

Mary Free Bed
Rehabilitation Hospital



PELVIC FLOOR LEVEL 1

*Friday, Sept. 13 –
Sunday, Sept. 15, 2019*

LOCATION

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

COURSE DESCRIPTION:

This continuing education course is a three-day seminar designed to provide a thorough introduction to female pelvic floor function, dysfunction and treatment interventions. It is geared to the physical therapist who wants to synthesize the information and apply it to individual treatment programs for urinary incontinence or the musculoskeletal components of urogynecologic pain syndromes such as chronic pelvic pain (CPP), vulvar pain and interstitial cystitis/painful bladder syndrome (IC/PBS). This continuing education seminar teaches evaluation and treatment interventions by instructional assessment of the pelvic floor muscles with internal vaginal examination and SEMG biofeedback assessment. The information is immediately applicable to clinical practice.

Presentation of evidence-based evaluation and treatment techniques will be emphasized. Outcome measures and quality-of-life questionnaires will be presented for both urinary incontinence and pain syndromes. Daily lab time allows for supervised instruction of pelvic floor muscle evaluation with external palpation and internal vaginal examination of pelvic floor musculature. For each condition the therapist will learn to: recognize the key signs and symptoms that lead to impairment, functional limitations and disabilities; use an evaluation/outcome tool; and perform a suggested protocol of treatment interventions. Clinical treatment interventions will include therapeutic exercise, SEMG biofeedback, external manual therapy, patient-related education/behavioral instructions and electrotherapeutic modalities.

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. Labs will be conducted under the supervision of instructors and teaching assistants. There will be a ratio of at least one instructor/assistant for every ten 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 would recommend wearing comfortable layers.

Herman & Wallace 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.

Pregnant course attendees may participate fully in the entire course if they bring their own lab model for examination. If the attendee insists on lab participation we require a clearance letter from their physician allowing them to participate in the labs. We strongly recommend that pregnant attendees bring a model, as vaginal examination and internal myofascial manual therapy prior to 32 weeks gestation is not the common standard of medical practice. If pregnant participants cannot bring a model, they have the option of working in a group of three during lab times.

This course instructs in the use of biofeedback equipment. Equipment at the course will be supplied by our biofeedback vendor, Current Medical Technologies. If you would like to contact them prior to the course to inquire about equipment purchases, you can do so via www.cmtmedical.com. Tell the representative the name of the Herman & Wallace course you are attending and they can provide you with assistance.

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 a safe and supportive environment. 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.

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 people 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. We ask that participants keep a personal bladder diary measuring and recording fluid intake and urine output for two days; one work day and one non-work day. Specific measurements (use a large measuring cup or urine collection "hat") of urine output are needed for at least one day, and on the following day, one can estimate by counting seconds while voiding.

1. [Bladder Diary](#) (Print two copies)
2. [Bladder Diary Assignment Instructions](#)
3. [Patient History Form](#)

Required Readings:

1. [Diagnosis, Treatment and Prevention of Urinary Incontinence](#)
2. The International Pelvic Pain Society [Patient's Booklet on Chronic Pelvic Pain](#)
3. [Principles of Biofeedback](#) from Professor Tim Watson's website – an incredible resource!
4. [Neuromuscular Electrical Stimulation](#) (a download from Tim Watson's site: electrotherapy.org.)
5. [IUGA/ICS](#) report on female pelvic floor terminology
6. Many participants find it helpful to review the anatomy of the [pelvis and perineum](#).
7. [Gray's Anatomy for Students](#) - Available at a 20 percent discount for Herman & Wallace registrants (use discount code ELS25OFF). Registrants who already own a copy are not required to purchase an additional one. An ebook version of Gray's Anatomy for Students also is available through the above link.

Please [contact us](#) with any questions about the use of this text as a required reading in this course.

AGENDA

Friday, Sept. 13

7:30-8 a.m.	Registration/Continental Breakfast
8-8:30 a.m.	Introductions, Goals, Objectives
8:30-9:30 a.m.	Female Pelvic Floor (PF) Anatomy and Function
9:30-9:45 a.m.	Break
9:45-11:15 a.m.	Pelvic Floor Evaluation
11:15 a.m.-12:15 p.m.	Lab 1: Pelvic Floor Exam Techniques Part 1: Observation, Identification, Muscle layers, ICS Scoring*
12:15-1:15 p.m.	Lunch
1:15-2:15 p.m.	Pelvic Floor Evaluation (Cont.)
2:15-3:15 p.m.	Lab 2: PF Exam Techniques Part 2: PF MMT, Laycock Exam, Pelvic Clock, Obturator Internus*
3:15-3:30 p.m.	Break
3:30-4:15 p.m.	Functional Screening for Pelvic Rehab: ASLR, SLS, Diastasis Recti Abdominis
4:15-5:15 p.m.	Lab 3: SLS, ASLR, Diastasis Assessment
5:15 p.m.	Adjourn

Saturday, Sept. 14

7:30-8 a.m.	Registration/Continental Breakfast
8-8:15 a.m.	Questions from Day 1, Post-test Day 1
8:15-9:30 a.m.	Intro to Pelvic Dysfunctions, Urinary Incontinence
9:30-10 a.m.	Behavioral Interventions for Urinary Dysfunction
10-10:15 a.m.	Break
10:15-10:45 a.m.	Lab 4: Bladder Diary Activity
10:45 a.m.-12:30 p.m.	Lab 5: SEMG Biofeedback & Electrical Stimulation Application*
12:30-1:30 p.m.	Lunch
1:30-2:45 p.m.	Pelvic Organ Prolapse
2:45-3 p.m.	Break
3-4:15 p.m.	Lab 6: Pelvic Floor Examination and Prolapse Exam, External Palpation*
4:15-5:15 p.m.	Introduction to Female Pelvic Pain
5:15 p.m.	Adjourn

Sunday, Sept. 15

7:30-8 a.m.	Registration/Continental Breakfast
7:45-8:15 a.m.	Questions, Post-test Day 2
8:15-10:15 a.m.	Sexuality & Trauma Issues in Female Pelvic Pain
10:15-10:30 a.m.	Break
10:30-11:30 a.m.	Specific Diagnoses in Female Pelvic Pain
11:30 a.m.-12:30 p.m.	Therapeutic Exercise in Female Pelvic Floor Dysfunction
12:30-1:15 p.m.	Lunch
1:15-2:30 p.m.	Lab 7: Final Pelvic Rehabilitation Examination, Evaluation, & Treatment*
2:30-2:45 p.m.	Break
2:45-3:30 p.m.	Case Studies
3:30-4 p.m.	Resources, Billing, Marketing
4-4:15 p.m.	Questions, Post-test Day 3
4:15 p.m.	Evaluation/Adjourn

*Lab includes internal evaluations

OBJECTIVES:

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

1. Identify the muscle layers and specific muscles of the pelvic floor
2. List the pelvic floor muscle functions
3. Describe and perform pelvic floor muscle evaluation techniques using observation, vaginal palpation and SEMG biofeedback
4. List appropriate outcome measure tools for urinary incontinence, pelvic organ prolapse and pelvic pain
5. List indications, precautions, contraindications and universal precautions for pelvic floor examination and treatment
6. Identify specific pelvic pain conditions (vulvodynia, IC and CPP) and common physical therapy interventions
7. Identify the various types of urinary incontinence and behavioral treatment options available to the physical therapist
8. List two diagnoses that would benefit from applications of electrotherapy
9. Describe the applications of SEMG biofeedback for the pelvic floor
10. Develop evidence-based treatment plans and progressive clinical goals for female pelvic floor dysfunctions

INSTRUCTORS:

Teri Elliott-Burke, PT, MHS, BCB-PMD

Teri Elliott-Burke has been practicing physical therapy since 1978. She received a master's in Health Science from the University of Indianapolis, a certificate in physical therapy from Northwestern University Medical School and a Bachelor of Arts in Biology and Psychology from North Central College. She is the co-owner of Women's Physical Therapy Institute, in Lake Zurich, Illinois, specializing in orthopedics and pelvic dysfunction for men, women and children. She is an adjunct faculty member of Midwestern University in Downers Grove, Illinois, where she co-teaches Management in Physical Therapy Systems, Applied Management Skills in Physical Therapy Systems, and lectures on women's health and pelvic dysfunction. She is a member of the APTA Section on Women's Health, the Private Practice Section, the International Pelvic Pain Society, American Urogynecologic Society and the Chicagoland Pelvic Floor Research Consortium. Teri also speaks frequently to community and professional groups on topics related to pelvic dysfunction for men and women.

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. She is certified in pelvic floor physical therapy and biofeedback for pelvic floor disorders.

REGISTRATION INFORMATION

Price: \$695 (\$725 within one month of the course)
Discounts are available. Please check the website below for details.

Experience Level: Beginner

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-level-1/grandrapids-mi-september-13-15-2019>

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

