

Proactive Programming for the Pelvic Floor



By Dianne Edmonds
on behalf of
Continence Foundation of Australia

Part 2 of a 2 part series, **Proactive Programming for the Pelvic Floor** is targeted towards Fitness Professionals (encompassing Gym Instructors, Group Exercise Instructors and Personal Trainers) who are interested in gaining an in-depth understanding of how to modify exercise for pelvic floor safety. The information covered in the course will help Fitness Professionals minimise the injury and maximise the performance of their clients, and should be completed once Positive Practice for the Pelvic Floor (Part 1 of the series) has been successfully completed.

Proactive Programming for the Pelvic Floor explores:

- Methods for including pelvic floor education in exercise sessions
- Important lifestyle issues and their pelvic floor implications
- How to screen for pelvic floor muscle 'flags'
- Function and dysfunction of the pelvic floor.

Proactive Programming for the Pelvic Floor is delivered online using a detailed learner guide as well as video presentations and additional links/articles.

Upon successful completion, course participants will:

- Be able to include pelvic floor education in their exercise sessions through the use of the SEAR acronym
- Understand the role fitness professionals play in pelvic floor fitness
- Comprehend the impact that lifestyle issues have on pelvic floor fitness
- Identify clients with pelvic floor muscle 'flags' through the use of the Pelvic Floor Risk Surveys
- Be able to refer clients to suitable continence professionals as required.

Course Creator Bio

This course has been developed by Dianne Edmonds, Physiotherapist, on behalf of the Continence Foundation of Australia. The course builds on the success of *Pelvic Floor First*, a national social marketing campaign that is a joint collaboration between the continence and fitness industry. The evidence underpinning this course is the accumulation of national and international research and expertise, with Australia's leading Continence and Women's Health Physiotherapists involved in its development. Exercise professionals play a key role in the promotion of pelvic floor safe exercise and the Continence Foundation encourages you to get on board and play a proactive role in client education and support.

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