

Pressure, Posture, Pulls and Performance in Pelvic Floor Dysfunction: External Evaluation and Treatment

Online Self-Study CEU Course



GENERAL INFORMATION

Presenter: [Kathe Wallace PT, BCB-PMD](#) is an internationally recognized clinician, author, lecturer and pioneer practitioner in pelvic floor evaluation and treatment. In 2006, she was honored to receive the Washington state physical therapy association Clinical Excellence Award for her work in pelvic floor dysfunction (PFD). She currently serves as an independent study Clinical Instructor for the Division of Physical Therapy, Department of Rehabilitation Medicine, at the University of Washington.

Date: Available now. Self-paced online course, learning begins upon registration.

Where: Anywhere with internet access and a computer.

Fee: \$280 standard registration. Fee includes lifetime access to the online curriculum. More information and registration available at teachable.kathewallace.com.

Cancellation Policy: Refunds are not available once the course is initiated online, or 30 days after purchase.

AUDIENCE AND PREREQUISITES

Target Audience: Physical Therapists (PT) and PT Assistants, Occupational Therapists, and OT Assistants. Content is not intended for use outside the scope of the learner's state license or regulation.

Instructional Level: All. **Prerequisites:** Prior experience with pelvic health patients preferred but not required.

CEU: 7 contact hours of professional education. Approved for .7 CEUs in California, New Jersey and Nevada.

COURSE DESCRIPTION

This course is designed to expand your scope of treatment options for your postpartum and active clients. Often, symptoms of PFD are not caused exclusively by the pelvic floor muscles. It introduces a whole-body approach to identify key musculoskeletal or motor control issues contributing to the presenting symptoms. Kathe presents evidenced-based examination and treatment updates blended with clinical treatment pearls curated from over 33 years of experience treating PFD.

The course begins with a review of the current research on fitness measures, intra-abdominal pressure (IAP) and PFD. You will gain an understanding of the multiple elements that need to be considered when teaching IAP awareness and management. Evidence informed ways to clinically monitor IAP with activity will be presented.

Specifically, you will develop a clear understanding of a diaphragm evaluation, the use of breath and voice as well as postural classifications to guide your treatment decisions and improve client performance. Different types of impairments of the pelvic floor as well as biomechanical and motor control issues outside the pelvic floor are addressed.

Training in patient/client management will include developing a plan of care to improve the activity level of your clients. The topics are delivered with recorded lectures/videos, supported by downloadable PowerPoint and educational handouts, and packed with research and reference links.

ONLINE DIDACTIC OBJECTIVES

Upon completion of the online learning curriculum the participant will be able to:

1. Identify three PFD risk factors in both high-performance athletes and postpartum women
2. Identify four elements that contribute to IAP generation.
3. Identify three components of dysfunctional breathing and name a screening technique for each.
4. Appreciate three types of diaphragm muscle mobility and describe the manual evaluation techniques for each.

5. Identify and teach two postural modifications that could affect pelvic floor recruitment and IAP generation
6. Appreciate the prevalence of abdominal wall adhesions/ dysfunction in your PFD patient populations.
7. Identify two myofascial and joint changes that could restrict PF function.
8. Describe or demonstrate three types of abdominal wall assessments for patients struggling with IAP management.
9. Teach three types of exhalation/voicing strategies that can be used with exercise and functional activities.
10. Differentiate IAP changes in running and weightlifting.
11. Differentiate treatment program design for overactive vs poor force production of the pelvic floor muscles in active clients with PFD.
12. Identify and teach two evidence-based techniques that could be used as proxy measures of IAP during incremental exercise
13. Teach walking and running drills/therapeutic exercises based on your evaluation findings.

COURSE CURRICULUM

INTRODUCTION	Time in Min
<ul style="list-style-type: none"> ● Course Overview and Foundations 	15:12
<ul style="list-style-type: none"> ● Pre Reading: Literature Review -Fitness Measures, IAP, PFD 	45
PRESSURE	
<ul style="list-style-type: none"> ● Terminology and Clinical Assessments 	10:49
<ul style="list-style-type: none"> ● Research Directions, The Four Elements Affecting IAP Generation 	16:07
<ul style="list-style-type: none"> ● Breathing Diaphragm Evaluations and Treatment 	32:14
<ul style="list-style-type: none"> ● Breathing and Voicing Techniques 	32:13
<ul style="list-style-type: none"> ● Breathing Education and Breath Holding Techniques 	26:27
POSTURE	
<ul style="list-style-type: none"> ● Posture Intro 	6.48
<ul style="list-style-type: none"> ● Postural Changes and Examination with PFD 	31.35
PULLS	
<ul style="list-style-type: none"> ● Biomechanical/Musculoskeletal factors in PFD 	24:41
<ul style="list-style-type: none"> ● Abdominal Wall Considerations 	41:27
PERFORMANCE	
<ul style="list-style-type: none"> ● Overview of Performance Considerations 	32:24
<ul style="list-style-type: none"> ● Reflexive Pelvic Floor Training 	15:59
<ul style="list-style-type: none"> ● Lifting Considerations 	34.20
<ul style="list-style-type: none"> ● Running Considerations 	34.20
SUMMARY & REFERENCES – Educating Your Referral Base	9.56
POST TEST	20
EVALUATION	10
Total Minimum Time in minutes = 421.5 = 7 hours	TOTAL TIME 7 hours