

Female Athletes: Ready for Impact and High-Intensity?

Course Audience: PT, PTA, AT, Kin.

This course is designed to equip professionals that work with women who want to be fit with the evidence, theoretical constructs and practical tools to provide a holistic, neuromuscular clinical model that trains the system that provides both continence and postural control during the variable demands of fitness. This integrative, system-based approach simultaneously addresses pelvic health, musculoskeletal and performance issues during the repetitive impact loading, high IAP demands, and proximal hip control issues in running, weight training, and sport. All participants should apply the information within their state/jurisdictional scope of practice

The PT will gain the theoretical basis, clinical reasoning and practical tools for integrating a neuromuscular, systems-based approach to dynamic postural control that meets the variable demands of fitness 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 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.