



Vestibulodynia: A Pelvic Floor and Orthopedic Approach

Course Description

This course is intended to teach the pelvic floor therapist how to correctly identify, assess and treat vestibulodynia. The course covers the definitions of different types of dyspareunia, how different diagnoses overlap and how to perform a differential diagnosis when presented with vulvar and vestibule pain. The course covers how to do an appropriate examination, assessment and formulate a correct treatment plan. It covers internal and external techniques to treat the patient with vestibulodynia. This course also covers medical management options, specialists' theories, research-based theories for cause of vestibule pain and research covering treatment for vestibule pain. This course discusses how to assist in creating an appropriate medical team for the woman with vestibulodynia.

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