

Saturday June 22 - 1 to 5 p.m.

Female Pelvic Floor Restoration for Powerlifting

Led by Dan Hougum, MSPT & PRI Faculty



Physical Therapist Dan Hougum is certified through the Postural Restoration Institute, and will be speaking on the dysfunction of the pelvic floor musculature prevalent in many female strength athletes. The clinic will include:

- A short lecture on the philosophy of a holistic approach of restoring proper alignment and function of the pelvis, hips, core, and even rib cage, as led by PRI principles
- Explanation of how restoring proper functioning of the bigger surrounding muscles and joints will allow the pelvic floor to be in an optimal position to be properly strengthened
- Lab time for participants to practice the exercises with corrections/suggestions on best performance

Through these assessments, specific exercises will be prescribed to help put the entire body back into a more neutral position. Participants will have a chance to perform these exercises under Hougum's watchful eye so that they could continue the exercises after the clinic.

Who: Open to any female strength athlete (or male coach/trainer who trains females)

Cost: \$80 - Registration

Max: 30 Participants

More Info: Eric Stone - (630) 677-4358 or estone@2xlpowerlifting

Registration Available: 2XLPowerlifting.com