

Postpartum Rehabilitation – Karlie Causey

Introduction

- Importance of postpartum recovery and its impact on overall well-being
- Brief overview of the seminar's objectives and topics

Muscular Anatomy of the Abdomen

- Review of the abdominal muscle groups involved in postpartum rehabilitation
- Discussion of common changes in the abdominal wall during and after pregnancy
- Introduction to diastasis recti and its implications for rehabilitation

Training Proper Breathing Techniques during Pregnancy

- Understanding the role of diaphragmatic breathing in core stability
- Modifications in breathing patterns during pregnancy for optimal pelvic floor engagement
- Breathing exercises and relaxation techniques to promote postpartum recovery

Evaluating the Pregnant Female for Key Load-Bearing Movements

- Pre-screening considerations for exercise during pregnancy
- Identifying load-bearing movements and their potential impact on the postpartum body
- Assessing proper form and alignment during exercises for pregnant women
- Safe exercise modifications to accommodate the changing body during pregnancy

Building a Rehab Protocol for the Postpartum Mother

- Importance of individualized postpartum rehab protocols
- Gradual progression of exercise intensity and volume
- Core stabilization exercises to restore abdominal strength and function
- Addressing diastasis recti through targeted exercises and techniques
- Pelvic floor muscle strengthening exercises and considerations
- Incorporating cardiorespiratory fitness training into the rehab protocol

Practical Applications and Case Studies

- Discussion of practical scenarios and case studies to illustrate postpartum rehab techniques
- Adaptations and modifications based on individual needs and goals
- Troubleshooting common challenges in postpartum rehabilitation