

## **Webinar Courses presented by Janet A Hulme PT**

Live, Online 4.5 hours 3:00- 4:30 pm MST on dates listed

You need access to high speed internet computer services with audio to access these courses. Handouts will be sent via email. A professional supply kit for each course will be sent by mail.

Learning methods include: lecture, demonstration via live webcam and dvd clips, case study application of assessment and treatment techniques, daily pretest. Participants practice techniques during the class period using supplies provided.

You must be present online during the entire course. No partial credit is available.

At completion of post test with pass rate of 75% and evaluation a certificate of completion is provided.

Cancellation by registrant is available within 10 days of course with \$50.00 cancellation fee. No refund provided within 10 days of course.

Courses are introductory level for health care professionals.

### **Abdominal Core Power**

#### **Course Objectives:**

At the conclusion of the course the participant will be able to:

1. Define three levels of core control of the trunk
2. Describe structure and function of deep inner core vs more global outer core muscles
3. Describe and demonstrate core cylinder function including breathing diaphragm, abdominals, multifidi, and pelvic rotator cuff muscles working in synergistic action
4. Describe sacroiliac and lumbosacral dynamic stability through the abdominal muscle cylinder
5. Describe postural alignment as determined by the abdominal core cylinder
6. Discuss unique aspects of abdominal core cylinder action in special populations:  
Childhood development, pregnancy & postpartum, women over 40, athletes including running, golf, football, tennis and swimming
7. Outline an assessment protocol to determine the level of abdominal core power control
8. Describe and demonstrate phases 1, 2 and 3 of abdominal core power exercises