

continence systems. A simple assessment model for evaluation of breath mechanics and intervention strategies are presented. (Intervention is intertwined with the alignment model presented in Module 2).

Module Four: The pelvic floor is a critical player on the Dynamic Core team, and the rest of the team is critical to the function of the pelvic floor. This inter-relationship provides new external strategies for the pediatric professional to integrate the pelvic floor into programs, contributing to enhanced postural control, movement support and continence. Pediatric friendly tips included regarding palpation (When and when not to? How?) and alternative in-direct evaluation and treatment options.

Module Five: An inside-out recruitment of the deep to superficial postural relationships is critical for the creation of a postural control strategy that is both stable and responsive to the demands of function. The deep anticipatory core system (Modules 1-4) provides a deep anchor prior to movement. Module 5 builds the relationship from the deep anticipatory system foundation out to specific reactive core postural synergists. The Posterior Oblique Synergist (POS=Lats with contralateral glute max) is presented with links to anticipatory core elements, previous alignment interventions, and exercise video demonstrations.

Module Six: Continue your exploration of the postural synergists and inside-out recruitment from anticipatory to reactive core components in this module. Introduction of the

Anterior Oblique Synergist (AOS= Obliques and contralateral Adductors) and Lateral Synergist (LS=Glute Med/Min and contralateral Adductors) brings balance to the postural flexors and extensors to support optimized alignment, efficient movement and functional activities. Links to anticipatory elements, previous alignment interventions, and exercise video demonstrations are presented.

Module Seven: Case studies and an opportunity for group synthesis and collaborative treatment planning are presented. Participant final questions wrap-up this final module including a bonus after-party of Q and A with topics such as torticollis, combining Dynamic Core and sensory processing intervention and pelvic floor hypertonicity in the pediatric population.

Purchase the exercise demonstrations only without verbal instructions for set-up or correction from Dynamic Core For Kids Online. \$25

Please note: due to unavoidable internet speed and connectivity issues during the presentation, portions of some modules lost video feed of the presenters, but maintained voice over power point with embedded video demonstrations.