

**ADVANCED
DYNAMIC CORE FOR KIDS**

**PELVIC HEALTH
EDITION**

**Shelley Mannell, PT
Julie Wiebe, PT**



Dates

Part 1

Saturday November 4, 2023
9-5pm EST (Online)

Part 2

Saturday November 11, 2023
9-5pm EST (In-person)

*Participants can choose Part 1 only or Part 1&2

Location (Part 2)

Variety Village
3701 Danforth Ave,
Scarborough, ON

Course Fee

Part 1- \$295 (\$310 after Sept 15th)
Part 2- \$350 (\$365 after Sept 15th)

Register

[Register Here](#)

Contact:
info@paediatricphysiotherapy.com

An understanding of pelvic floor dysfunction and continence is beneficial for all **paediatric physiotherapists and occupational therapists**, as it is a challenge faced by many children and families.

This course will increase your knowledge about the complex systems involved in pelvic health, and will provide external and functional assessment and intervention strategies to use in the paediatric clinical setting.



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PART ONE- ONLINE

November 4, 2023

During this 1 day virtual course participants will gain knowledge in:

- The development of continence and toilet training as well as issues around bladder dysfunction
- Dynamic systems assessment for continence challenges
- Intervention strategies to address the interconnection between postural control, balance, gait, constipation and continence
- Dynamic Core for Kids concepts with a focus on breath mechanics as a gateway into central control and continence systems
- Interconnections between sensory processing, interoception and emotional regulation in the context of continence

PART TWO-IN-PERSON (Part 1 is a pre-requisite to attend Part 2)

November 11, 2023

During this 1 day in-person course participants will have opportunity to:

- Explore functional and movement based assessment tools
- Practice hands-on external assessment of the diaphragm and pelvic floor function
- Learn about the assessment of abdominal wall integrity and the significance of congenital Diastasis Recti Abdominis (cDRA) on continence and balance
- Explore treatment options and progressions to offer continence control and manage cDRA



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Shelley Mannell PT is a knowledge seeker, problem solver and international speaker with a mission to bring relevant research into compassionate practice. As a physiotherapist and owner of HeartSpace Physical Therapy for Children, she has been helping children connect to their own bodies and raise their awareness of movement for over 35 years.

Shelley's enthusiasm for clinical research and education began as a clinical faculty member at McMaster University. She has shared her knowledge and experience with clinicians around the world, making sense of complex ideas about postural control for wide range of professionals.

Passionate about improving clinical practice to enhance therapy outcomes, Shelley is certified in Neurodevelopmental Treatment, Sensory Integration as well as a children's meditation facilitator. She is also the co-creator of Dynamic Core for Kids. Shelley is invested in making education accessible through live, online and on-demand continuing education courses and mentoring programs for clinicians.

www.heartspacept.com



Julie Wiebe, PT, DPT (she/her) has over twenty-five years of clinical experience in Sports Medicine and Pelvic Health, specializing in abdominopelvic, pregnancy and postpartum health for fit and athletic populations. Her passion is to return active patients to fitness and sport after injury and pregnancy and equip professionals to do the same. She has pioneered an integrative approach to promote pelvic health in and through movement and fitness. These strategies have been successfully incorporated into a variety of populations (ortho/sports medicine, pelvic health, neurology, and pediatrics).

A published author, Dr. Wiebe is a sought after speaker to provide continuing education and lectures internationally at clinics, academic institutions, conferences and professional organizations. Recently, Dr. Wiebe joined the faculty of the University of Michigan-Flint, a welcomed opportunity to pursue both her educational and research goals to promote optimized care in clinical practice across the continuum.

www.juliewiebept.com



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