



pfilAtesTM

pelvic floor pilates

SPEAKING TOPICS

URINARY INCONTINENCE

Learn about the anatomy of the pelvic floor and how to strengthen it. Leave with a custom home strengthening program.

MEN HAVE PELVIC FLOORS TOO!

Learn about issues affecting the male pelvic floor, such as overactive bladder, stress urinary incontinence after prostatectomy, and erectile dysfunction. Leave with practical solutions to help your male clients.

OUTCOME MEASUREMENT – THE WHAT, WHY & HOW OF TRACKING SUCCESS!

Are you measuring what you think you are? Learn why it's important to use biometric data to ensure success with your clients and set yourself apart from other trainers. What is it? Why you should be using it? How to choose valid and reliable measurement tools?

PELVIC PAIN – WHEN THE PELVIC FLOOR DOESN'T RELAX

Learn about the anatomy and physiology of the non-relaxing or high tone pelvic floor. Leave with strategies that address breathing, posture, and muscle imbalance.

THE PHYSIOLOGY OF SEXUAL DYSFUNCTION

Learn about sexual functioning (arousal, plateau, and orgasm) and the impact of aging. Leave with practical knowledge on the role of hormones, pelvic floor training, nutrition, and supplements.

PFILATES TEACHER TRAINER CERTIFICATION

8 contact hours of instruction. This course takes a deep dive into the anatomy, physiology, and neuroscience of the pelvic floor. Learn the research backed Pfilates Method of pelvic floor strengthening. Leave with a proven program to implement with your client base.