

# Learning Through Application Course Outline

**Total Time: 18 hours 26 minutes**

## **Foundations: 4 hours 34 minutes**

**Intro to applications** 7 minutes

**Anatomy Review** 15 minutes

**Core and Pelvic Floor Education** 12 minutes

**Considerations for Continuing Exercise Program** 4 minutes

**Workout Introduction** 2 minutes

**Pressure Introduction** 4 minutes

**What is Pressure?** 8 minutes

**How the Core Affects the Pelvic Floor/Vice Versa** 22 minutes

**Foundation Release Exercises** 15 minutes

**Muscles Matter** 13 minutes

**HHP vs APT and Finding Proximal Hamstrings** 10 minutes

**Standing and Walking Posture** 12 minutes

**Hip Shift and Pelvic Rotation** 12 minutes

**Myofascial Release Cups** 5 minutes

**Exercise Programming Examples for Core and Pelvic Floor Foundational Strength** 2 hours 13 minutes

## **Diastasis Recti: 3 hours 13 minutes**

**Checking Diastasis Recti** 12 minutes

**How Fascia and the Core Muscles Affect Healing** 8 minutes

**Support for Diastasis Recti** 10 minutes

**Assessing Rib Cage Angle and Flare** 10 minutes

**What is Functional Healing of Diastasis Recti?** 5 minutes

**Exploring Exercises** 10 minutes

**Making Everything a Core Exercise** 3 minutes

**Middle Ab Gripping** 11 minutes

**Troubleshooting Different Diastasis Recti Openings** 8 minutes

**Diastasis Recti Workout Introduction** 3 minutes

**Low, Moderate and Hard Exercise Programming Examples for Diastasis Recti** 1 hour 21 minutes

**Why Diastasis Recti is More than just Core** 5 minutes

**Wide Infrasternal Angle Exercise Programming Example** 5 minutes

**Crunches EOs vs IOs** 6 minutes

**Advanced DR Workout** 16 minutes

## **Pelvic Floor: 6 hours 37 minutes**

**Kegel 101** 19 minutes

**Clocks and Kegels** 15 minutes

**Identifying Pelvic Floor Tension** 12 minutes

**When Should the Pelvic Floor Contract During Exercise?** 6 minutes

**Leaking: Stress versus Urge Incontinence** 10 minutes

**Pressure Management in Life and Lifting** 7 minutes

**Why the Rib Cage Matters for the Pelvic Floor** 8 minutes

**Prolapse Educational Presentation** 33 minutes  
**Prolapse Relieving Positions** 13 minutes  
**Low, Moderate and High Level Exercise Programming Examples for Pelvic Floor Tightness** 1 hour 29 minutes  
**Low, Moderate and High Level Exercise Programming Examples for Pelvic Floor Strengthening** 1 hour 17 minutes  
**Troubleshooting Prolapse Symptoms During Exercise** 4 minutes  
**Differences Between Front and Back Pelvic Floor Tightness** 4 minutes  
**Advanced Pelvic Floor Workout** 17 minutes  
**Bathroom habits w/ Annatina** 1 hour 23 minutes

### **Additional Education: 1 hour 25 minutes**

**Pressure Management for Coughing and Sneezing** 4 minutes  
**Long Exhales and Chronic Hyperventilation** 11 minutes  
**Resting Tongue Position** 4 minutes  
**C-Section Scar Considerations** 6 minutes  
**Rib cage Over Pelvis** 5 minutes  
**PPD with Paige** 17 minutes  
**Lifting, Carrying, and Wearing Baby Safely** 15 minutes  
**Hernia Considerations** 4 minutes  
**Spinal Flexion with a Herniated Disc Considerations** 7 minutes  
**Spinal Fusion Considerations** 4 minutes  
**Self Adductor Release Exercise** 8 minutes

### **Untwisting Exercises: 39 minutes**

**One-Sided Rib Flare Exercises** 5 minutes  
**Side Plank for One-Sided Rib Flare** 4 minutes  
**How to Line up the Hips in Half-Kneeling** 4 minutes  
**Reasons to Explore Untwisting Exercises** 5 minutes  
**Untwisting Exercises** 21 minutes

### **Additional Exercise Tracks: 1 hour 7 minutes**

**Pressure Safe Upper Body Workout** 13 minutes  
**Serratus Workout** 9 minutes  
**Foot and Arch Strength** 10 minutes  
**Running Considerations** 11 minutes  
**Upper body Myofascial Release** 13 minutes  
**Lower body myofascial Release** 11 minutes

### **Additional Tips Section: 51 minutes**

**Troubleshooting for Happier Wrists** 10 minutes  
**Improving Shallow Breathing** 3 minutes  
**Helpful Trick to Activate the Front PF and Lower Abs** 11 minutes  
**Troubleshooting Lower Ab Challenge (additional tips)** 4 minutes  
**Pelvis Smash for Hip, Ab and PF Function** 6 minutes  
**Rib Cage Smash** 6 minutes  
**Sacral Release** 3 minutes  
**Using a Towel to Help Find Your Hamstrings** 8 minutes