

Diaphragm/Pelvic Floor Piston for Adult Populations Online: Bundle B Schedule

Module Two: Part One (45 min) Alignment

- 15 min: Alignment promotes optimized anticipatory core component availability, access to multiple systems and inputs to the brain, optimized breath mechanics and 'core strategy' reinforcement
- 15 min: Re-framing an understanding of Upper Quarter and Lower Quarter contribution to alignment (Ribcage/Pelvis) vs lumbo-pelvic position only
- 15 min: Discussion of contribution of ribcage position to alignment presentation, new definition of alignment presentation; discussion of optimal as an individualized range

Module Two: Part Two (1.5 hrs.) Alignment Screen

- 15 min: Movement/Functional Screen (form) to determine postural control deficits and inability to meet demands of function and fitness
- 45 min: Demonstration via lecture and video of detailed alignment screen with new tools to assess contribution and relationship of ribcage to pelvis
- 30 min: Demonstration of optimized alignment cues and clinical pearls; theoretical exploration of strategy reinforcement through demand changes; reinforcement of 'ease of breath' to cue individual alignment 'sweet spot'

Module Three: Part One (approx. 45 min) The Anticipatory Core: Diaphragm and Breathing Mechanics

- 15 min: Anatomical and functional review of the Diaphragm and breath mechanics; contribution to postural control, continence control, ANS down-regulation and pressure management
- 15 min: Identification of dysfunctional dominance patterns: Chest, Belly, Breath holding
- 15 min: Breath mechanics intervention strategies to optimize access to teamwork of anticipatory core and link to alignment variations/cues; Barriers to a balanced breath; Standing Diaphragm self-lab instructions.

Module Three: Part Two (approx. 1.25 hr.) Refine the Breath

- 15 min: Chest Breather intervention strategies: positioning and cueing
- 30 min: Belly Breather intervention strategies: positioning and cueing; Supine breath mechanics self-lab instructions
- 15 min: Diaphragm and breath mechanics concept synthesis through two mini-case-studies of CrossFit athletes
- 15 min: Module summary

Module Four: Part One (1 hr) The Anticipatory Core: Pelvic Floor/TA

15 min: Anatomical and functional review of pelvic floor and functional partnerships with anticipatory and reactive core elements; role in postural control and pressure management

15 min: Pelvic Floor access clinical tricks in standing

30 min: External pelvic floor assessment via direct palpation, self-palpation and indirect assessment through functional tests; results interpretation; Standing pelvic floor assessment self-lab instructions.

Module Four: Part Two (1.5 hr.) Teamwork: Find the Piston

30 min: Pelvic Floor intervention strategies; connect to the Diaphragm and create the 'Piston'; Pelvic Floor interventions self-lab instructions, find your Piston.

15 min: Pelvic Floor tips for interventions, integration into function, motor control; building 'core strategy', preparatory capacity and automaticity through "Blow Before You Go" (exhalation prior to movement to trigger deep system relationships and create anchor for the 'reactive core' in Modules 5-7

15 min: TA anatomical and functional review as it relates to Piston relationships; TA self-lab instructions

15 min: Concept Synthesis through a continuation of CrossFit mini-case studies

15 min: Module 1-4 concept highlights, summary and clinical applications

Module Five: (approx. 3 hrs) The Reactive Core: Posterior Oblique Synergist

30 min: Introduction: Format change to a recording of a live course

45 min: Recorded live participant Q and A based on information from modules 1-4

15 min: Volunteer follow-up and review of module 1-4 concepts with a "patient"

15 min: The relationship of the 'anticipatory core' with the 'reactive core' synergists (inside-out) to development of postural control; integration of alignment, central stability and recruitment order into movement; Anatomy and function of the Posterior Oblique Synergist of contralateral latissimus dorsi and glute relationship rooted in 'core strategy'

60 min: Posterior Oblique Synergist exercise lab demonstration with live volunteer; live regression and progression discussion; Posterior Oblique Synergist self-lab instructions

Module Six: The Reactive Core: Lateral Synergist/Anterior Oblique Synergist (2 hours)

15 min: Lateral Synergist Lecture: Anatomy and Function of contralateral glute med to adductor relationship rooted in 'core strategy'; reinforcement of inside-out recruitment order via "blow before you go"

30 min: Lateral Synergist exercise lab demonstration with live volunteer; live regression and progression options discussion

15 min: Lateral Synergist self-lab instructions

15 min: Anterior Oblique Synergist Lecture: Anatomy and Function of contralateral obliques to adductor relationship rooted in 'core strategy'

45 min: Anterior Oblique Synergist Lab demonstration with live volunteer; live regression and progression options discussion; Anterior Oblique Synergist self-lab instructions

Module Seven: Rotational Synergist/Gait/Plyometrics/Course Synthesis

15 min: Rotational Synergist introduction lecture: Anatomy and Function of ipsilateral deep hip lateral rotators and adductors relationship rooted in core strategy; pelvic floor link to proximal hip control for impact force attenuation (gait and running)

15 min: Rotational Synergist exercise lab demonstration with group; Rotational Synergist self-lab instructions

30 min: Gait training: postural control in motion; concept integration to dynamic functional task, evaluation and intervention strategies with live volunteer

15 min: Plyometrics and Fitness concepts: integration of concepts into fitness and impact activities

15 min: Concepts synthesis via volunteer case epilogue and course summary