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# Learning Objectives

MedBridge Education  
*Pelvic Floor: The Functional Approach*  
Gary Gray, PT

## Chapter 1: The Pelvic Floor Functional Understanding

The online learners will

- Realize our previous misconceptions of function throughout the body
- Appreciate the normal development of the pelvic floor
- Understand the comprehensive Chain Reaction of the pelvic floor

## Chapter 2: The Pelvic Floor Functional Analysis Rehab

The online learners will

- Compare the traditional strategy of treatment of the pelvic floor with a functional model
- Analyze for specific causes and compensations that lead to pelvic floor dysfunction
- Take advantage of all physiological and natural drivers to facilitate tri-plane loading of the pelvic floor

## Chapter 3: The Pelvic Floor Functional Training Transformation

The online learners will

- Create effective training and conditioning programs for performance and prevention with regard to the pelvic floor
- Transform understanding of the function of the pelvic floor in order to enhance all forms of function
- Have the same blend functionally to enhance our functional opportunity