



2020 Course Schedule

- October 24-25, 2020 - Virginia Beach, VA
- November 7-8, 2020 - Columbus, OH
- December 5-6, 2020 - Trenton, NJ

For More Information:

Phone: 1-800-210-5856

E-MAIL: info@glseminars.com

This course is also available as a Private Course for your staff. Please call 1-800-210-5856 or visit us on the web at www.glseminars.com for more details. Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given after the two week (14 calendar days) mark before a seminar. Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of cancellation Great Lakes Seminars will not be responsible for any charges incurred by the registrant due to cancellation of the course, other than the course cost.

Continuing Education

This course has been submitted for 16 continuing education hours. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

2768 Centennial Road
Toledo, OH 43617
800-210-5856
www.glseminars.com



An Introduction to Diagnosis & Treatment of Pelvic Floor Dysfunction

2020



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Learn from specialized
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Be part of a fun weekend
that will fly by

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An Introduction to Diagnosis and Treatment of Pelvic Floor Dysfunction

Course Objectives

At the completion of the seminar, the participant will be able to:

- Correctly identify and palpate 7 specific tissues in the abdominal pelvic area that create pelvic floor dysfunction and diagnosis.
- Correctly diagnose 5 specific lumbar dysfunctions and explain how each can impact 5 pelvic floor diagnoses.
- Correctly demonstrate the ability to choose from and instruct patients in 5 specific home program exercises/techniques for the urological and gynecological systems.
- Correctly perform 5 specific mobilizations and MET to the lumbar-pelvic complex.
- Correctly palpate 7 landmarks of the pelvis, sacrum and coccyx.



Jessica Wyen
PT, DPT, ATC, CIMT

Jessica received a doctorate in physical therapy from the University of Dayton. She also has a Bachelor of Science with a focus on Athletic Training from the University of Toledo and is a certified athletic trainer (ATC). Jessica lives an active lifestyle, participating in sports and running. Jessica is a clinic director for Probiity Physical Therapy in Plymouth, MI and offers a specialized Women's Health treatment program.

Course Outline

Saturday

- 7:30am Continental Breakfast, Pre-Test
8:00am Lecture: Instruction on normal and abnormal function of the core and pelvic floor
9:00am Lecture: Anatomy instruction / review of the bones and muscles of the lumbar and pelvic region
10:30 Lecture: Instruction on the concepts of Myofascial Release and Muscle Energy Technique for the Pelvis
12:00pm Lunch (on your own)
1:00pm Lab: Bony Pelvis Palpation, MET - flares, slips, rotations
3:00pm Lab: Sacrum Palpation, MET - torsions, 3D sacral release, sacral taping, HEP
4:00pm Lecture: Coccyx
5:00pm Lab: Coccyx Palpation
5:30pm Adjourn

Sunday

- 7:30am Continental Breakfast
8:00am Lab: Coccyx Palpation, cont., MET, Mobilization, Taping
10:30am Lab: MFR Anterior Fascial Line - diaphragm, abdominals, psoas, pectineus, adductors
12:00pm Lunch (on your own)
1:00pm Lab: MFR Posterior - QL, multifidus, piriformis, glute med, QF, sacrotuberous ligament
2:30pm Lab: MFR Pelvic Floor (all external) -Ischiocavernosus, superficial transverse perineal, bulbocavernosus, perineal body, levator ani, coccygeus, obturator internus
4:15pm Lab: Case Study group work and overall review
4:45pm Question/answer session, post test, course evaluation
5:00pm Adjourn

REGISTER TODAY!

Register online at www.glseminars.com, fill out the below form and fax to Great Lakes Seminars at 800-889-0358 or mail your registration and payment to: 2768 Centennial Road, Toledo, OH 43617.

Name _____
Address _____
Phone _____
E-mail _____
Discipline _____ Fax _____

Course Location: _____
Course Fee: \$575

- Check Payable to: Great Lakes Seminars
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Confirmation Letter:
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“ The instructors are superb and obviously love what they do. Because of your courses, I have taken my clinical skills to a whole new level. ” - Virginia Beach, VA