

Mary Free Bed<sup>®</sup>  
Education Academy



# 2020 PELVIC FLOOR LEVEL 2A

*Saturday, Nov. 7 - Sunday, Nov. 8*

## 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, intermediate-level seminar (eight hours of online content followed by a two-day, in-person course) designed as a next step in completing the clinician's ability to more comprehensively evaluate and treat the female and male pelvic floor. The participant will have the opportunity to learn about two common bowel dysfunctions, fecal incontinence and constipation, and how the pelvic rehabilitation provider can play a crucial role in overcoming these issues that affect quality of life so dramatically. In the U.S., adult estimates of fecal incontinence is over eight percent and greater than 15 percent in people over age 70. (Whitehead, 2010). According to the National Institutes of Health, constipation affects up to 15 percent of people and is one of the most common gastrointestinal complaints that affect 42 million people. (Constipation, 2013). Pelvic rehabilitation providers can teach patients how to significantly improve quality of life through simple behavioral techniques and approaches that optimize abdominopelvic health.

Participants will learn how to evaluate the patient who presents with bowel dysfunction, including fecal incontinence and constipation, and also with defecation disorders, such as paroxysmal puborectalis, irritable bowel syndrome (IBS) and fecal urgency. Knowledge of pelvic anatomy expands into the gastrointestinal system with detailed instruction about the rectum and anal canal, anal sphincters and with instruction in important physiologic principles, such as the gastrocolic reflex, sampling response and intrinsic defecation reflex. There are other conditions that can cause pain or bleeding, such as hemorrhoids, fistulas, fissures and proctalgia fugax; the clinician will learn how to apply skills of external and internal pelvic muscle assessment (via the anorectal canal) for these conditions.

Many pelvic rehabilitation providers attend this course to learn clinical skills for coccyx pain and pudendal neuralgia, two conditions that are included on Day 2 of this continuing education course. As either condition can contribute to chronic pelvic pain, this course provides significant lab time so that participants will have the opportunity to practice any new skills. Day 3 of the course introduces the participant to pelvic rehabilitation of the male patient with an emphasis on topics of male pelvic anatomy, urinary incontinence, prostatectomy and male pelvic pain. The content in this course prepares the therapist to work with male pelvic conditions by reinforcing what is common to the care of both men and women, as well as teaching that which is unique for the male patient. Current medical evaluation (with tests such as defecography and manometry), medical management (for anorectal pain and for colorectal conditions) and evidence-informed clinical interventions will be instructed.

## 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.

## SPECIAL CONSIDERATIONS

As this continuing education course includes extensive lab work, all course attendees should come prepared to participate as both clinician and patient. Rectal 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 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 an internal exam may be triggering and that many, regardless of their histories, feel strong emotions when practicing these techniques. In order 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 such exceptions, please contact us at <https://hermanwallace.com/contact-us>.

**Required Readings** (please see website for more information)

1. The National Digestive Diseases Information Clearinghouse Handout on Fecal Incontinence
2. The National Institute of Diabetes and Digestive and Kidney Diseases Article on Constipation
3. The International Pelvic Pain Society Article on Pudendal Nerve Entrapment (PNE)
4. The European Urology Association's Guidelines on Chronic Pelvic Pain
5. Principles of Biofeedback from Professor Tim Watson's website, <http://www.electrotherapy.org/>
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.

### Additional Helpful Resources

1. Male Pelvic Pain: <http://malepelvicfloor.com/>
2. Many participants also find it helpful to review the anatomy of the pelvis and perineum

### References

Whitehead, W.E., Borrud, L., Goode, P.S., Meikle, S., Mueller, E.R., Tuteja, A., ... & Pelvic Floor Disorders Network. (2009). Fecal Incontinence in U.S. Adults: Epidemiology and Risk Factors. *Gastroenterology*, 137(2), 512-517.

## AGENDA

### Online

#### Recorded Lectures

Watch before the in-person component of the course

1. Colorectal Anatomy and Physiology (75 min.)
2. Medical Testing and Rehab Examination (45 min.)
3. Fecal Incontinence (60 min.)
4. Constipation (60 min.)
5. Anatomy: Pelvic Floor, Penis, Scrotum and Contents (60 min.)
6. Pudendal Nerve Dysfunction (45 min.)
7. Topics in Inclusive Care (60 min.)
8. Colorectal Conditions (45 min.)

### Saturday, Nov. 7

7:30 a.m.	Registration
8 a.m.	Introduction, Goals, Objectives
8:30 a.m.	Colorectal Anatomy and Physiology Review, Anorectal Examination
9:15 a.m.	LAB 1: Anorectal Evaluation: Sidelying Anorectal Examination and Muscle Mapping
10:15 a.m.	Break
10:30 a.m.	Fecal Incontinence, Case Study
11:15 a.m.	Constipation, Case Study
Noon	Lunch
1 p.m.	Pelvic Pain: Prostatitis, Scrotal Pain
2 p.m.	Coccyx Dysfunction
3 p.m.	Break
3:15 p.m.	LAB 2: External Palpation and Intervention Posterior Pelvis
4:15 p.m.	Prostatectomy Part I
5:15 p.m.	Questions
5:30 p.m.	Adjourn

### Sunday, Nov. 8

7:45 a.m.	Questions from Day 1, Post-test Day 1
8 a.m.	Prostatectomy Part II
8:45 a.m.	Pudendal
9:45 a.m.	Break
10 a.m.	LAB 3: Internal Interventions for Coccyx, Pudendal and Pelvic Pain
11:15 a.m.	LAB 4: Inclusive Language
Noon	Lunch
12:45 p.m.	Colorectal Conditions
2 p.m.	Break
2:15 p.m.	LAB 5: Final Pelvic Rehabilitation Examination, Evaluation and Treatment
3:30 p.m.	Questions
4 p.m.	Adjourn

## OBJECTIVES:

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

1. Describe anatomy of the colorectal region.
2. Explain physiology of the gastrointestinal system, including pathophysiology pertaining to bowel dysfunction.
3. Perform examination and evaluation of pelvic floor function related to anorectal structures.
4. Recognize types of fecal incontinence and develop plans of care for intervention, including behavioral training and education.
5. Recognize and treat constipation, name the signs, symptoms and interventions for hemorrhoids, fissures, fistulas and other common colorectal conditions.
6. Identify specific pelvic floor muscles and key bony landmarks within the anorectal canal.
7. Perform external and internal rectal myofascial treatment techniques such as Thieles massage and trigger point release.
8. Perform patient education and behavioral training for constipation, fecal incontinence and pelvic pain syndromes.
9. Describe and teach three SEMG downtraining (relaxation) strategies for the overactive pelvic floor.
10. Describe and demonstrate coccyx evaluation and treatment using internal and external coccyx mobilizations.
11. Describe male urogenital and pelvic floor anatomy, identify signs and symptoms of prostatodynia
12. List key medical diagnostic procedures for colorectal conditions.

## 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 homeschooling her two daughters. She has been a faculty member at Herman & 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.



**Heather S. Rader, PT, DPT, PRPC, BCB-PMD**

Heather is the owner of Rader Pelvic Physical Therapy, a practice devoted to the treatment of pregnancy-related pain and dysfunction, incontinence, pelvic organ prolapse and complex pelvic pain in men and women. A physical therapist since 1994, she graduated from the University of Miami with a master's degree in Physical Therapy and completed a doctorate in Physical Therapy from the University of St. Augustine in 2011. She has been board certified in the use of Biofeedback for Pelvic Muscle Disorders since 2006. She was awarded Pelvic Rehabilitation Practitioner Certification in 2014 and served as a subject matter expert and question writer for the PRPC examination. She is a faculty member with the Herman & Wallace Pelvic Rehabilitation Institute, teaching pelvic rehabilitation around the country several times a year, teaching courses in the Pelvic Floor Series and Pregnancy Series, and is the author of the Geriatric Pelvic Floor course. Her mission as an educator is to assist in the national expansion of qualified pelvic floor therapists and promote awareness of pelvic floor dysfunction to medical professionals and the community at large. She runs a social media site on Facebook called "Team Pelvic Floor", that posts articles and facts about pelvic floor rehabilitation while promoting a team approach to treating pelvic dysfunction. She is a practice consultant and mentors therapists wishing to incorporate pelvic rehabilitation into their practice.



## REGISTRATION INFORMATION

The Pelvic Floor series of courses typically fills 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.

**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; registration is only available through this link:

<https://hermanwallace.com/continuing-education-courses/pelvic-floor-level-2a/grand-rapids-mi-april-17-19-2020>

**Questions:** Contact Herman & 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](http://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  
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 616.840.8851.

