



## Treatment Approaches for Pelvic Pain

### Course Schedule

#### Day One:

1:00-1:10 PM

Registration

1:10-1:20 PM

Welcome and Course Overview

1:20-1:40 PM

Anatomy

1:40-2:15 PM

How to take a comprehensive history for sexual, vulvovaginal, testicular pain

2:15-2:45 PM

How to do a proper exam

2:45-3:45 PM

Sexual pain disorders: vestibulodynia, overactive pelvic floor dysfunction, pudendal neuralgia, PGAD, erectile dysfunction

3:45-5:00 PM

Lab: Internal Pelvic Floor Treatment Lab

#### Day Two:

8:00-10:30 AM

Lecture & Lab

Sacroiliac joint assessment & treatment

10:30-10:45am Break

10:45-12:00 PM

Lecture & Lab

Lumbar spine assessment & treatment

12:00-1:00pm Lunch

1:00-2:00 PM

Lecture & Lab

Thoracic spine assessment & treatment

2:00-3:00 PM

Lecture & Lab

Cervical spine & TMJ assessment & treatment

3:00-3:15 PM

Break

3:15-4:00pm

Hip & knee assessment & treatment

4:00-4:20pm

Q&A

4:20-5:00pm

Case Study and Questions