

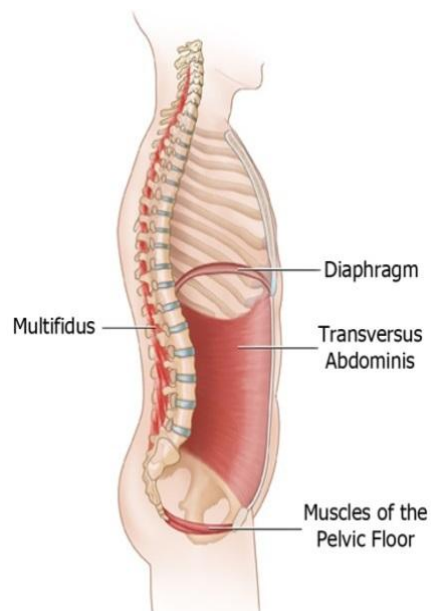
Hypopressive Training

Mind~Body~Spirit

Core Questionnaire

The deep core unit is a highly integrated fascial connection between four different parts. These parts create a pressure system that has to work together in an anticipatory fashion with our autonomic nervous system to function properly.

Here are the four parts that create your deep core: Multifidus muscles/back wall, Respiratory diaphragm/the top lid, Transverse abdominal muscles/front wall, Pelvic diaphragm/the bottom lid.



If one part of the deep core is off it will cause dysfunction within the deep core system affecting the whole body. This screening tool helps bring awareness to how important the function of the Deep Core is. Put a check next to anything that applies to you.

Diaphragm

If it affects your breathing it will have an impact on your deep core system.

- sinus problems/ hay fever or acute respiratory infection
- asthma
- cough
- chronic slumping
- stress/anxiety
- lack of cardiovascular fitness

Transverse Abdominals

The transverse abdominals can be influenced by the following.

- Cesarean section
- abdominal surgery
- history of hernia or hernia repair
- irritable bowel syndrome
- abdominal bloating
- digestive problems
- gastro bug

Deep Multifidus

Various spinal pathologies can influence the deep multifidus muscles.

- disc bulges
- degeneration
- facet pathology
- nerve root irritation

Pelvic Floor

The integrity of the pelvic floor can be influenced by.

- childbirth
- episiotomies
- post menopausal
- menstruation
- hemorrhoids
- acute urinary tract infection
- chronic constipation

A general list of symptoms that affect the deep core.

- incontinence (any involuntary loss of urine in any amount) or fecal incontinence.
- strong sense of urgency to get to the bathroom
- feeling of incomplete bladder emptying
- back pain, hip pain, pelvic pain
- chronic constipation
- pressure in the lower abdomen
- pelvic organ prolapse (symptoms may include heaviness or dullness or bulge in the pelvic area)
- inability to maintain correct posture/carriage throughout the day
- digestive problems

Did you check any boxes??

Yes? There are certain times in life when we need to look at our current exercise program and make some modifications. What worked in the past, might not be what you need today. Make sure your current exercise program and core training routine does not make symptoms worse or provoke injury to what might be a fragile deep core system.

Hypopressive Training is a program that addresses the integrity of the deep core system as a whole. It can maintain, restore or reprogram your core to function optimally, before a weak link reveals itself in the form of pain and injury.

No?? What a great time to consider Hypopressive Training as a preventative technique.

Hypopressive Training is a Restoration and Maintenance program for whole body health and wellness. Start your Hypopressive journey today...It can be life changing!

For more in-depth understanding of what Hypopressive Training is: Visit Trista Zinn's official website www.coresetfitness.com This questionnaire has been adapted from 1-2-3-4 Core Assessment, Australian Fitness Network.