

# Pelvic Floor Support Systems in Postpartum Recovery, Pelvic Pain and Prolapse

Web Based Intermediate- Advanced CEU Seminar

## 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 (PTWA) Clinical Excellence Award for her work in pelvic floor dysfunction. She currently serves as an independent study Clinical Instructor with the Division of Physical Therapy, Department of Rehabilitation Medicine, at the University of Washington.

**Date:** NOW! **Where:** Anywhere with internet access. Includes a 90-minute group Virtual Q&A session (limited time offer) TBD by registration date.

**Fee:** \$400 standard registration. Fee includes lifetime access to the online curriculum, a detailed anatomy prerequisite reading/study list.

Registration available at [teachable Kathe Wallace Pelvic Resources](#)

**Cancellation Policy:** Refunds are not available once course initiated online.

## AUDIENCE AND PREREQUISITES

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

**Prerequisites:** Prior training and experience with internal pelvic floor examinations. Completion of a prerequisite reading available to registered participants. Prerequisite for a live lab practicum course is designed to accompany this curriculum -scheduled as able in 2021.

**CEU** ~9.8 contact hours of professional education. CEU hours vary applications pending for CA, IL, and PA. (See calculations in curriculum)

## COURSE DESCRIPTION

This continuing education course is also called a Boost Camp- it is designed to elevate a pelvic health therapists' skill in evaluation and treatment of pelvic floor dysfunction (PFD). It includes a special emphasis on symptoms that can occur in the postpartum population. Kathe presents evidenced-based examination and treatment updates and clinical treatment pearls curated from over 30 years of teaching and treating PFD. The topics are delivered with recorded lectures/videos and supported by downloadable handouts and references. The learning is self-paced. Your questions will be answered online by using the comment /question section after each lecture topic. Quizzes will monitor your learning throughout the course. One virtual Q & A meeting is included with the course. A live lab practicum course is designed to accompany this material and will be scheduled as able in 2020-2021. Additional fee for lab portion (part 2) applies.

The curriculum includes advanced fascial anatomy of the pelvic floor support system, internal vaginal and rectal evaluation techniques for anterior, posterior and apical support changes, including assessment for perineocele, enterocele, levator ani (LA)



**Pelvic Health Expertise and Education**

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avulsion. Evaluation of external perineal landmarks (gh, pb) used for pelvic organ prolapse quantification (POP-Q) and postpartum rehab treatment planning is reviewed.

You will develop a clearer understanding of endopelvic fascia, improve your knowledge of how to palpate the myofascia of the vaginal canal. Exam guides are provided to use in your clinic. This will help you to perform more concise examinations and design appropriate treatment strategies.

Standing, breathing, abdominal wall and posture evaluations are presented to help assess an individual's ability to manage intraabdominal pressure (IAP). A variety of breathing strategies including hypopressive technique is introduced, and evidence-based information on how to select pessary candidates is reviewed. Patient education and individualized functional treatment progressions will be emphasized.

"I was surprised by how much knowledge I gained from this course even after working as a pelvic PT for 9+ years. I was able to have a whole new understanding of the fascial tissue, POP and techniques I could apply to my pelvic pain patients that I felt like I should have known before!" **Kristin Anderson PT, DPT, OCS, CLT**

### WEB-BASED DIDATIC OBJECTIVES PART 1

Upon completion of the web-based learning curriculum the participant will be able to:

1. Name three vaginal pelvic fascia and/or levator hiatus support structures which could contribute to symptoms of pelvic pain.
2. Name two fascial structures in each of the three levels of Delancey's fascial support
3. List three modifiable conditions that could affect results of vaginal fascial examination.
4. Name the internal vaginal locations and depth of palpation for examination for common levator ani injury/avulsion sites, the ATLA, ATPF, ATRV pelvic fascia, uterosacral ligament, cervix and its posterior fornix
5. Describe four steps of a digital levator ani injury/avulsion examination.
6. Name and describe the seven vaginal and two external points of the POP-Q examination.
7. Describe prolapse exam with a ½ speculum and external POP-Q measurements (gh, pb) including the appropriate instructions and supplies.
8. Describe two principles of the Hypopressive technique.
9. Describe three abdominal wall evaluations for patients with PFD.
10. List four breathing techniques for patients with PFD.
11. Describe postural and IAP management strategies for functional activities with PFD.



**WEB-BASED CURRICULM PART 1**

<b>Time in Minutes</b>	<b>Recorded Lecture Topics (You can pause/ playback portions for clarification, ask questions) This includes lecture and video with PowerPoint Handouts</b>
130	<b>PREREQUISITE ANATOMY READING (list supplied upon registration)</b>
48	<b>INTRO AND OVERVIEW OF PELVIC FLOOR SUPPORT SYSTEMS</b> <b>Pelvic Floor Diagnoses, Case Studies</b>
	<b>ANATOMY OF PELVIC FLOOR SUPPORT</b>
27	Peritoneum and Pelvic Fascia
25	Levator Ani Muscles and Perineal Body
	<b>EVALUATION AND EXAM TECHNIQUES</b>
41	Advanced Evaluation & External Exam of the Perineum
21	Internal Vaginal Fascial Anatomy Mapping and Exam
14	Levator Ani Injury Exam Techniques
32	POP-Q Explained
50	Advanced Prolapse Exams in Supine & Standing
25	Functional Postural Exams for PFD
	<b>TREATMENT CONSIDERATIONS &amp; CASE STUDIES</b>
36	Examination Based Treatment Considerations
12	Pessary Candidates, Considerations & Literature Reviews
44	PF Breathing, Vocalization & Intro to Hypopressive Technique
34	Abdominal Wall & Breathing Eval and Treatment
24	Functional Activity, Intraabdominal Pressure & Exercise
20	Course POST TEST
10	Course Evaluation
<b>593</b>	Total Minimum Time in minutes = 9.8 hour and 11.86 CEU hours at 50 min per contact hour

