

Individualized Phone Mentoring in Pelvic PT

Course content is individualized to the needs of the individual. Contact Beth for specifics.

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Introductory topics in Pelvic PT - the first course is so packed and it is often difficult to integrate all the information received. Review topics and add more practical knowledge as you begin seeing patients.

- Pelvic anatomy
- Physiology of micturition
- Pelvic Floor Muscle dysfunctions
- Pelvic Floor Muscle examination and history taking
- How to teach Kegel exercises, Designing a PFM exercise program
- Bladder training and fluid modifications
- EMG treatment in PFM dysfunction
- Overview of pelvic pain
- Electrical stimulation
- Vaginal weights
- The role of the abdominals in PFM function
- Forms, billing, codes

Intermediate Pelvic PT topics – these would be topics in levels 2 and 3. It is helpful to study ahead of a course or review after.

Pelvic pain

- Pelvic pain diagnoses
- Physiology of pain
- Clinical decision making in chronic pelvic pain
- Pelvic pain examination and evaluation
- Vulvodynia
- Endometriosis
- Prostatodynia
- Vaginismus
- Painful bladder syndrome
- Pudendal Neuralgia
- Abdominal Trigger Points, adhesions, scars, and nerve entrapment
- Perineal and abdominal scar mobilization
- Modalities for pelvic pain
- External palpation and treatment of the PFM
- Internal MFR of the PFM vaginally and rectally
- Internal and external coccyx mobilizations
- EMG relaxation training
- External pelvic MFR

Bowel dysfunction

- PFM and anal anatomy
- Physiology of defecation
- Bowel tests
- Constipation
- Irritable bowel syndrome
- Fecal incontinence
- Examination of pelvic floor muscles rectally
- Pelvic PT treatments of bowel dysfunction (EMG, coordination training, patient education, massage)

Special populations

- Urological system from birth to elderly
- PFM dysfunction and conditions in special population:
- Pediatric
- Elderly – including nursing home and home care practice
- Neurologic
- Male UI