



DONALD PHYSIOTHERAPY

**JUNE 1 and 2,
2019**

Hosted by



**Julie Wiebe,
Physiotherapist**

**\$750+GST
before April 15**

**\$800+GST after
April 15, 2019**

**COURSE HELD AT
DONALD PHYSIOTHERAPY
80-3211 Preston Avenue South
Saskatoon SK S7T 1C9**

LIMITED SPACES AVAILABLE!



The Diaphragm Pelvic Floor Piston for Adult Populations: Part One

Despite its inclusion in most definitions of the core, few rehabilitation or fitness programs integrate the pelvic floor or diaphragm into strengthening or neuromotor training. An integrated clinical model of the pelvic floor requires a broadened definition of pelvic floor function beyond merely maintaining continence. When linked to the diaphragm, the pelvic floor acts as a powerful stabilizer of lumbosacral, sacroiliac, pubic symphysis, and pelvic-hip joints ensuring efficient LE and UE mechanics. In addition, the dynamic interplay of these deep muscular elements will balance and harness the intra-abdominal pressure system as a component of central stability.

Clinicians will be introduced to an innovative, clinical model that incorporates a neuromuscular-based core recruitment and IAP balancing strategy, driven by external cueing of both the pelvic floor and diaphragm. This provides a sturdy, yet dynamic foundation that is responsive to the demands of function, movement, fitness and sport. Regardless of age or sport of choice, building programs that maximize results without compounding common women's health issues such as incontinence, and organ prolapse is a critical clinical skill for all clinicians who treat females (regardless of specialty).

Session participants will have the opportunity to experience the material themselves through exercises that integrate the diaphragm/pelvic floor piston into core stabilization, postural muscle patterning, gait, fitness and sport specific activities.

<https://www.juliewiebept.com/events/event/diaphragm-pelvic-floor-piston-adult-populations-part-one-2/>

**To register, email
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