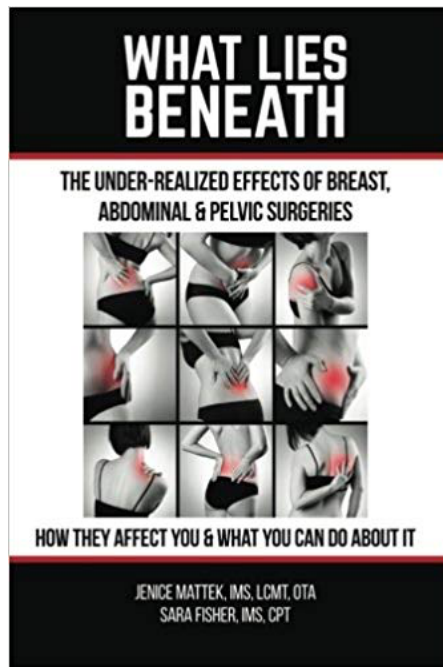


Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor 2019 Fitness Fest



This session is based upon Jenice Mattek and Sara Fisher's book (What Lies Beneath – The Under-realized Effects of Breast, Abdominal, & Pelvic Surgeries) and most recent course: Restoring the Female Core after Pregnancy, Surgery, and/or Trauma.

1. Why do so many women experience tightness and discomfort as well as chronic neck, back, and hip issues after pregnancy and surgery?

a. It's their _____!

And it's also related to their _____ after pregnancy, surgery, and/or injury.

And also, from listening to the common information that circulates our industry about training the core ☹.

However, if you keep an open mind and apply the strategies we'll share with you in this presentation, you'll be able to help so many individuals – yourself included if you are currently experiencing chronic tightness and/or discomfort – solve their chronic tightness, discomfort, and/or core-related issues ☺.

2. Improving Function: The Female Core

a. The Thoracopelvic Cylinder (TPC): 3 regions

i. The _____

ii. The _____

iii. The _____

Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor 2019 Fitness Fest

3. The TPC

- a. What is the optimal position of the TPC?
- b. Why is this position so important to trunk, spine, and pelvis/hip complex?
- c. What are some differences between the deep and superficial muscles of the core?
- d. What are the problems with common cues and recommendations such as 'pull your abs in' and/or 'squeeze your tushy' or '200 Kegels per day'?

4. Assessment – To determine the impact of your client's general posture and movement strategy

a. Self-Checks:

i. Standing:

Posture
Single Leg Stance, Pelvis/hip Rotation, One Arm
Overhead Raise

ii. Lying

Body position upon floor
Hip IR, Single Leg Lift, Single Arm Overhead Lift

Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor 2019 Fitness Fest

5. The ***Integrative Movement System™***

- a. *A proprietary and systematic approach to identifying and addressing your client's posture and movement habits and helping them develop an optimal and efficient posture and movement strategy.*
- b. 3 Guiding Principles: The Foundational A, B, C's
 - i. A_____ : must align the thoracopelvic cylinder, then the shoulder.
 - ii. B_____ : breathing recruits the proper respiratory muscles and helps align and stabilize the thorax
 - iii. C_____ : must use the muscles to align and control upward rotation and posterior tilt

6. The ***Integrative Movement System™ Corrective Exercise Strategy***

- a. Corrective exercise strategy for developing more optimal and efficient posture and movement habits and thereby improving core function.
- b. Release > Activate > Educate
 - 1. Release – _____
 - ii. Activate
 - 1. Activate – Deep Myofascial System and then Integrate Superficial Myofascial System
 - a. Happy Baby Isometric
 - b. Leg and/or Arm Lifts
 - c. Supported or Bodyweight Squat and/or Hip Hinge
 - iii. Educate
 - 1. Release chronic gripping
 - 2. Align TPC

Copyright ©2019 Institute for Integrative Health and Fitness Education –
www.IIHFE.com.

All rights reserved. No part of this handout may be copied or reproduced in any format without prior written authorization.

Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor 2019 Fitness Fest

3. Three-dimensional breathing
7. Integrate – The Functional Movement Patterns for the Core
 - i. Squat and Hip Hinge Patterns (Loaded)
 1. Squat or Traditional Deadlifts
 2. Stiff Legged Deadlifts (Hip Hinge)
 - ii. Planks, Chops, and Anti-Rotation/flexion/extension
 1. Planks
 2. Chops
 3. Anti-rotation/flexion/extension

Exercises to absolutely avoid in female clients with after abdominal/pelvic/spine surgery or chronic low back issues when sitting or bending forward:

QUESTION: Do you work with the General Population Clients including the Baby Boomer and Senior Populations, Women after Pregnancy or Surgery, or individuals experiencing chronic tightness or discomfort?

Have you been looking for a real-world strategy for improving posture, range of motion, strength and stability in your general population and older clients?

Dr. Osar and Jenice Mattek, LMT provides the strategies and distinct ‘perspective’ that health and fitness professionals like yourself need to successively and confidently work with the baby boomer & senior populations, the pre/post-natal and pre/post-rehabilitation clientele as well as individuals with osteoarthritis and joint replacements.

Jenice and her co-author Sara Fisher wrote the book, What Lies Beneath – The Under-realized Effects of Breast, Abdominal, & Pelvic Surgeries, the industry’s first book that discusses the impact of pregnancy, surgery, and trauma on the female core. Along with their course, Restoring the Female Core After Pregnancy, Surgery, Copyright ©2019 Institute for Integrative Health and Fitness Education – www.IIHFE.com.

All rights reserved. No part of this handout may be copied or reproduced in any format without prior written authorization.

Female Core 2.0: Complete Conditioning for the Core and Pelvic Floor 2019 Fitness Fest

and Trauma provides health and fitness professionals with strategies they can seamlessly incorporate into their female client's programs to address chronic tightness, weakness, and/or the feelings of 'just not feeling right' that so many women mention.

Additionally, to provide you with on-going information, tools, and strategies to help you attract and serve more individuals that want and need your services, Dr. Osar and his wife Jenice Mattek, LMT, created *The Institute for Integrative Health and Fitness Education™* (IIHFE). IIHFE is the first on-line resource entirely dedicated to providing the health and fitness professional like yourself that work with the general population a strategy for implementing the most appropriate assessments and corrective exercises into the training programs that you're already using with success.

To receive online resources and to learn more about the certification programs create specifically to help you establish yourself as the go-to specialist in your area in working with the general population with postural and movement issues and to attract more individuals that want, need and will pay you for your expertise, visit www.IIHFE.com and sign up for our FREE blog, *Integrative Movement Insider™*.

THE INTEGRATIVE MOVEMENT SYSTEM™ APPROACH TO POSTURE & MOVEMENT



UPCOMING CERTIFICATIONS:

- **October 4-6**
 - Phoenix, AZ
- **May 30 - June 1**
 - Orange County, CA

www.IIHFE.com/Certifications

DISCOUNT FOR ALL FITNESS FEST ATTENDEES!

THIS WEEKEND ONLY

Copyright ©2019 Institute for Integrative Health and Fitness Education –
www.IIHFE.com.

All rights reserved. No part of this handout may be copied or reproduced in any format without prior written authorization.