

Objectives for Introduction into Treating Pelvic Organ Prolapse:

1. Participants will understand basic anatomy and pathophysiology of pelvic organ prolapse (POP).
2. Participants will take a subjective history from patients to determine if POP is likely and have a list of treatment options in mind.
3. Participants will determine when physical therapy is an effective treatment for POP and when a patient may need to be referred to other providers for management.

Objectives for Surgical management of POP and urinary stress incontinence and the options available to patients

1. Identify the different types of surgical procedures typically performed for UI/POP.
2. Identify the typical indications for surgical management of prolapse or incontinence.
3. Understand and name common side effects or complications from surgery for POP/UI.

Objectives for Research updates

1. Discuss the current literature on pregnancy and pelvic pain and the impact on functional tasks
2. Illustrate the use of the Pelvic Girdle Questionnaire and Pelvic Floor Impact Questionnaire with the pregnant population

Objectives for round table discussions

1. Participants will discuss concepts and cases related to a variety of Pelvic PT topics including - Dyspareunia and vaginal dilators, Post partum recovery, Pelvic pain, OAB / urgency, and more

Objectives for Vulvar Dermatoses and Vulvar skin care guidelines

1. Participant will be able to describe typical features of common vulvar dermatoses.
2. Participant will be able to describe typical treatment strategies for common vulvar dermatoses.
3. Participant will have understanding of common vulvar hygiene recommendations.

Objectives for Bowel Dysfunction

1. Therapists will learn about types of bowel dysfunction including chronic constipation, IBS and fecal incontinence.
2. Therapist will learn 3-4 manual techniques to help treat patients with chronic constipation.
3. Therapists will learn about pelvic floor dysfunction and chronic constipation and fecal incontinence and treatment to improve dysfunction.