

PFT Pelvic Health Coach: Level 1

Certification: Why Care about Pelvic Health? Bladder Behaviors and Fluid Intake

2 Day Certification Course: \$400.00 (12 hours)

- Wednesday, October 10, 9:00 am – 4:30 pm: Education - Why Care about Pelvic Health
- Thursday, October 11, 9:00 am – 4:30 pm: Implementation of Pelvic Health
- 1-hour lunch and two 15-minute breaks
- ACE Credits 1.2, AFAA Credits 12, NASM Credits 1.2

1 Day Test Prep: \$250.00 (7 hours)

- Friday, October 12, 9:00 am – 4:30 pm

Required Testing for Final Certification:

- Written Exam - \$50.00 (via computer test) – 6 weeks for grading
- Practical Exam - \$100.00 (dates to be determined)

Other Cost:

- Two Manuals: \$150.00

Course Summary

Wellness professionals promote prevention daily. Despite affecting 7 out of 10 women, pelvic floor dysfunction is not well-known and prevention and corrective options are lacking. This condition can occur at any age and affects hundreds of thousands of women in the U.S., yet is rarely discussed or addressed. In this course, you will learn about pelvic floor dysfunction and how to help women prevent or address the problems associated with this common, but under-recognized condition. If we can teach prevention early, awareness will increase, and the incidence of embarrassing complaints and pelvic organ prolapse will decrease.

Course Description

This course will prepare you with a thorough blend of the necessary components of advanced theory, advanced anatomy, physiology, observational skills and practical experience to implement behavioral screenings, in particular, fluid behaviors and offer corrective options for women who may be experiencing complaints from pelvic floor dysfunction. You will have increased confidence in discussing and providing relevant education, guidance and options related to issues women experience due to pelvic floor dysfunction. You will be prepared with Lyne Methodology tools and techniques necessary to teach informative education regarding bladder behavior, fluid intake and habits women practice. You will learn to share the differences between healthy and unhealthy habits to help your clients improve their pelvic health.

Course Objectives

1. Ability to implement and teach what pelvic floor dysfunction and pelvic organ prolapse means.
2. Ability to explain and teach what may put women, regardless of age, at risk for pelvic floor dysfunction and pelvic organ prolapse.
3. Ability to explain and teach the different complaints women experience associated with high versus low muscle tone in regard to the bladder and pelvic floor muscles.
4. Ability to explain and execute easy, adaptable changes in daily behavior that improve bladder and pelvic floor muscle tone leading to decreased complaints and improved quality of life.