

ESSENTIAL PELVIC HEALTH

Pelvic Rehab Manual Assessment & Treatment Techniques

***August 8-9th, 2020
181 Albany Tpke
Old Chatham, NY 12136***



Course Overview

With COVID-19 delaying large in-person continuing education courses, this exciting new hands on training has emerged! This course is designed to build confidence with pelvic floor internal and external assessments, as well as develop manual treatment techniques for pelvic rehab therapists (OT/PT).

Intended Audience: 1) therapists new to pelvic health or looking to get started, 2) practicing pelvic health therapists looking for review and to further build their manual skills. Limited space available to maintain an intimate learning experience supporting COVID-19 safety regulations.

Registration: email

Laura@essentialpelvichealth.com

EXPERIENCE LEVEL:

BEGINNER-INTERMEDIATE

*application for AOTA approved provider in progress for 16 contact hours (1.6 CEU's)

PRICING:

IN-PERSON 450\$
(lodging included if desired, inquire for details)

VIRTUAL
Individual: 450\$
(model required for participation)

Therapist model teams of 2: 800\$

Payment plans available
(inquire for cancellation fee's)



**Instructor: Laura Rowan, OT/L
Pelvic Rehab Specialist**

Agenda

DAY 1

- Overview of interview process and communication for internal/external assessments
- External observation and manual assessment
- Internal manual assessment of pelvic floor musculature and surrounding structures
- Documentation & Analysis of findings, and development of appropriate treatment protocol.

Day 2

- Review of assessment skills learned day 1.
- Introduction to a variety of manual techniques to restore mobility and balance throughout the musculoskeletal, fascial, vascular, and nervous systems.

Evidence-based manual evaluation and treatment techniques will be emphasized with outcome measures and competencies indicating learned lessons for the course work. The therapist will learn to: 1) identify key signs and symptoms of impairment, 2) demonstrate competency in assessing the pelvic floor muscles and surrounding structures. 3) demonstrate efficiency in developing intervention protocols and applying learned manual skills. Clinical treatment interventions will include internal/external manual therapy, therapeutic exercise/ neuro-muscular reeducation, ADL/IADL management, biofeedback, electrotherapeutic modalities, patient related education, psychosocial and bio-mechanical approaches, mindfulness and breathing strategies, and nervous system regulation.



SPECIAL CONSIDERATIONS

- This course is geared towards Occupational Therapists, though all appropriately licensed professionals are welcome.
- Please inquire about special accommodations if unable to participate in being a model during manual lab lessons.
- COVID-19 screening and precautions enforced.
- **Recommended preparation:**
OT Pioneers: Introduction to Pelvic Floor Therapy for Occupational Therapists
-Lindsey Vestal of the Functional Pelvis
- EPH is a Current Medical Technologies Affiliate