



Course Title:

What every orthopedic practitioner needs to know about the pelvic floor muscles: Integrating knowledge of pelvic floor dysfunction to enhance outcomes.

Course Date:

October 14, 2009

Course Instructors:

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Course Description:

Did you know that almost half of all women have some type of major pelvic floor dysfunction? Did you know that 78 percent of women with low back pain also experience urine leakage? Did you know that men also have pelvic floor dysfunction? Statistically, the majority of Americans are women. Therefore, regardless of the practice area, physical therapists are likely to encounter women in their clinical practice. Given the unique anatomy and reproductive function, women are at greater risk for all types of pelvic floor dysfunction leading to a variety of conditions, i.e., urinary incontinence, pelvic organ prolapse, constipation, etc. Also, given the increase in prostate disease, men are also at risk for pelvic floor dysfunction. This course will describe normal pelvic floor muscle function, common types of dysfunction, and explore the relationship between pelvic floor muscle dysfunction and common musculoskeletal complaints such as low back pain and hip pain. This course will enhance the physical therapist's ability to design effective intervention programs for men and women with musculoskeletal complaints.

* This course is designed for the general physical therapy practitioner. The goal of the course is to provide instruction in simple external pelvic floor muscle examination and intervention techniques to compliment current practice. This course is NOT designed for the therapist interested in learning specialized internal examination techniques.

Course Objectives:

The participant who completes all course activities should be able to:

1. Identify, describe, and discuss the relevant functional anatomy of the lumbopelvic region. This will include the functional anatomy of the bones, joints, nerves, muscles, blood vessels, and special organs of this region. The participant will also be able to compare and contrast the anatomy of the female with that of the male.
2. Palpate selected gross anatomical structures and describe their relationships.
3. Perform a screening examination of the pelvic floor musculature.
4. Design intervention strategies to treat pelvic floor and pelvic girdle dysfunction.

5. Describe the functional relationship of the pelvic floor to other anatomic regions and the value of pelvic floor rehabilitation in the management of common musculoskeletal dysfunctions.

Course Agenda

6:00 – 6:15 pm	Introduction of speakers and topic – incidence and prevalence of pelvic floor dysfunction in general population
6:15 – 6:45 pm	Functional anatomy of the lumbopelvic region
6:45 – 7:15 pm	Screening examination of the pelvic girdle musculature
7:15 – 7:30 pm	Break
7:30 – 8:15 pm	Common pelvic floor dysfunctions
8:15 – 8:45 pm	Designing interventions for the general practitioner to address individuals with common musculoskeletal and pelvic floor dysfunctions
8:45 – 9:00 pm	Case studies / wrap-up