



SEMINAR DESCRIPTION

This seminar is designed to understand the development of the diaphragm and pelvic floor muscles (PFM) as it relates to core function and continence in children. Special needs children or those with musculoskeletal asymmetries frequently have a weak core, postural compensations and develop poor bowel and bladder habits.

Did you ever consider activating a child's pelvic floor musculature in order to increase their core strength and control, and improve their functional ability?

Are you able to define what correct core activation is? Learn how to connect the ribcage, the diaphragm and the pelvic floor for proper core activation.

This seminar includes instruction in anatomy and development of the diaphragm and its relationship to the pelvic floor/core.

Focus on assessment and treatment of the core/breathing and the PFM in a school-based setting will be provided. This includes how to identify constipation and/or dysfunctional voiding habits and understanding how managing constipation can improve posture core control and breathing.

The information presented in the course applies to children who have been diagnosed with Cerebral Palsy, Downs Syndrome, ASD, Hypotonia and more.

References:

1. Constipation in Children. (2013). Retrieved June 9, 2014
2. Robin SG, Keller C, Zwiener R, et al. Prevalence of Pediatric Functional Gastrointestinal Disorders Utilizing the Rome IV Criteria. *J Pediatr* 2018; 195:134.
3. Thibodeau, B. A., Metcalfe, P., Koop, P., & Moore, K. (2013). Urinary incontinence and quality of life in children. *Journal of pediatric urology*, 9(1), 78-83.