



JOINT DYNAMICS

EVOLVE



"PRO-ACTIVE" PRE- AND POST- NATAL COURSE

For Fitness Professionals
1.4 NASM CEU points

SATURDAY MARCH 2ND & SUNDAY MARCH 3RD

Early Bird Price \$5250 ends Dec 31, 2023
Standard Price \$6250 from Feb 1st, 2024



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WHO?

The course is an exercise course designed for fitness professionals such as personal trainers, group fitness, yoga and pilates instructors, and health professionals such as physiotherapists and sports therapists. You do not currently have to be working with pre- and post-natal clients. We are confident that both those with experience in this field and those who are interested in learning more and moving into it will learn a lot from the course!



The course was originally written by Emma Warner, Women's Health Specialist Trainer and Jenny Fielding, Director of Women's Health Physiotherapy, and has been updated each year with the latest available research, and the valuable input from the whole Women's Health Team at Joint Dynamics Evolve.



WHEN?

The course will be from 9am-5pm on Saturday the 2nd and Sunday 3rd March 2024.

WHERE?

It will be held at Joint Dynamics in Quarry Bay.



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WHAT DOES THE COURSE INVOLVE?



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You should do this course if you are looking to improve and identify knowledge and confidence gaps within your current skill-set working with pre- and post-natal clients, or if you are keen to move into working in this area.

Our course is very comprehensive and will teach you what you need to know to train pre- and post-natal clients not only safely, but optimally.

In particular, we place a big focus on the practical side of training this client group, regarding hands-on assessment, programming and training.

As an example, we will equip you with the skills to confidently be able to do the best for clients who have issues such as pelvic floor dysfunction and pelvic organ prolapse post-natally, and how to assess and assist your client in the care of abdominal separation, both during pregnancy and afterwards.



WHAT WILL THIS COURSE ENABLE ME TO DO?

You will receive 1.4 CEU POINTS from NASM

This course will improve your confidence in working with those who have slightly more complex needs pre- and post-natally, and will help to set you apart from others in the industry, particularly with regards to practical skills.

You will not only be able to help your clients maintain and elevate their fitness, but also effectively prepare them physically and mentally for the demands of life as a parent!

As a renowned leader of Women's Health Physiotherapy and Female Fitness in Hong Kong, we are confident that this course will empower you with knowledge, and we look forward to having you join us.



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DAY 1. PRE-NATAL FOCUS

Module 1.1 Physiology and Hormones

- What is pregnancy and how does it occur?
- What are the main things happening in terms of physiology and development in each trimester of pregnancy?
- What important physiological and health considerations must we be aware of in each trimester?

Module 1.2 Anatomy in Pregnancy

- The role of the pelvic floor
- The anatomy of the abdominal wall
- The mechanics of breathing and the role of Intra-abdominal pressure
- Consider the impact posture, breathing, cues and position on the ability to engage the core

Module 1.3 Exercise in pregnancy

- Evidence-based research, pregnancy exercise guidelines and recommendations
- Benefits and contraindications of exercise in pregnancy
- “Doming” and intra-abdominal pressure throughout the trimesters
- Common pelvic floor conditions and management strategies



DAY 1. PRE-NATAL FOCUS

Module 1.4 Assessing the prenatal client

- How to appropriately screen a pregnant client before commencing or continuing exercise when pregnant
- How to objectively assess a pregnant client
- Understand why to choose certain assessments for this population and how this will inform your programming choices

Module 1.5 Prenatal Programming

- Programming development through the three trimesters
- Problem solving common issues and conditions

Module 1.6 Birth

- Modes of delivery
- Vaginal deliveries and instrumentation
- Perineal tears and epistiotomy
- Abdominal births (planned and unplanned cesareans)
- VBAC
- Impact of the different types of birth on the pelvic floor and recovery
- Birth Preparation through Exercise



DAY 2. POST-NATAL FOCUS

Module 2.1 Now Baby is Here

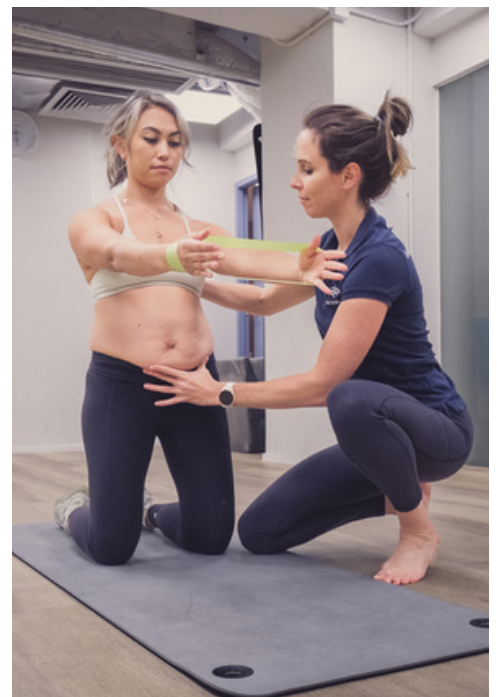
- How do I talk to my client about their birth experience? The importance of empathy and language.
- Birth Trauma - Physical and Emotional

Module 2.2 The “4th Trimester”

- What is the “4th Trimester”?
- What are the important considerations for my clients regarding both physical and mental health?
- What can I advise my clients regarding exercise before they have their 6 week doctor and physiotherapy check up?
- How do I phase someone back into exercise after their 6 week check up?

Module 2.3 Diastasis Recti

- What does the research say about diastasis recti?
- How do I properly assess a postnatal client?
- Diastasis recti treatment and exercise.





DAY 2. POST-NATAL FOCUS

Module 2.4 Assessing a Postnatal Client

- How do I properly screen a post-natal client?
- Where do I start with an Objective assessment?
- What are my training priorities?
- How do I set appropriate goals with my client?
- How will I know when to refer out for assistance from a Doctor or Women's Health Physiotherapist?
- How will I know if my client has abdominal separation or pelvic floor issues?
- How will I know if it's a problem?

Module 2.5 Programming for a postnatal client

- What is the research and guidance around returning to exercise post natively?
- How do I progress a client safely and optimally?
- When to refer for further assessment
- How to effectively train the abdominals without the common concern of "making anything worse"?
- When can my client return to running? ... To sport? To "HIIT" classes? To swimming? To lifting heavy?



DAY 2. POST-NATAL FOCUS

Module 2.6 Goal Setting

- How do I set empowering goals with my post-natal client?
- How do I do this without assuming body composition is a priority for them?
- When is it appropriate to be actively trying to lose weight if that is my client's goal?
- What does the science say about post-natal weight loss, for example regarding breast-feeding?
- What do I need to consider in helping my client be successful in reaching their body composition goals post-natally?

Module 2.7 Other Common Postnatal Conditions

- Stress Incontinence
- Pelvic Organ Prolapse
- Pelvic Girdle Pain and Low Back Pain
- “Mummy Thumb”





WHAT ELSE DO I NEED TO KNOW?

Closing Assessment:

This will be a 30 minute written multiple choice test requiring 80% to pass.

You will receive a certificate on successful completion of the course.

If you require extra time due to language or learning difficulties, please let us know .



REGISTRATION AND PAYMENT:



To register and secure your place for this course,

Early Bird Pricing \$5250 (ends Dec 31 2023)
Standard Pricing \$6250 (from Jan 1st 2024)

Payments can be made directly through the jointdynamicsevolve.com website OR in person at any of our Joint Dynamics Locations.

This course will be taught in English.

**WE LOOK FORWARD
TO HAVING YOU
JOIN US!**



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**Any Questions,
please email:**

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