

# Course Schedule



## How to Treat a Man: Part 1

### Day One:

**7:30-8:00am**

Registration and Breakfast

**8:00-8:30am**

Welcome and Course Overview

**8:30-10:30am**

Lecture: Pelvic Anatomy, Reasons for Pain, Specialists' Theories, Research-based Causes, Prevalence, Symptoms, Psychosocial Effects, Differential Diagnosis

**10:30-10:45am**

Break

**10:45-12:30pm**

Lecture: Anatomy of Temporomandibular Junction, Thoracic and Lumbar Spine, Pelvis, Coccyx and Hips

**12:30-1:30pm**

Lunch

**1:30-3:00pm**

Lecture: How to Get a Good History  
Pelvic Floor Exam  
Orthopedic Exam

**3:00-3:15pm**

Break

**3:15-4:30pm**

Lab: External Pelvic Floor Exam

**4:30-5:00pm**

Questions

### Day Two:

**8:00-10:30am**

Lecture: Pelvic Floor Manual Therapy Interventions  
Lab: Pelvic Floor Manual Therapy Interventions

**10:30-10:45am**

Break

**10:45-12:00pm**

Lecture: Orthopedic Manual Therapy Interventions  
Lab: Orthopedic Manual Therapy Interventions

**12:00-1:00pm**

Lunch

**1:00-2:15pm**

Lecture: Pelvic Floor Therapeutic Interventions

**2:15-3:00pm**

Lecture: Medical Management – Hormones and Medication

**3:00-3:15pm**

Break

**3:15-4:00pm**

Lecture: Medical Management - Procedures and Creating Medical Team

**4:00-4:20pm**

Digital Q&A Session with Physician Specialist

**4:20-5:00pm**

Case Study and Questions