

Pelvic Floor Focus Workshop 2021

For fitness professionals | 5 CPD points (REPs)
Whangarei | Wellington | Christchurch | 9am - 4pm

Please note: Workshops are subject to change depending on Covid-19 alert levels.

Part 1

Anatomy and function - pelvic floor and the core

Part 2 - What is the Core?

Types of dysfunction of the pelvic floor and the core

Who is at risk of pelvic floor dysfunction?

Rectus Diastasis

Part 3

Pelvic floor safe screening tool

Pelvic floor safe exercises

How to teach activation of deep core muscles

Part 4

Pulling it all together

Factors affecting the core

How to know if the PFMs are functioning well

Should you prescribe PFM exercises

Case examples

Knowing when to refer on

Collaborate with PF Physiotherapists

Those completing this course will be registered as Pelvic Floor Safe fitness professionals.

Aims of the workshop:

- To understand basic anatomy and function of the pelvic floor and core.
- To be aware of the types of dysfunction of the pelvic floor and core.
- To learn how to screen patients for pelvic floor dysfunction.
- To know how to apply Pelvic Floor Safety when developing an exercise programme.

23 July 2021 | 9am - 4pm

Tauria, Tikipunga High School
194 Corks Road, Tikipunga, Whangarei

20 August 2021 | 9am - 4pm

Skills Active Aotearoa, 14 Sages Lane
(Sages Lane is off Tory Street) Wellington

24 September 2021 | 9am - 4pm

Te Hapua: Halswell Centre, Piharau Room
341 Halswell Road, Halswell, Christchurch

Continen**ce** NZ

027 535 0531

zoe@continen**ce**.org.nz

continen**ce**.org.nz

PO Box 254, Waiuku 2341

This workshop is hosted by Continen**ce** NZ
in conjunction with Exercise NZ and REPs (5 CPD points)

Please note: Our workshops have a limit on registrants and many of our workshops sell out. Cancellations made 14 days or more in advance of the workshop date will receive a 100% refund. Cancellations made within 14 days will not receive a refund.

Registration Form – Attendee Details

Whangarei Wellington Christchurch

Title: Mr Mrs Miss Ms

Organisation:

Last Name:

Phone – Office: ()

First Name:

Phone – Home: ()

Position:

Email (registration not accepted without email address):

Postal Address:

City:

PAYMENT: \$75 REPs Members
 \$149 Non members