

Mary Free Bed
Rehabilitation Hospital



PELVIC FLOOR LEVEL 2B

Friday, Sept. 11-Sunday, Sept. 13

LOCATION

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

COURSE DESCRIPTION

This three-day intermediate-level continuing education course further defines skills and knowledge learned in the foundational Pelvic Floor Level One course. Specific, advanced examination techniques such as pelvic muscle mapping and interventions, including downtraining of overactive muscles, is instructed. With a specific focus on urogynecologic conditions such as prolapse and pelvic organ descent, various pelvic pain diagnoses and abdominal wall rehabilitation, the participant will be able to learn specific skills to treat conditions that have a significant negative impact on a woman's health. Evidence-based references and case studies will be presented for thorough understanding of current medical evaluation and management of each condition.

Instruction in female urogynecologic anatomy occurs throughout this continuing education course, along with education in current terminology and clinical models related to trunk and pelvic control. Detailed internal vaginal and external perineal examinations are included in the practical lab activities, during which the participant will have two instructors and several experienced lab assistants as guides. An entire lecture is dedicated to the management of prolapse and pelvic organ descent so that the pelvic rehabilitation provider will be able to develop clinical and home program strategies for the patient who presents with conditions such as rectocele, cystocele or uterine prolapse.

Common conditions associated with female pelvic pain are included throughout the three days of education. Such diagnoses may include vulvar pain, vestibulitis, interstitial cystitis or bladder pain syndrome, episiotomy, dyspareunia, lichen sclerosis, lichen simplex or lichen planus. Both abdominal and pelvic muscle tenderness is higher in patients who have chronic pelvic pain and increased pelvic muscle tender points have been noted to correlate with higher rates of depression, dyspareunia (pain with sexual function) and bowel dysfunction (Montenegro et al., 2009; Montenegro et al., 2010). Assessment and treatment of pelvic and abdominal wall tender points is instructed along with abdominopelvic nerve dysfunction and relaxation training. These are strategies the clinician can employ immediately following completion of this continuing education course. The important and sensitive topic of sexual abuse and trauma as it relates to pelvic dysfunction and to care of the patient is discussed.

SPECIAL CONSIDERATIONS

As this continuing education course includes extensive lab work, all course attendees should come prepared to participate as both clinician and patient. Vaginal pelvic floor muscle examinations will be taught in labs conducted under the supervision of instructors and teaching assistants. There will be a ratio of at least one instructor/assistant for every 10 participants. 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 recommend wearing comfortable layers.

The Herman & Wallace Institute welcomes all professionals who are appropriately licensed at our courses. Being born with a vagina and other female anatomy is not a prerequisite for attending or participating fully in our courses. No one participant will be required to partner with any other one participant during labs.

Vaginal examination and internal myofascial manual therapy prior to 32 weeks gestation is not the common standard of medical practice. Participants who are pregnant who wish to participate fully in the entire course, including in lab, must bring a clearance letter from their physician allowing them to participate in the labs is required. Participants who are pregnant also have the option of bringing their own lab model for examination, or they have the option of working in a group of three during lab times.

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 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.

PREREQUISITES

Pelvic Floor Level 1 through Herman & Wallace or Pelvic PT 1 through the APTA is required. Exceptions to this policy may be granted on a case-by-case basis; to inquire about exceptions, please contact us.

AUDIENCE

This continuing education seminar is targeted to physical therapists, occupational therapists, physical therapist assistants, occupational therapist assistants, registered nurses, nurse midwives and 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.

ASSIGNMENTS

To derive the most benefit from this course, we ask our participants to internalize the required reading materials and complete a diary assignment prior to attending. Please complete this assignment prior to the first day of the seminar.

***See website for Prerequisite Skills Review.

REQUIRED READINGS (see website for details)

1. Stress Urinary Incontinence and Pelvic Load Transfer by Diane Lee and Linda-Joy Lee
2. Articles from the National Vulvodynia Association website on vulvodynia and its diagnosis
3. Painful Bladder Syndrome/Interstitial Cystitis by Jane M. Meijlink
4. Review the anatomy of the pelvis and perineum
5. The Standardization of Terminology of Pelvic Floor Muscle Function and Dysfunction Report from the Pelvic Floor Clinical Assessment Group of the ICS
6. Gray's Anatomy for Students - eBook available at a 20% discount at the preceding link (use discount code ELS25OFF). Registrants who already own a copy are not required to purchase an additional one. Please contact us with any questions about the use of this text as a required reading in this course.

REFERENCES

- De Souza Montenegro, M. L. L., Mateus-Vasconcelos, E. C. L., Silva, J. C. R. E., Nogueira, A. A., Dos Reis, F. J. C. and Poli Neto, O. B. (2010). Importance of pelvic muscle tenderness evaluation in women with chronic pelvic pain. *Pain Medicine*, 11(2), 224-228.
- Montenegro, M. L. L. S., Gomide, L. B., Mateus-Vasconcelos, E. L., Rosa-e-Silva, J. C., Candido-dos-Reis, F. J., Nogueira, A. A. and Poli-Neto, O. B. (2009). Abdominal myofascial pain syndrome must be considered in the differential diagnosis of chronic pelvic pain. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 147(1), 21-24.

OBJECTIVES

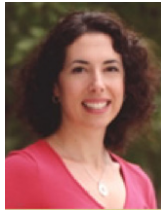
Upon completion of this continuing education seminar, participants will be able to:

1. Identify anatomy/pathophysiology of the female reproductive and urologic systems with reference to vaginismus, vulvodynia, dyspareunia, pelvic organ prolapse and interstitial cystitis/painful bladder syndrome
2. Identify specific pelvic floor muscle locations with external and internal vaginal examinations
3. Perform internal vaginal myofascial and soft tissue treatment techniques to the pelvic muscles
4. Describe and teach three neuromuscular relaxation training techniques for the pelvic muscles
5. Perform an SEMG pelvic floor muscle assessment and interpretation for appropriate treatment intervention
6. Perform external perineal examinations appropriate for vaginismus, vulvodynia, dyspareunia, pelvic organ prolapse and interstitial cystitis/painful bladder syndrome
7. Perform patient-related education and behavioral instruction pertaining to discussed urogynecologic conditions
8. Demonstrate muscle assessment tests to identify anterior and posterior vaginal wall relaxation (pelvic organ prolapse)
9. Develop treatment plans for pelvic pain syndromes
10. Complete appropriate screening and referral as needed for patients healing from sexual trauma

INSTRUCTORS

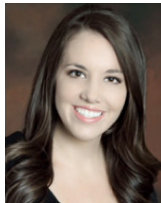
Jennafer Vande Vegte, MSPT, BCB-PMD, PRPC

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, organizing a regional pelvic floor study group and part-time home schooling her two daughters. She has been faculty for the Herman and Wallace Pelvic Rehabilitation Institute since 2009 and loves to inspire other rehabilitation professionals with her knowledge and experience in treating pelvic floor dysfunction. She is certified in pelvic floor physical therapy and biofeedback for pelvic floor disorders.



Jessica Reale, PT, DPT, WCS

Jessica is a board-certified specialist in women's health and is passionate about working with men and women with pelvic floor disorders. She earned a Bachelor of Science in Kinesiology at Gordon College and a doctorate in Physical Therapy from Duke University. Jessica is active in the American Physical Therapy Association and the Section on Women's Health, having served on the educational review committee and the functional outcome measures taskforce. She is passionate about educating the community and practitioners on pelvic floor disorders and has taught seminars locally as well as presented at conferences, as adjunct faculty in physical therapy orthopedic and sports residency programs, and as a guest lecturer for multiple graduate programs in physical therapy and medical residency programs. Jessica also teaches regular live webinars on topics related to pelvic health through Therapy Network Seminars. Jessica treats patients at One on One Physical Therapy in Atlanta and runs an online educational blog on pelvic health (www.jessicarealept.com).



AGENDA

Friday, Sept. 11

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8:15 a.m.	Objectives, introductions, overview
8:15-9:15 a.m.	Pelvic rehab concepts, anatomy, specific palpation
9:15-10 a.m.	Prolapse anatomy, evaluation and treatment
10-10:15 a.m.	Break
10:15-11:15 a.m.	Prolapse anatomy, evaluation and treatment (continued)
11:15 a.m.-12:15 p.m.	Lab 1: Specific layer palpation and prolapse
12:15-1:15 p.m.	Lunch (provided)
1:15-2:15 p.m.	Medical and multidisciplinary management of pelvic pain
2:15-3:15 p.m.	Examination skills pelvic pain
3:15-3:30 p.m.	Break
3:30-4:30 p.m.	Lab 2: Examination techniques for pelvic pain
4:30-5 p.m.	Mini prolapse and pain case discussions
5-5:15 p.m.	Summary and questions, post-test
5:15 p.m.	Adjourn

Saturday, Sept. 12

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8:15 a.m.	Questions from Day 1
8:15-9:45 a.m.	Specific conditions: vulvar pain, dyspareunia and vaginismus
9:45-10 a.m.	Break
10-11 a.m.	Neuromuscular relaxation training
11 a.m.-12:45 p.m.	Lunch (provided)
12:45-2:30 p.m.	Specific conditions: Interstitial cystitis, endometriosis, PCOS, UTI
2:30-2:45 p.m.	Break
2:45-3:45 p.m.	Pelvic pain manual skills
3:45-5 p.m.	Lab 4: Pelvic pain manual skills
5-5:15 p.m.	Summary and questions, post-test
5:15 p.m.	Adjourn

Sunday, Sept. 13

7:30-8 a.m.	Registration/Continental breakfast (provided)
8-8:15 a.m.	Questions
8:15-9:15 a.m.	Trauma-informed care
9:15-10:15 a.m.	Breathing and pressure management
10:15-10:30 a.m.	Break
10:30-11:15 a.m.	Lab 5A: Breathing and pressure management
11:15 a.m.-12:15 p.m.	Abdominal neuromyofascial techniques
12:15-1 p.m.	Lunch (provided)
1-2:15 p.m.	Lab 5B: Abdominal neuromyofascial techniques
2:15-2:30 p.m.	Break
2:30-3:15 p.m.	Case studies, treatment progressions, resources
3:15-3:30 p.m.	Post-test, course evaluations, questions and course summary, wrap-up
3:30 p.m.	Evaluation/Adjourn

REGISTRATION INFORMATION

Please note, the Pelvic Floor series of courses typically fill up two to three months before the scheduled course date. It is highly recommended that participants register well in advance to reserve 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.

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

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

Experience Level: Intermediate

Contact Hours: 22.5

Please follow the link below to register:

<https://hermanwallace.com/continuing-education-courses/pelvic-floor-level-2b/grand-rapids-mi-september-11-13-2020>

Questions: Contact Herman and Wallace at 646.355.8777 or <https://hermanwallace.com/contact-us>.

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 U.S. 131 and Pearl Street
One mile northwest of Mary Free Bed

DOWNTOWN COURTYARD BY MARRIOTT

11 Monroe Ave. NW, Grand Rapids, MI 49503
616.242.6000 or 800.321.2211
Downtown Grand Rapids at Fulton Street and Monroe Avenue
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 Place NE, Grand Rapids, MI 49503
616.456.2000
One mile north of Mary Free Bed

HOLIDAY INN EXPRESS HOTEL & SUITES

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

SPRINGHILL SUITES BY MARRIOTT

450 Center Drive, 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

