



THE MUMMY MOT PHSYIO TRAINING COURSE

Pre Course Attendance Reading/Viewing:

On...Basic Pelvic Floor and Abdominal Anatomy

<http://anatomyzone.com/tutorials/musculoskeletal/pelvic-floor/>

<http://anatomyzone.com/category/tutorials/musculoskeletal/abdomen/>

On...Myofascial Lines

What is Fascia?

<https://www.youtube.com/watch?v=-uzQMn87Hg0>

What is Tensegrity?

<https://www.youtube.com/watch?v=BzgxYpDyO0M>

The Myofascial Meridians

<https://www.youtube.com/watch?v=LTt1DN3ozAs>

On... Birth Trauma

Vaginal Delivery with Episiotomy:

https://www.youtube.com/watch?v=92peWsw_4-Y

C-Section Birth:

<https://www.youtube.com/watch?v=gJeRWGxOTcA>

ON...3rd Degree Tear Management

<https://www.rcog.org.uk/globalassets/documents/guidelines/gtg-29.pdf>

On...PGP

European guidelines for treatment of PGP during pregnancy:

<https://www.rcog.org.uk/en/news/rcog-release-early-diagnosis-and-treatment-of-pelvic-girdle-pain-can-improve-a-womans-quality-of-life/>

On...RDA

<http://www.burrelleducation.com/2015/2015-diastasis-research-update-16-reasons-why-nutrition-lifestyle-matter/>

Diane Lee's new website the RDA Section

<http://babybellybelt.com/diastasis-rectus-abdominis.php>

Conference Presentation in Bristol 2013

<http://dianelee.ca/courses-conference-presentations.php>