

Pelvic Floor PRO

What is Pelvic Floor PRO?

Pelvic Floor PRO is a one day course developed specifically to upskill exercise professionals, fitness instructors, Pilates instructors and personal trainers in optimising pelvic floor health for your clients. The course includes a focus on one-to-one clients and group exercise class settings.

Grounded in the latest scientific research and best-practice guidelines, this course will teach you practical strategies that you can immediately apply in your sessions for significant benefits to your clients and class participants.

By the end of the course, you will gain the knowledge, skills, and resources to:

- Support clients with existing pelvic floor dysfunction.
- Promote long-term pelvic floor health.
- Prevent dysfunction and optimise pelvic floor function.

Pelvic Floor PRO empowers you to enhance your professional toolkit and better support the health and wellbeing of your clients.

1 DAY COURSE



09:00am-16:30pm



Saturday 13th June 2026



Portarlington Community Centre

6 CPD POINTS



The CPD Standards Office
Proof It's Training You Can Trust

Delivered By



**Helen Keeble BSc (Hons),
MCSP, MPOGP, MCORU,
MISCP**

Clinical Specialist Pelvic Health Physiotherapist
Assistant Professor in Women's Health
CrossFit Level 1 Trainer
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HK Helen Keeble
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**Ruth Kavanagh, BSc (Hons),
MSc, ANutr**

Registered Associate Nutritionist
Health Researcher
www.edufit.ie



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Resources

All attendees will receive a comprehensive set of practical tools to use with your clients, including:

- Sample pelvic floor training programmes:
 - For prevention of pelvic floor muscle dysfunction (PFMD).
 - For managing symptoms such as bladder/bowel leaks or prolapse.
- 10 short 'Demonstration' and 'Follow Along' videos from Helen.
- Quick-reference guide: Top Tips for Core & Pelvic Floor Strength (1-page resource with immediate strategies).
- Client handouts: Pelvic Floor & Exercise — easy-to-share resources to support education
- Pelvic floor screening tools for both men and women.
- Nutrition resources covering bladder irritants, hydration, and fibre.

Agenda

TIME	TOPIC
9:00am	Welcome, Overview and Course Introductions. Session 1: The true core vs the pseudo core by Helen.
11:00am	Break.
11:15am	Session 1: The true core vs the pseudo core by Helen (continued).
12:00pm	Q&A with Helen.
12:30pm	Lunch Break.
13:00pm	Session 2: Pelvic floor muscle dysfunction in active adults by Helen.
13:45pm	Q&A with Helen.
14:00pm	Session 3: Preventing, treating and future proofing against pelvic floor muscle dysfunction by Helen.
15:00pm	Q&A with Helen.
15:15pm	Break.
15:30pm	Session 4: Nutrition for Pelvic Floor Health: Practical Strategies for Fitness Professionals by Ruth.
16:15pm	Q&A with Ruth.
16:30pm	Finish.

Cost

€220

To sign up please visit <https://edufit.ie/pelvic-floor-pro-june-2026/> or scan the QR code below



There will be a number of breathing, true core and pelvic floor practicals throughout the day!