

Mary Free Bed
Rehabilitation Hospital



PELVIC FLOOR SERIES CAPSTONE

*Friday, April 12 –
Sunday, April 14, 2019*

LOCATION

Mary Free Bed
Professional Office Building
Meijer Conference Center
350 Lafayette Ave. SE
Grand Rapids, MI 49503

COURSE DESCRIPTION:

This course is designed to build on the skills learned in Pelvic Floor Levels 1, 2A and 2B and covers advanced topics in women's health, including endometriosis, infertility and polycystic ovarian syndrome. Day one lecture includes discussions on the endocrine system and an advanced discussion on pelvic anatomy, focusing on connective tissues (organ ligamentous support and the endopelvic fascia). Day two lecture and lab topics includes surgery complications and gynecological cancers, as well as the role of pharmacology and nutrition in pelvic health/pelvic pain. Labs include hands-on manual therapy techniques to address complications from surgery or oncology treatments. On day three, participants will have the opportunity to discuss case studies and complex patients with the instructors.

Please note, the Pelvic Floor series of courses typically fill up about two to three months before the scheduled course date. It is highly recommended that participants register well in advance to reserve their seats. If you need your employer to send a check for your registration payment, please click the Request Invoice button on the course event page to reserve your seat.

SPECIAL CONSIDERATIONS:

As this continuing education course includes extensive lab work, all attendees should come prepared to participate as both clinician and patient unless medically contraindicated (if unsure, please check with your physician prior to attending the course). Internal pelvic floor muscle examinations will be taught in labs. Past participants have found that wearing comfortable clothing that is easy for changing (such as skirts or athletic shorts) is very useful for labs. Due to temperature variations from clinic to clinic we would recommend wearing comfortable layers.

PLEASE NOTE: This course includes internal assessment and exam techniques, which will be practiced in partnered pairs in lab time. Herman & Wallace strives to foster an environment that is safe and supportive. Survivors of past trauma should be aware that performing or experiencing internal exam may be triggering, and that many, regardless of their histories, feel strong emotions when practicing these techniques. To foster an environment that is non-triggering and safe for all participants, we recommend all participants consider the emotional impact they may experience during the course, and consider consulting a trauma counselor or therapist prior to attending.

TARGET AUDIENCE:

Physical therapists • Occupational therapists • Physical therapist assistants • Occupational therapist assistants • Registered nurses • Nurse midwives • Other rehabilitation professionals. Content is not intended for use outside the scope of the learner's license or regulation. Physical therapy continuing education courses should not be taken by individuals who are not licensed or otherwise regulated, except, as they are involved in a specific plan of care.

PREREQUISITES:

This advanced-level course assumes a working knowledge and anatomical understanding of material presented in Pelvic Floor Levels 1, 2A and 2B, and it will build from that knowledge. Please take time to review those course manuals before attending.

INSTRUCTORS:

Nari Clemons, PT, PRPC

Nari Clemons was born and raised in the Midwest before moving to Portland, Oregon. At Herman & Wallace, Nari teaches the Pelvic Floor Series (PF1, 2A, 2B and PF Capstone) as well as the Meditation for Patients and Providers Course. She was one of three co-authors for the new final course in the Pelvic Floor Series, PF Capstone, as well as the author for the meditation course. Her passion is simplifying difficult concepts and techniques so participants can leave courses with confidence, enthusiasm and feeling empowered in their clinical practice.

Nari graduated from the Medical College of Ohio in consortium with the University of Toledo, with a degree in physical therapy. She owns a private practice, Portland Pelvic Therapy, where she focuses on pelvic, abdominal and neural issues. Nari has studied visceral and neural manipulation extensively, traveling to France to take courses from Jean Pierre Barral. She also is a registered yoga teacher, having trained at the Yoga Center of Seattle and It's Yoga. Additionally, she has accumulated months of time at intensive meditation retreats. Nari's approach to the body is holistic and eclectic, while being well rooted in research.

Jennafer Vande Vegte, MSPT, BCB-PMD, PRPC

After graduating from Ithaca College, Jennafer began her career as a physical therapist at Spectrum Health in Grand Rapids, Michigan. Since 2002, Jen has focused her professional attention on treating women, men and children with pelvic floor disorders. She is energized through education and enjoys

guest teaching at a local college, speaking at community events and organizing a regional pelvic floor study group. She has been faculty for Herman & Wallace Pelvic Rehabilitation Institute since 2009 and enjoys sharing her knowledge and experience in treating pelvic floor dysfunction with other rehabilitation professionals.

OBJECTIVES:

Upon completion of this continuing education seminar, participants will be able to:

1. Describe the connective tissue of the pelvic floor (organ ligamentous supports and fascia-scarpa's, camper's, endopelvic fascia)
2. Describe the common vulvar skin and connective tissue dysfunctions
3. List the common female pelvic surgery complications
4. Demonstrate three manual therapy techniques for common female pelvic floor surgery complications
5. List the female gynecologic oncology conditions
6. Demonstrate three manual techniques for common oncology complications
7. Describe the hormonal dysfunction considerations throughout the life cycle
8. Demonstrate perineal release techniques
9. Describe the role of pharmacology and nutrition in pelvic health/pelvic pain
10. Describe nutritional approaches to decrease inflammation

SCHEDULE

Day One Agenda:

7:30 – 8 a.m.	Registration/Continental Breakfast
8 – 8:30 a.m.	Introductions, Objectives and Overview
8:30 – 10 a.m.	Anatomy and Function of Abdominopelvic Connective Tissues
10 – 10:15 a.m.	Break
10:15 – 11:15 a.m.	LAB Activity 1: Working with fascia: abdomen
11:15 a.m. – 12:30 p.m.	Endocrine Changes Throughout the Lifespan
12:30 – 1:30 p.m.	Lunch
1:30 – 2:30 p.m.	Endocrine Changes Throughout the Lifespan (continued)
2:30 – 3:45 p.m.	LAB Activity 2: Advanced vaginal muscle techniques
3:45 – 4 p.m.	Break
4 – 4:45 p.m.	Endometriosis
4:45 – 5 p.m.	Questions/Test
5 p.m.	Adjourn

Day Two Agenda:

7:30 – 8 a.m.	Registration/Continental Breakfast
8 – 8:15 a.m.	Questions and Answers from Day One/Test Review
8:15 – 9:15 a.m.	PCOS and Fibroids
9:15 – 10:15 a.m.	Vulvar Skin and Connective Tissue Dysfunctions
10:15 – 10:30 a.m.	Break
10:30 a.m. – Noon	LAB Activity 3: Perineal release techniques
Noon – 1 p.m.	Lunch
1 – 2:15 p.m.	Common Female Pelvis Surgeries
2:15 – 3:15 p.m.	Special Topics in Surgeries
3:15 – 3:30 p.m.	Break
3:30 – 5 p.m.	LAB Activity 4: Rehabilitation techniques for common female surgery complications
5 – 5:15 p.m.	Questions/Test
5:15 p.m.	Adjourn

Day Three Agenda:

7:15 – 7:30 a.m.	Registration/Continental Breakfast
7:30 – 7:45 a.m.	Questions from Day Two/Test Review
7:45 – 9 a.m.	Gynecological Oncology
9 – 9:15 a.m.	Break
9:15 – 10:30 a.m.	Gynecological Oncology Treatment Procedures
10:30 – Noon	LAB Activity 5: Oncology considerations and Lymphedema
Noon – 12:45 p.m.	Lunch
12:45 – 2:15 p.m.	Nutritional Approaches to Decrease Inflammation
2:15 – 3:15 p.m.	Pharmacologic Considerations in Pelvic Rehab
3:15 – 3:30 p.m.	Break
3:30 – 4 p.m.	Putting it all Together
4 – 4:15 p.m.	Questions/Test
4:15 p.m.	Adjourn

REGISTRATION INFORMATION

Price: \$695 (\$725 within one month of the course)

Discounts are available. Please check the website below for details.

Experience Level: Advanced

Contact Hours: 22.5

Please follow the link below to register.

(Registration is only available through this link)

<https://hermanwallace.com/continuing-education-courses/pelvic-floor-series-capstone/grand-rapids-mi-april-12-14-2019>

Questions: Contact the Medical Education Department at 888.492.9934 or medical.education@maryfreebed.com

AIRPORT AND HOTEL INFORMATION

The closest airport (about 20 minutes from the hospital) is the Gerald R. Ford International Airport located at 5500 44th St. SE, Grand Rapids, MI 49512. www.flygrandrapids.org

There are many lodging options in and around the Grand Rapids area including but not limited to:

AMWAY GRAND PLAZA HOTEL

187 Monroe Ave. NW, Grand Rapids, MI 49503
616.774.2000
0.9 miles west of Mary Free Bed

HOLIDAY INN

310 Pearl St. NW, Grand Rapids, MI 49504
616.235.7611
Downtown Grand Rapids at 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton and Monroe
One mile west of Mary Free Bed

HOMEWOOD SUITES BY HILTON

161 Ottawa Ave. NW, Grand Rapids, MI 49503
616.451.2300
One mile northwest of Mary Free Bed

HAMPTON INN & SUITES - DOWNTOWN

433 Dudley Pl. NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

6569 Clay Avenue SW, Grand Rapids, MI 49548
616.871.9700
South of downtown Grand Rapids at 131 and 68th Street
Nine miles south of Mary Free Bed

SPRINGHILL SUITES BY MARRIOTT

450 Center Dr., Grand Rapids, MI 49544
616.785.1600 or 888.287.9400
springhillsuites.marriott.com
1-96 and Alpine Avenue
Five miles north of downtown Grand Rapids

STAYBRIDGE SUITES BY HOLIDAY INN

3000 Lake Eastbrook Blvd. SE, Kentwood, MI 49512
616.464.3200
29th Street and Lake Eastbrook Boulevard
Eight miles east of Mary Free Bed

SLEEP INN & SUITES

4824 29th St. SE, Grand Rapids, MI 49512
616.975.9000
29th Street and East Paris Avenue
Eight miles east of Mary Free Bed

If you require special arrangements to fully participate in this workshop, please call 616.840.8292

