

Learning Objectives

MedBridge

A Belly 'n' a Butt: Pediatric Core Strengthening

Liesa M. Persaud, PT, DPT, PCS, CKTP

Course Objectives:

- Discuss how strength deficits have a negative effect on functional ability.
- Review how underlying core weakness further complicates development delay, impaired balance & poor coordination.
- Apply techniques to strengthen the abdominal & gluteal muscle groups.
- Review the strength:function relationship, describe the role of core weakness in development delay, and develop a greater awareness of the negative effect of central instability on balance.
- Increase knowledge of the contribution of dysfunctional abdominals & gluteals on coordination, and understand the significance of muscular co-contraction & timing of activation.
- Apply concentric & eccentric principles and develop strategies for general strengthening.
- Utilize activities in a non-standing position and learn techniques to improve balance.
- Recognize useful strengthening movements during the first year, and explain strengthening methods for pre-schoolers.
- Identify strength games for elementary school ages and gain insight into strength moves for the older child.