

77th NATA Clinical Symposia On-Demand

BEYOND THE CORE: PRESSURE, PELVIC FLOOR, AND THE CONVERSATIONS

Abstract:

Despite comprehensive rehabilitation and performance programs, tactical athletes and active populations often suffer from recurring back pain. Traditional approaches may overlook core contributors such as dysfunctional breathing, impaired intra-abdominal pressure regulation, and pelvic floor dysfunction. This session addresses these gaps and equips athletic trainers with the clinical insight and communication tools to identify, explain, and treat these complex cases, especially when symptoms cross into “awkward” or sensitive territory. Participants will learn to normalize difficult conversations and integrate holistic bracing strategies into their evaluation and intervention plans.

Learning Objectives:

- Identify overlooked biomechanical and physiological contributors to persistent back pain, including the role of pressure regulation, diaphragmatic function, and pelvic floor coordination.
- Choose effective cueing strategies for breathing and bracing patterns that promote intra-abdominal pressure and lumbar stability.
- Recognize when red flags or “systems” symptoms (e.g., urinary leakage, GI distress, sexual dysfunction) warrant referral or modification of care.
- Apply strategies for navigating sensitive health discussions to improve patient compliance, outcomes, and long-term function.

Schedule and Format:

Available On-Demand on [NATA EducATe](#) starting July 31, 2026.

NATA Cancellation/Refund Policy:

Cancellation/refund requests for 2026 Blended Learning sessions must be emailed to membership@nata.org prior to **May 31, 2026**. Refunds will be credited back to the original payer via the method they were received. Blended learning sessions are non-refundable beginning June 1, 2026. Complete 2026 NATA Symposia Refund Policy Information can be found at convention.nata.org.



The *BOC Approved Provider Name* is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers.

PROGRAM FACULTY AND CREDENTIALS

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CONTACT HOURS

(CEUS THAT WILL BE MADE AVAILABLE)

1.0 CEUs

FEE(S)

**“Must be purchased as a
package”**

\$499 for Professional Members
\$849 for Nonmembers
\$349 Certified Member
\$99 Student Member (no CEUs)
**\$0 Retired Certified, Licensed or
Honorary**



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