

Core & Pelvic Floor ReBoot Camp

By Victoria Liu, MSPT, FAAOMPT, CPI, RKC &
Ironhorse Physical Therapy & Pilates Inc.

www.ironhorsept.com

vliu@ironhorsept.com

(925)222-5446

My Background

- ▶ Licensed Physical Therapist x 20+ years
- ▶ Owner of Ironhorse Physical Therapy & Pilates Inc.
- ▶ Advanced Certification in Orthopedics (Bone, Muscle and Joint related)
- ▶ Strength and Conditioning Specialist
- ▶ Certified Pilates Instructor, TRX & Kettlebell Instructor, Post-Partum Corrective Exercise Specialist
- ▶ Triathlete/Runner
- ▶ Mother
- ▶ I fixed my own 3.5 finger width diastasis without surgery or braces





Core and Pelvic Floor ReBoot Camp

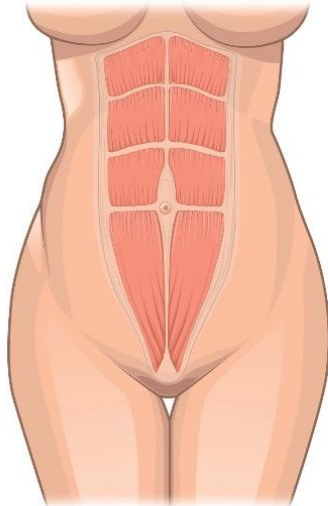
@ironhorsept
@ironptmom

VAGINALLY, WHICH
A LOT OF

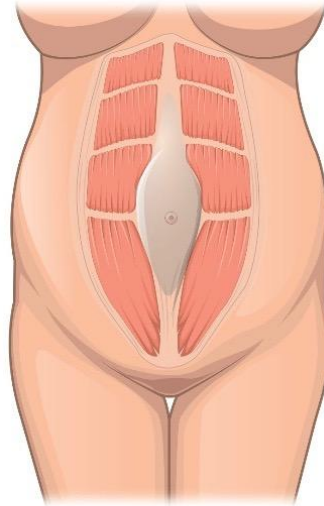
Objectives:

- ▶ Learn where to start after giving birth (besides walking)
- ▶ Learn proper posture and alignment
- ▶ Define “the core” and pelvic floor relationship
- ▶ Learn what a diastasis recti is and how to check/monitor for it
- ▶ Learn what you can do to stop peeing on yourself when coughing/sneezing, working out or running/jumping

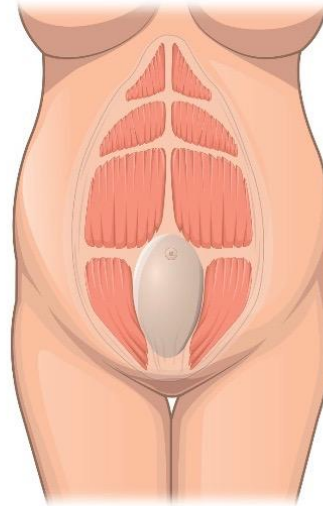
Variation of Diastasis Recti



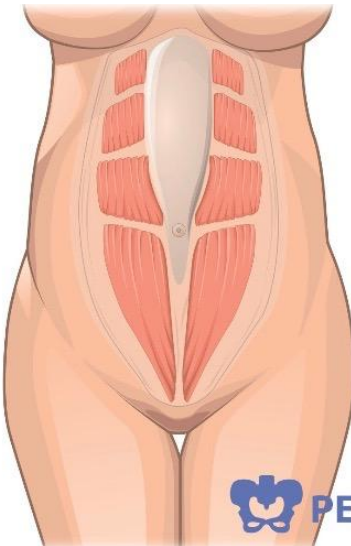
Abdomen without diastasis



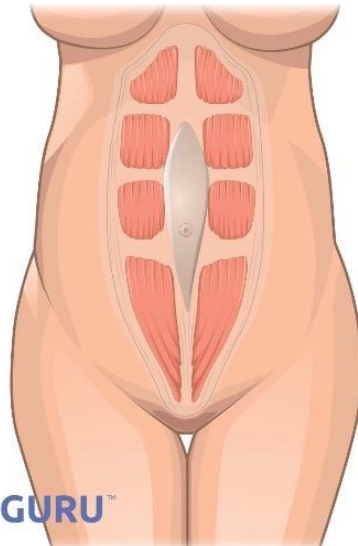
Diastasis around umbilicus



Below umbilicus diastasis



Above umbilicus



Diastasis along full

How to check for Diastasis Recti



Example of Doming and Coning



Where to begin?

- ▶ It all starts with good alignment and posture
- ▶ Your muscles cannot function optimally if you're crooked and slumped over
- ▶ What is good posture??
- ▶ If you're not strong enough yet or fatigue easily trying to maintain good alignment, make sure you support your body with “postural aids” i.e. lumbar pillow, nursing stool and chair, body pillows, back brace or abdominal splint. Do not rely on them long-term because if you don't use it, you lose it!

Strength Training is Key!!

- ▶ You need a good foundation before you build your “house”
- ▶ If you have a crummy foundation (weak core, pelvic instability), the house will need repairs or just collapse at some point
- ▶ Strength train before cardio especially that which involves running and jumping



The “Core” Defined:

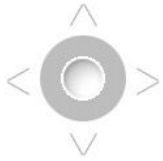
- ▶ The *balanced* development of the deep and superficial muscles that stabilize, align, and move the trunk of the body
- ▶ Includes: pelvic floor *muscles*, transversus abdominis, multifidus, internal and external obliques, hip rotators, rectus abdominis, erector spinae and the diaphragm. *Minor core muscles* include the latissimus dorsi, gluteus maximus, and trapezius

Diaphragm, Pelvic Floor and Psoas Relationship



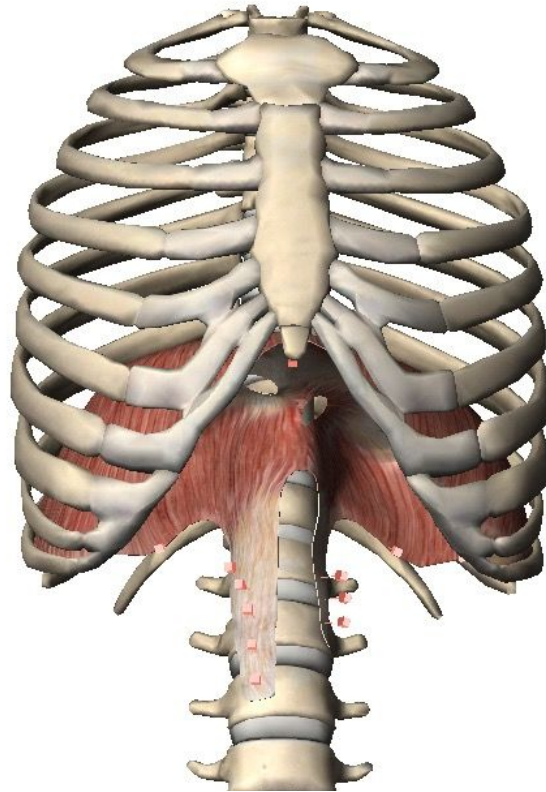
Pelvic Floor & Glutes Relationship





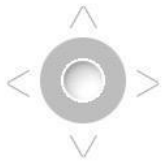
Clear All Pins

Landmarks On

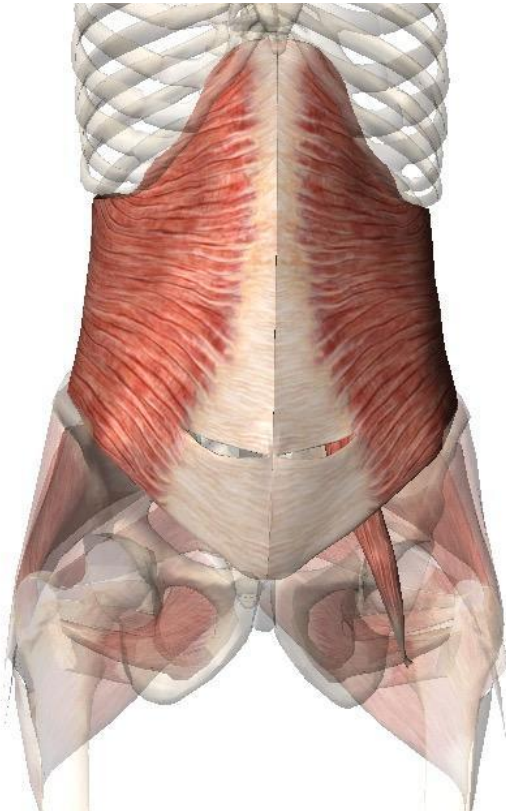


Diaphragm

Primary muscle used for breathing therefore, your “core” work should have an emphasis on proper breathing

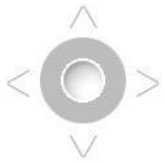


Landmarks On

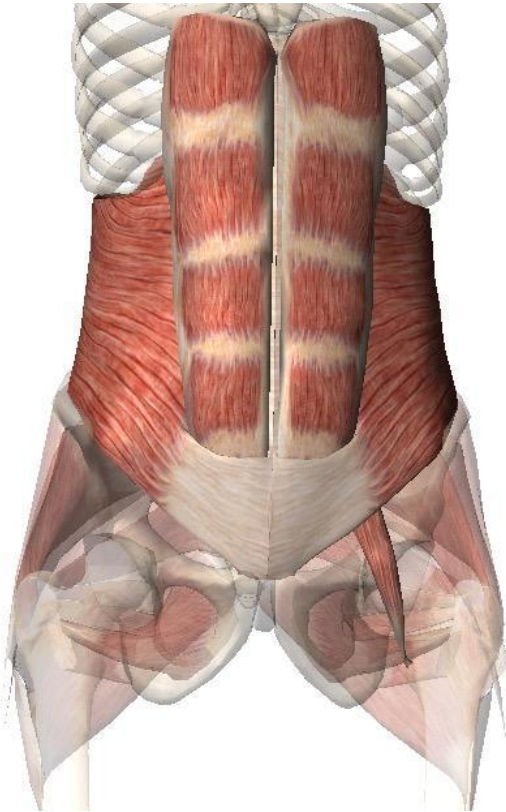


Transverse Abdominus (TA)

Your body's internal "corset", contraction helps stabilize the spine

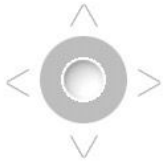


Landmarks On

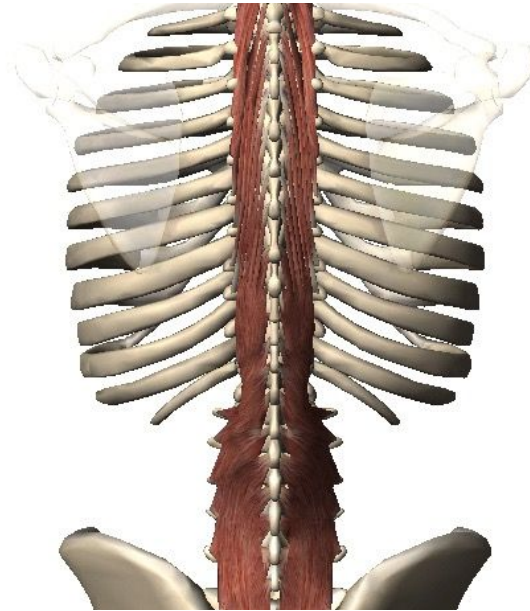


Rectus Abdominus

Six-pack muscle, can separate during pregnancy (diastasis recti)

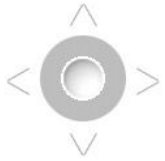


Landmarks On

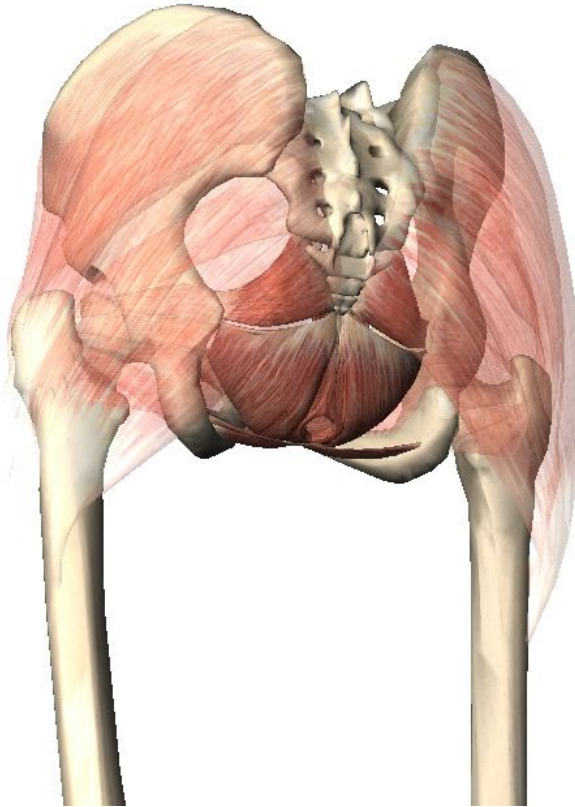


Multifidus

Spans 3 joint segments and works to stabilize these joints at each level



Landmarks On



Pelvic floor

Provides support for organs, maintenance of continence

How do you activate these core muscles?

- ▶ Start with good alignment- ribcage lined up over pelvis
- ▶ Integrate breathing with movement- avoid holding your breath or holding your stomach tight
- ▶ Inhale while expanding your ribcage to allow your diaphragm to descend (belly breath)- avoid emphasizing upper chest breathing
- ▶ Exhale as you lift pelvic floor and tighten abdominals- “Blow before you go”
- ▶ Add movement i.e. squat, deadlift, lunge, row, etc.

Are you performing your Kegels correctly?

- 1) Try stopping the flow of urine (but DON'T exercise them this way!!)
- 2) Try to hold back gas or bowel movement
- 3) Sit on a rolled up towel and try to squeeze around it
- 4) Contract around your thumb/finger (internal)

If you still have trouble finding or connecting to them, (it's estimated that 30-40% of women perform them incorrectly), make an appt with a pelvic floor therapist who specializes in re-training these muscles

The “KNACK” for coughing

- Practice lifting PF up while abdominal bracing
- Practice above while coordinating you hand/elbow to mouth then add cough
- Hold the pelvic brace slightly before, during and after cough to build endurance and also you don't know how many times you'll be coughing
- Relax the brace as your hand/elbow comes away from your mouth