

Pelvic Floor Focus Workshop 2018

For fitness professionals

Christchurch | Auckland | Wellington

5 CPD points (REPs)

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.

13 April - Christchurch | 9am-4pm

Te Hapua/Halswell Centre, Piharau Room
341 Halswell Road, Halswell

18 May - Auckland | 10am-4pm

Jubilee building, 545 Parnell Road, Parnell, Jubilee hall

1 June - Wellington | 10am-4pm

Skills Active Aotearoa

14 Sages Lane (Sages Lane is off Tory Street), Wellington

Continence NZ

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continence.org.nz

PO Box 254, Waiuku 2341

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

Registration Form – Attendee Details

Location (please tick one):

Christchurch Auckland Wellington

Title: Mr Mrs Miss Ms

Organisation:

Last Name:

Phone – Office: ()

First Name:

Phone – Home: ()

Position:

Email: (registration not accepted without email)

Postal Address:

City:

PAYMENT: \$75 REPs Members

\$149 Non members