

Diaphragm/Pelvic Floor Piston for Adult Populations Online

Course Audience: PT, PTA, OT, OTA, AT, Kin.

This course is designed to equip adult rehabilitation professionals with the evidence, theoretical constructs and practical clinical tools to provide a neuromuscular, systems- based clinical model for postural control, inclusive of the teamwork between the diaphragm, pelvic floor and pressure systems. Musculoskeletal, movement pattern, pelvic health, and fitness issues are addressed simultaneously when this central team is coordinated, then effectively linked to the rest of the postural, movement and performance systems. All participants should apply the information within their state/jurisdictional scope of practice.

The PT/OT will gain the theoretical basis, clinical reasoning and practical tools for integrating a neuromuscular, systems-based approach to postural control from assessment to evidenced based treatment plan development integrating pelvic, musculoskeletal, and performance health concepts. Co-professional collaboration and referral will be stressed.

The PTA/COTA will gain insight to the theoretical basis for assessment process, and reasoning behind the POC designed by the therapist. Course participation and experience with specific cueing, exercise guidelines, progression parameters and treatment methods will insure continuity of care.

The Athletic Trainer/Kinesiologist (AT)/Kin will gain insight into theory, evidence and practical tools for integration of the POC into an athletes training program keeping pelvic and musculoskeletal health in mind.