

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 Probility 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

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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