



Diving into the Pelvic Floor

Course Description

Diving into the Pelvic Floor is a course intended to teach physical therapists, physical therapy assistants and students with little to no experience treating pelvic floor related conditions how to properly identify, assess, and treat patients with bladder, bowel, sexual and pelvic pain dysfunctions. This course covers both vaginal and rectal assessments and treatments. The course defines varying conditions related to the pelvic floor such as incontinence, urinary urgency/frequency, constipation, prolapse, dyspareunia, and pudendal neuralgia. It covers how to diagnose or identify these conditions, perform thorough examinations, perform assessments and how to properly formulate a treatment plan. The course goes into basic skills utilizing pelvic floor related manual therapy techniques and therapeutic exercise to treat patients with pelvic floor dysfunction. In addition, medical management options, marketing education and a FaceTime Q & A session with a physician about marketing are included in the course to further enhance one's ability to begin working in a pelvic floor setting. The course is a springboard to taking more advanced courses.

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