

Post Natal Ab Rehab

By Dianne Edmonds BAppSc (physio)

Post Natal Ab Rehab is targeted towards Fitness Professionals (encompassing Gym Instructors, Personal Trainers and Group Exercise Instructors) who want to learn to design programs for women during pregnancy and post natally. Content covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients.

Post Natal Ab Rehab explores:

- Abdominal muscle function ie. movement and stabilisation of the trunk/spine
- Factors that alter abdominal muscle function
- The effect of pregnancy on the abdominal wall
- Rectus abdominus diastasis (RAD) and its effect on muscle function
- Pelvic floor considerations
- Guidelines for teaching pregnancy and post natal abdominal bracing
- Designing a post natal abdominal rehabilitation program
- Post natal return to sport and exercise
- Screening, identifying risk factors and when to refer a client to a continence and women's health physiotherapists

Upon successful completion, course participants will:

- Be able to advise pregnant and postnatal women on the need for appropriate abdominal muscle exercises during and after pregnancy.
- Know how to screen for abdominal muscle separation
- Be able to provide women with advice regarding minimizing strain to an existing diastasis.
- Have the knowledge to teach women how to do pregnancy and postnatal abdominal muscle bracing exercises.
- Know how to screen new or existing clients for physical problems
- Be able to determine when to refer clients on for medical or physiotherapy attention

Course Creator Bio

Dianne is a physiotherapist specialising in pelvic floor fitness, pregnancy and postnatal health and exercise. She manages the Pelvic Floor First project, run by the Continence Foundation of Australia, and is the Director and founder of The Pregnancy Centre. Diane brings clinical and practical insights from over 20 years of experience with pregnancy, post natal, and pelvic floor education, treatment and fitness programs.