

Course Schedule



Vestibulodynia: A Pelvic Floor and Orthopedic Approach

Instructors: Sara K. Sauder PT, DPT and Kelli Wilson PT, DPT, FAAOMPT, OCS

Day One:

7:30-8:00am

Registration and Breakfast

8:00-8:30am

Welcome and Course Overview

8:30-10:30am

Lecture:

Vulvar Anatomy

Definition of Vulvodynia, Vestibulodynia,

Vaginismus

Specialists' Theories

How to Identify Atrophy

Research-based Causes

Prevalence

Symptoms

Psychosocial Effects

Differential Diagnosis

- Interstitial Cystitis
- Dermatological Disorders
- Pelvic Congestion
- Persistent Genital Arousal Disorder
- Vaginal Adhesions

10:30-10:45am

Break

10:45-12:30pm

Lecture:

Anatomy of Pelvic Floor Muscles and Clinical

Significance

Central Nervous System

Lumbar and Sacral Nerves

Chronic Pain

12:30-1:30pm

Lunch

1:30-3:00pm

Lecture:

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

- Manipulations
- Pelvic Alignment Corrections
- Sacroiliac Joint Corrections
- Hip Joint Corrections
- Lumbar Spine Corrections
- Thoracic Spine Corrections
- Movement Dysfunction Corrections

Lab: Orthopedic Manual Therapy Interventions

12:00-1:00pm

Lunch

1:00-2:15pm

Lecture:

Pelvic Floor Therapeutic Interventions

- Education
- Dilators
- Breathing
- Muscle Pattern Changes
- Self Manual Techniques
- De-sensitization
- Central Nervous System Quieting

Orthopedic Therapeutic Interventions

- Home Program

How to Get a Good History

Pelvic Floor Exam

- Vulvar Exam
- Q-tip Test
- How to Interpret Q-tip Test
- Vaginal Exam

Orthopedic Exam

- Pelvic Alignment
- Sacroiliac Joint
- Hips
- Lumbar Spine
- Thoracic Spine
- Dysfunctional Movement Syndromes
- Posture

3:00-3:15pm

Break

3:15-4:30pm

Lab:

External Pelvic Floor Exam

4:30-5:00pm

Questions

2:15-3:00pm

Lecture:

Research-based Treatments

Medical Interventions

- Topicals
- Orals
- Suppositories
- Injections
- Nerve blocks
- Surgery

Hormones

- Debate
- Why Hormones Change
- How Oral Contraception Can Affect Vulvovaginal Tissue
- Role of Hormones in Vulvovaginal Tissue
- Types of Estrogens
- Bio-Identical vs. Non Bio-Identical
- Systemic vs. Local
- Topical Hormone Bases
- When to Consider Hormones
- Lab Values
- Estrogen and Cancer

Creating a Medical Team

3:00-3:15pm

Break

3:15-4:00pm

Options for Plateau'd Patient

4:00-4:20pm

Digital Q&A Session with Physician Specialist

4:20-5:00pm

Case Study and Questions