Pregnancy and Postpartum Corrective Exercise Specialist 2.0

The PCES course was created to expand the knowledge of clinicians such as chiropractors, athletic trainers, physical therapists, and physical therapist assistants. It is designed to illuminate the concepts of exercise during the pregnancy and the postpartum periods. Clinicians are provided prenatal and postpartum diagnostic education so that they are better able to assess issues specific to these populations. Rehabilitative movements, diaphragmatic breathing, pelvic floor dysfunction, diastasis assessment and healing, progression of exercise routine and return to running are just some of the topics covered in the Prenatal and Postpartum Corrective Exercise (PCES) course. Clinicians will gain a deep working knowledge of the prenatal and postpartum conditions needed to master the individual-centered care model, subsequently improving outcomes and return to sport. There is lacking instruction on prenatal and postpartum women in many clinical fields, including athletic training. Women are often instructed to "exercise as they did prior to pregnancy" or "as tolerated," but no clear guidelines are given. Traditional strength and conditioning applications without the understanding of pressure management, the role and anatomy of the pelvic floor, and how areas above and below can affect it would put an individual at risk for further injury and limit healing in not only their pelvic floor and abdomen but their entire musculoskeletal system. At Core Exercise Solutions, Inc. we strive to provide the highest education for physical therapists, chiropractors, and athletic trainers alike. We hope that the clinicians taking the PCES course can then provide optimal care scenarios and therapeutic interventions for their patients, themselves, and their athletes.

Learning Objectives:
- Ability to identify and understand the components of the abdominal canister and define its major purpose within the human body.
- Analyze 31 exercise-related clinical case studies relating to the postpartum and pregnancy periods including pelvic floor dysfunction, muscular and kinetic chain imbalances, diaphragmatic breathing, physiological and structural changes, incontinence, and posture.
- Analyze timelines for safe return to exercise after pregnancy and apply at least 2 identifiers.
- Evaluate at least 12 potential physical ailments for each trimester during pregnancy.
- Apply knowledge of at least 5 symptoms of pelvic floor dysfunction, 4 clinical signs of diastasis recti and be able to name two corrective exercises for each.
- Analyze and identify proper diaphragmatic breathing patterns and at least 3 postural deviations potentially caused by the pregnancy and/or postpartum period.
- Identify at least 5 corrective exercises each for improper posture and relative shallow breathing patterns.
- Define at least 9 potential causes of pregnancy/postpartum-related SI dysfunction and low back pain.
- Apply rehabilitative tactics to safely progress an exercise program for an individual in the immediate and later postpartum periods.
- Recognize the difference between a hypertonic and hypotonic pelvic floor and at least 5 corrective exercises for each situation.
- Define the anatomical connections between the spine, pelvic floor, and abdominal canister.
- Analyze a minimum of 23 ailment scenarios and identify the respective assessment techniques and/or proper exercise progressions.

Dr. Sarah Ellis Duval, PT, DPT, CPT has rehabbed thousands of women with pelvic floor issues, diastasis recti, SI joint dysfunction and low back pain. With a doctorate and over 19 years of experience in the health and wellness field, she has both the extensive training and experience to bring you a cutting-edge, evidence-based course.

Earn 34 CEUs!

Course Outline
Total Course Time: 34 Hours 42 Minutes
Part 1: Anatomy (4 hours 36 minutes)
- Anatomy and Big Picture (1 hour 58 minutes)
- Test and Additional Explanations (56 minutes)
- Exercises (1 hour 6 minutes)
- Case Studies (36 minutes)
Part 2: Breathing (4 hours 8 minutes)
- Breathing (1 hour 17 minutes)
- Tests and Additional Explanations (1 hour 7 minutes)
- Exercises (57 minutes)
- Case Studies (47 minutes)
Part 3: Posture (3 hours 36 minutes)
- Pregnancy and Postpartum Posture Considerations (1 hour 21 minutes)
- Tests and Additional Explanations (19 minutes)
- Exercises (1 hour 44 minutes)
- Case Studies (12 minutes)
Part 4: Pelvic Floor (7 hours 54 minutes)
- Pelvic Floor (2 hours 57 minutes)
- Test and Explanations (1 hour 38 minutes)
- Exercises and Additional Explanations (52 minutes)
- Pelvic Floor Case Studies (58 minutes)
- Back to Running and Jumping: Strength Tests and Tips (29 minutes)
- Pelvic Floor Impact Lifting Case Studies (1 hour)
Part 5: Diastasis Recti (4 hours 22 minutes)
- Diastasis Recti (1 hour 43 minutes)
- Additional Explanations (48 minutes)
- Exercise Progression (1 hour 4 minutes)
- Case Studies (47 minutes)
Part 6: Pregnancy (2 hours 24 minutes)
- Pregnancy (1 hour 17 minutes)
- Test and Additional Explanations (48 minutes)
- Exercises (19 minutes)
Part 7: Postpartum (2 hours 25 minutes)
- Postpartum Timelines and Exercise Suggestions (1 hour 13 minutes)
- Postpartum Workout Progression (1 hour 1 minute)
- Feeding, Baby Wearing, Carrying and Lifting Tips for Moms (9 minutes)

Part 8: SI Joint and Low Back (3 hours 38 Minutes)
- Low Back and SI Joint Lessons (2 hours 13 minutes)
- Additional Explanations (14 minutes)
- Exercises (1 hour 1 minute)
- Exercise Case Studies and Additional Explanations (20 minutes)
Part 9: Kinetic Chain (1 hour 39 minutes)
- Kinetic Chain Lessons (1 hour 15 minutes)
- Exercises (24 minutes)

Pricing:
$950 for the full online course. Registration includes a hard copy course book mailed to your door and access to the course through an app and online. All materials needed are provided in the online course and course book. A military discount is available.

Online Registration:
www.coreexercisesolutions.com/pces/
The PCES 2.0 course is completely online and self-paced. We recommend completing the 34 hour course in 12 weeks but you will get access for life. There is a quiz after each section that you must pass with 75% or higher and an assessment you must fill out at the end of the course to receive your certificate of completion.

Refund Policy:
100% money back guarantee within the first 30 days. Email info@coreexercisesolutions.com to request a refund.

Continuing Education Units
BOC for Athletic Trainers- 34 CEUs, NASM- 1.9 CEUs, AFAA- 15 CEUs, CanFitPro- 4 CEUs, NPCP- 34 CEUs ,PACE - 30 Hours of Credit, Fitness Australia- 15 CEUs, REP's New Zealand- 20 CPD Points, BCRPA - 34 CEUs ,Alberta Chiropractors Association- 34 CC Hours, Mississippi State Board of Chiropractic Examiners- 12 Hours of CE, Minnesota Board of Chiropractic Examiners- 34 Regular Units

Approved Physical Therapy States Include
AR- 34 Hours, CA- 3.4 CEUs, FL- 40 Hours, IL- 34 s CE hours, LA- 34 Clinical Hours, MD- 34 Hours, MN- 33 CE Hours, NM- 34 Hours, NY- 40.8 CEUs, OH- 34.75 Hours, OK- 34 Hours Category B, TN- 3.475 CEUs, TX- 34 CCUs