

Low Pressure Fitness

LOW PRESSURE FITNESS CERTIFIED TRAINER

The International Hypopressive & Physical Therapy Institute hereby certifies that

MARGARITA CARVAJAL DURÁN

has earned the distinction of Low Pressure Fitness Certified Trainer, LPF-CT
by successfully completing the LPF training program and fulfilling all requirements.

September 30, 2022
Date of Certification

September 30, 2024
Date Certification Expires



100 724 022614
Certification Number

INTERNATIONAL
HYPOPRESSIVE & PHYSICAL THERAPY
INSTITUTE

INTERNATIONAL HYPOPRESSIVE &
PHYSICAL THERAPY INSTITUTE S.L.
N.I.F. B-27806447

Executive Director

	Theoretical	In Practice
<p>LEVEL 1</p> <p>15 H</p>	<ul style="list-style-type: none"> • Hypopressive Concept • Postural Care • Pelvic floor anatomy and physiology • LPF goals • Pelvic floor biomechanics • Pelvic floor physiopathology • Pelvic floor functional assessment • Practical and scientific evidence 	<ul style="list-style-type: none"> • Procedure, precautions and professional skills • Technical principles of initiation • Diaphragmatic myofascial release exercises • Level 1 exercises • Transitions and progressions of Level 1 sequence • Methodology and procedure in one to one LPF sessions
<p>LEVEL 2</p> <p>15 H</p>	<p>How to organize a LPF Session</p> <ul style="list-style-type: none"> • Initial assessment: <i>anamnesis & questionnaires</i> • Functional assessment: <i>respiratory tests</i> • Teaching & communication skills 	<ul style="list-style-type: none"> • Respiratory muscle training exercises • Level 2 exercises • Transitions and progressions of Level 2 sequence • Methodological adaptations of level 2 exercises • Methodology and procedure for small groups and group X LPF sessions
<p>LEVEL 3</p> <p>15 H</p>	<p>Low Pressure Fitness &:</p> <ul style="list-style-type: none"> • Neurodynamic techniques • Muscle chains, myofascial release • Respiratory physiology • Pelvic-perineal biomechanics 	<ul style="list-style-type: none"> • Myofascial release preparatory exercises • Arms torsion for LPF exercises • Level 3 exercises • Transitions and progressions of Level 3 sequence • Introduction and adaptation of LPF exercises in other training systems

+ TEST ON LINE