



**Mish
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Pre & Post Natal For Fitness Professionals

Mish Wright

Fitness Educator



Session 1: Safe Exercise Programming through Pregnancy

Although every woman and every pregnancy is unique, there is much that the Fitness Professional must be aware of to confidently create fitness programs for their pregnant clients and their individual needs.

Recently, there have been several changes in what pregnant women should and should not do. This training brings you all the latest research, understandings and guidelines to ensure best outcomes for you and your client.

120 minutes

In this training, you will better understand the physiological changes in each trimester. Plus know how to write a training program that both avoids injury and prepares them for the physical job of motherhood.

What we will cover:

- The "how to" work confidently within your scope of practice
- Review the current guidelines for training pregnant women. What has changed, what has not and what are their implications for your exercise prescription
- The questions you need to ask to get the right questions (and make you look professional!)
- How to design a basic pregnancy program that can be modified for each individual
- Pelvic floor muscle training in isolation



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Post Session 1:

You will be given a login to the MishWright Learning Management System to review video information to reinforce your learning and prepare you for your second live session.

You will also be able to access templates for Initial Consultation Forms to be used with both pregnancy and post-natal clients.

60 minutes

Learning Review:

- Pre-exercise screening for pregnant women
- Course prescription guide for pregnant clients
- Common pregnancy issues you need to know about
- Library of safe exercises specifically for pregnant women

Preparation for Session 2:

- How to assess DRAM (abdominal separation) video
- Postnatal Initial Consultation form
- Any questions you might have



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Session 2: The Fourth trimester / Postnatal

Being postnatal refers to the period 6–10 weeks postbirth and is often called the fourth trimester. However, women are postnatal until they are

- pregnant again, or
- menopausal. The issues that arise for many women, such as incontinence and DRAM don't magically disappear on that 6-week date... so nor should fitness programming return to how the postnatal women were trained pre-pregnancy.

120 minutes

This course will ensure that the Fitness Professional is confident to work with those who are newly postnatal right through to menopause.

What we will cover:

- Why clients need a new initial consultation after returning from every pregnancy (template in MishWright LMS)
- A review of how to check for abdominal separation (DRAM)
- Pelvic floor muscle training with movement
- Other post-partum conditions
- Pelvic health physiotherapists and how they can help you
- Question Time

Learning Materials:

- Notes and access to video material via MishWright LMS

Awards:

- Upon full attendance and completion of this workshop, you will receive a certificate of completion.

Language:

- English



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