



## Continuing Education Class

# *The Core: Diastasis Recti, Hernia, and Prolapse*

### Book 2 of the Essential Readings Library

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**Class Format: Home study**

**Hours/CE Credit: 24 credit hours**

**Cost: Contact Instructor for current cost.**

**Pre-requisites: Module 9**

Join Nancy Pierson and Karin Twohig on a guided journey through some of the newest and hottest topics in anatomy and physiology: fascia, biotensegrity, biomechanics, the intersection of fascia with acupuncture channels, functional anatomy. The format will be reading on your own; meeting with your cohort and instructors on the interactive online platform Ruzuku, for thought-provoking discussions on the relevance of the reading to Bowenwork; and quizzes on the reading material.

This second offering is written by Katy Bowman, a biomechanist, science communicator, and full-time mover. This text explains the science behind why we may develop pressure-related issues with our core, in a way that is both comprehensible and enjoyable; and offers alignment cues for detection of, and solutions for, these core issues.

#### **Rationale:**

As Bowenwork practitioners, we may encounter a client – even perhaps ourselves – with a hernia, diastasis recti, or prolapse of internal organs, which are each pressure-related issues. This course will educate us about the forces that contribute to those medically diagnosed symptoms; and we can then educate our clients to what Bowenwork can do to support a change, and what the clients can do for themselves.

#### **Course Aims and Outcomes:**

##### ***Aims***

We all want to speak with confidence about Bowenwork, and to perform Bowenwork with confidence. Here, we learn about the forces that contribute to some of our most intractable pressure-related issues of the core, thus impacting the way we look at, think about, and do Bowenwork.

We will explore how and why moving through the world with tight shoulders and tight legs and hips will pull on the structures of the abdomen and deform to some extent the connective tissue of the linea alba. This deformation can lead to hernias, prolapses, and a diastasis recti. If we look at these symptoms as a whole body issue, we can not only perform Bowenwork but partner with our clients to enhance awareness of alignment and the importance of movement within that alignment.

##### ***Specific Learning Outcomes:***

By the end of this course, students will be able to:

- define diastasis recti
- explain how a diastasis recti is not just a natural side effect of pregnancy
- explain how Guimberteau, a French hand surgeon, revolutionized the way we see connective tissue, as a pre-stressed network acting as an elastic link between organs
- define linea alba
- list the anatomical structures of the core
- name the Bowenwork procedures that can support the core musculature
- list 6 forces acting on the linea alba
- name the Bowenwork procedures that can support the body's normalization of the forces acting on the linea alba
- describe the forces we create through position, movement, and everyday habits that make us susceptible to developing or maintaining a diastasis recti, or deformation of the linea alba
- analyze how we move internal organs up, down, and sideways through our habits
- list 5 symptoms of movement deficit
- list all the different types of hernias and where they are located
- define each type of hernia in relation to the forces that created it
- discuss how diastasis recti is a symptom of movement deficit
- explain how increased pressure in the abdominal cavity can transfer pressure to the pelvic or thoracic cavities
- describe how our asthma exercise can be beneficial for strengthening our ribcage, so that we don't overload the abdomen with just belly breathing
- list the vessels in your torso that can be compromised by compressive garments
- list potentially compressive garments that will add unnatural pressure to the abdominal compartment
- teach your client (or know for yourself) the alignment that allows the legs to support the body, rather than the linea alba supporting the body
- explain how hypermobility can be a symptom of movement deficit

**Course requirements and set-up:** Please purchase the book *Diastasis Recti*, by Katy Bowman. Each week, on Saturday, a group of discussion prompts for a chapter will be posted on Ruzuku, an interactive online platform. By the end of the week, each person in the cohort must have participated in those discussions further than just an initial response. Each member of the cohort will also complete an online open-book quiz, on which a grade of 80% must be made.

### **Resource Readings:**

Bowman, Katy: *Diastasis Recti – The Whole Body Solution to Abdominal Weakness and Separation*. Propriometrics Press, 2016.

### **Time Allocation:**

The class will take 6 weeks to complete. It is expected that it will take two hours each week for the assigned reading and associated test. Two hours each week are also allocated for contributing to the discussions on Ruzuku, including reading others' responses and commenting. Thus, four hours per week, for six weeks: twenty-four hours total.