

# ESSENTIAL PELVIC HEALTH

## *Pelvic Rehab Manual Assessment & Treatment Techniques*

*Upcoming Offerings:*

*Nov 7-8 2020*

*Jan 23-24 2021*

[www.essentialpelvichealth.com](http://www.essentialpelvichealth.com)

### *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](mailto:Laura@essentialpelvichealth.com)**

ESSENTIAL PELVIC HEALTH IS AN AOTA APPROVED PROVIDER OF PROFESSIONAL DEVELOPMENT. COURSE APPROVAL ID# 0000000462..THIS LIVE COURSE IS OFFERED AT 1.6 CEUS BEGINNER-INTERMEDIATE LEVEL, OT SERVICE DELIVERY AND FOUNDATIONAL KNOWLEDGE.



**Approved Provider**

### **LOCATION:**

**181 ALBANY TPKE  
OLD CHATHAM, NY  
12136**

### **PRICING:**

**IN-PERSON: \$595**  
(lodging included if desired, inquire for details)

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

**Payment plans available**  
(inquire for cancellation fee's)



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

## Agenda

- Overview of interview process and communication for internal/external assessments
- Internal and external manual assessment techniques of pelvic floor musculature and surrounding structures.
- Documentation & analysis of findings, and development of appropriate treatment protocols.
- Manual treatment techniques to restore mobility and strength for balance throughout the musculoskeletal, fascial, vascular, and nervous systems.
- Development of therapeutic exercise programs, ADL/IADL management, and home programs.

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 encouraged and welcome.
- Please inquire about special accommodations if unable to participate in being a model during manual lab lessons.
- **Recommended Complimentary Coursework:**  
**OT Pioneers:** Introduction to Pelvic Floor Therapy for Occupational Therapists -Lindsey Vestal, The Functional Pelvis  
**Herman & Wallace PF1**
- **COVID-19** screening and precautions required