COURSE OBJECTIVES

Pelvic Physical Therapy Level 1 Course Objectives

At the end of the course the participants will be able to:
1.) Correctly identify the anatomy of the anterior urogenital triangle.
2.) Correctly identify the causes of pelvic floor muscle weakness.
3.) Palpate the muscles of the pelvic floor and diagnose problems associated with weakness.
4.) Correctly identify the causes and treatments of pelvic organ prolapsed.
5.) Identify and prescribe proper treatments for pelvic floor muscle weakness.

Pelvic Physical Therapy Level 2 Course Objectives

At the end of the course the participants will be able to:
1.) Correctly identify the anatomy of the anal triangle.
2.) Palpate the structures of the anus and rectum.
3.) Correctly identify the causes of pelvic pain.
4.) Identify and prescribe proper treatments for pelvic pain and bowel dysfunction disorders.
5.) Perform a physical therapy examination of the pelvic floor intravaginally and intrarectally for pelvic pain or bowel dysfunction conditions.

Pelvic Physical Therapy Level 3 Course Objectives

At the end of the course the participants will be able to:
1.) Correctly identify the anatomy of the male urogenital system.
2.) Correctly identify the causes of neurological urogenital issues.
3.) Correctly identify the causes of pediatric urogenital issues.
4.) Lead a client through a relaxation program using sEMG Biofeedback.
5.) Perform proper rectal balloon training.

Fundamentals of Pregnancy & Post-Partum Physical Therapy Objectives

Upon completion, participants will:

**Examination/Evaluation**
1) Describe the anatomic and physiologic changes related to pregnancy and postpartum and how they affect evaluation and intervention.
2) Perform an appropriate evaluation of a pregnant or postpartum patient with musculoskeletal dysfunction or pain.
3) Assess for diastasis rectus abdominis with objective measurement skills.

**Diagnosis/Prognosis**
4) Differentiate between musculoskeletal and medical diagnoses based on the subjective and objective evaluation of a pregnant or postpartum patient.
5) Differentiate between low back, pelvic girdle and hip pain/dysfunction.
6) Develop functional goals for musculoskeletal impairments in pregnancy and postpartum based on a systematic interview and examination of the patient.

**Intervention**
7) Develop an evidence-based plan of care for physical therapy intervention of pregnant or postpartum patients with musculoskeletal impairments or dysfunction.
8) Perform selected manual therapy interventions for the treatment of pregnant and postpartum patient.
9) Prescribe an appropriate wellness exercise program for a variety of skill levels for a pregnant or postpartum client.
10) Provide consultation on labor and delivery positioning strategies to improve labor outcomes.
Advanced Concepts of Pregnancy & Post-Partum Physical Therapy Objectives:

Upon completion, participants will be able to:

**Examination/Evaluation**
1) Describe the anatomic and physiologic components of high risk pregnancy medical diagnoses.
2) Perform an appropriate evaluation of a patient in a high risk pregnancy, pregnant patient with traumatic injuries, and the acute postpartum patient.
3) Perform an examination of the patient with thoracic, rib cage, or coccyx pain or dysfunction during the peripartum period.
4) Describe common and infrequent maternal birth injuries and their impact on neuromuscular function and rehabilitation.

**Diagnosis/Prognosis**
5) Differentiate between musculoskeletal and medical diagnoses based on the subjective and objective evaluation of the patient in high risk pregnancy or acute postpartum.
6) Develop functional goals for musculoskeletal impairments during high risk pregnancy or acute postpartum based on a systematic interview and examination of the patient.
7) Describe considerations and resources for the peripartum patient with disability, or with neurologic, cardiac, endocrine, arthritic, rheumatic or other systemic medical diagnoses.
8) Describe considerations for pregnancy and postpartum in the female athlete, and how athletic status affects rehabilitation and training.
9) Describe the impact of psychosocial factors on the pregnant or postpartum patient, such as high risk pregnancy, perinatal loss, postpartum depression, or intimate partner violence.

**Intervention**
10) Develop an appropriate plan of care for physical therapy intervention for patients in high risk pregnancy, with trauma during pregnancy, and acute postpartum patients.
11) Perform selected manual therapy interventions for the treatment of pregnant and postpartum patient with thoracic spine, rib cage, or coccyx pain or dysfunction.
12) Develop a basic postpartum Mom-and-baby exercise class that incorporates rehabilitation for pelvic floor and abdominals, general resistance training, and aerobics.
13) Select and perform kinesiology and rigid taping techniques to address pain and dysfunction related to the coccyx, rib cage, diaphragm, posture, and abdominal soft tissue.

Gynecologic Visceral Manipulation Objectives

Upon completion of this seminar participants will be able to:

1) To evaluate Anatomy/Physiology of the pelvic cavity organs through mobility and motility assessments.
2) To explain and implement V.M. techniques for chronic pelvic pain, urogenital dysfunction, incontinence, pelvic floor dysfunctions, infertility, pre-menstrual and post-menopausal symptoms, dyspareunia, dysmenorrhea and articular mobility dysfunction.
3) Understand pelvic visceral relationship to the lumbar spine, pelvis, and lower extremities.
4) To recognize the relationship of visceral restrictions to load transfer.
5) Apply techniques of V.M. on Diastasis Recti and abdominal wall rehabilitation.
6) To design a home program relating organs to breathing/relaxation techniques, exercise programs, M/S re-education and conditioning.