

Pelvic Floor Focus Workshop 2017

For fitness professionals

Auckland | New Plymouth | Wellington | Queenstown | Christchurch | Hawkes Bay

10am - 4pm | 5 CPD points (REPs)

Part 1

Anatomy and function - pelvic floor and the core

Part 2 - What is the Core?

Types of dysfunction of the pelvic floor and the core

Who is at risk of pelvic floor dysfunction ?

Rectus Diastasis

Part 3

Pelvic floor safe screening tool

Pelvic floor safe exercises

How to teach activation of deep core muscles

Part 4

Pulling it all together

Factors affecting the core

How to know if the PFMs are functioning well

Should you prescribe PFM exercises

Case examples

Knowing when to refer on

Collaborate with PF Physiotherapists

Those completing this course will be registered as Pelvic Floor Safe fitness professionals.

Aims of the workshop:

- To understand basic anatomy and function of the pelvic floor and core.
- To be aware of the types of dysfunction of the pelvic floor and core.
- To learn how to screen patients for pelvic floor dysfunction.
- To know how to apply Pelvic Floor Safety when developing an exercise programme.

7 April - Hawkes Bay

Venue TBC

10 April - New Plymouth

Lecture Theatre, Education Centre
Level 3, Taranaki Base Hospital

12 May - Auckland

Jubilee building, 545 Parnell Road, Parnell, Jubilee hall

19 May - Queenstown

Queenstown Events Centre, Mezzanine Function Room,
Joe O'Connell Dr, Frankton

28 July - Wellington

Skills Active Aotearoa
14 Sages Lane (Sages Lane is off Tory Street), Wellington

11 August - Christchurch

Bodyfix NZ, 450 Tuam St, Christchurch

Continence NZ

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This workshop is hosted by Continence NZ
in conjunction with Exercise NZ and REPs (5 CPD points)

Registration Form – Attendee Details

Location (please tick one):

Hawkes Bay New Plymouth Auckland Queenstown Wellington Christchurch

Title: Mr Mrs Miss Ms

Last Name:

First Name:

Position:

Postal Address:

City:

Organisation:

Phone – Office: ()

Phone – Home: ()

Email: (registration not accepted without email)

PAYMENT: \$75 REPs Members

\$149 Non members