

# Pelvic Girdle and Pelvic Floor Connections

## External Exam and Treatment Techniques for Orthopedic Conditions

### GENERAL INFORMATION

**Instructor:** [Kathe Wallace PT, BCB- PMD](#)

**Date:** April 22-23 (Sat - Sun) Time: 8:00 – 5:00

**Where:** Real Rehab 9725 3rd Ave NE Suite 100, Seattle, WA 98115

**Instructional Level:** All levels for PT, SPT and PTA

**CEU's :** 15 contact hours for Physical Therapists in WA state.

### REGISTRATION

**Website registration and course details**

<http://kathewallace.com/teaching/course-pelvic-girdle-pelvic-floor-connections-continuing-education/>

**Course Fee:** Early Bird: \$450 until March 17 After March 17, 2017 \$475

**Cancellation policy:** \$75 administration fee for any cancellations. No refund for cancellations after April 14, 2017

**Need more information or have questions?** Call (206) 527-2800

### COURSE DESCRIPTION

This course is designed to teach physical therapists treating an orthopedic / sports medicine/women's and men's health patient population learn to address, evaluate and treat the pelvic floor muscles with external examination and treatment. You will learn to integrate external pelvic floor assessment as part of your pelvic girdle screening.

The layers of pelvic floor muscles, fascia and ligaments will be described as they relate to the pelvic girdle. This anatomy background and research review will help you develop your skills in teaching and prescribing pelvic floor exercises. History taking and risk factor screening will be used to identify urologic (painful bladder syndrome, prostatitis) gynecologic (incontinence, prolapse and pelvic pain), colorectal (constipation and bowel incontinence) and sexual dysfunctions (postpartum recovery and painful vaginal penetration) in your orthopedic or sports patient population. Current publications linking pelvic floor dysfunction and orthopedic conditions will be reviewed. Musculoskeletal exam and treatment of posture, breathing, and abdominal wall function affecting the pelvic floor will be instructed.

Lab practice and demonstrations include clothed pelvic floor external scan examinations. Instructor/ lab assistant ratio is 1:10 to insure adequate practicum time.

### OBJECTIVES

Upon successful completion of the course the participant will be able to:

1. Develop a protocol for taking a patient history to screen for pelvic floor dysfunction.
2. Describe four functions and three layers of the pelvic floor muscles.
3. List three risk factors for pelvic floor dysfunction.
4. Perform external clothed examination of the pelvic floor for muscle identification, contraction, release and lengthening assessment.
5. Palpate and externally treat pelvic floor and pelvic girdle muscles and myofascial connections with three different techniques.
6. Perform verbal instruction of pelvic floor recruit and release exercises with three different cues for various patient populations.
7. Perform a breathing diaphragm, abdominal wall muscle (including Diastasis Rectus Abdominis- DRA), and load transfer assessment (ASLR-active straight leg raise) for pelvic girdle dysfunction.
8. Describe the effects of posture and breathing on pelvic floor muscle recruitment and relaxation

## COURSE SCHEDULE

### Day One: Saturday

- 8:00 Introduction to Pelvic Floor Terminology Pre Course Key Points Assessment
- 8:30 Pelvic floor functions and anatomy
- 10:45 Break
- 11:00 Lab Practicum 1 – Pelvic girdle/ muscle, ligament and bony landmark identification/palpation
- 11:45 Lab Practicum 2 – Pelvic floor exercise awareness and exercise instruction (endurance and repetitions test)
- 12:15 Lunch
- 1:30 Types of pelvic floor dysfunction, risk factor identification, postpartum changes
- 2:45 Lab Practicum 3 – Taking a history for pelvic floor problems, questionnaire review
- 3:30 Break
- 3:45 Lab Practicum 4 – Pelvic floor scan exams  
Case studies /Summary and Key Point Quiz
- 5:00 Adjourn

### Day two: Sunday

- 8:00 Review and questions
- 9:00 Pelvic floor and orthopedic connections Case Studies
- 10:30 Break
- 10:45 Lab Practicum 5 – Specific external pelvic floor palpation / treatments for orthopedic conditions of the hip, SI, coccyx, and low back, pudendal nerve
- 12:15 Lunch
- 1:30 Lab Practicum 6, Pelvic floor release – Strategies for lengthening a short pelvic floor
- 2:30 The trunk and the pelvic floor - Posture, abdominal wall and load transfer assessment
- 3:30 Break
- 3:45 Lab Practicum 7 – Abdominal wall assessments, ASLR , scar treatment, DRA  
Lab Practicum 8 – Pelvic floor considerations with breathing, posture and exercise integration  
Case studies/ Summary and Key Points Quiz
- 5:00 Course evaluation, Adjourn

## PRE-COURSE ASSIGNMENTS

### PF questionnaires- completed and brought to course the first day

1. PFDI-20 <http://kathewallace.com/wp-content/uploads/2015/06/PFDI-20.pdf>
2. Queensland Pelvic Floor Questionnaire  
[http://kathewallace.com/wpcontent/uploads/2016/01/Queensland\\_Female\\_Pelvic\\_Floor\\_Questionnaire.pdf](http://kathewallace.com/wpcontent/uploads/2016/01/Queensland_Female_Pelvic_Floor_Questionnaire.pdf)
3. [NIH - Chronic Prostatitis Symptom Index \(NIH-CPSI\)](http://www.upointmd.com/NIHCPSIEnglish.pdf) <http://www.upointmd.com/NIHCPSIEnglish.pdf>

### Baseline knowledge of the pelvic floor muscles

- Review anatomy book pelvic floor muscles, recommend Gray's Anatomy for Students
- Video to review- Let's Build a Perineum <https://www.youtube.com/watch?v=BgUzIjmOOMs>
- Then test your knowledge by using this teaching tool <http://memorize.com/anatomy-iv-perineum/sabomm>

**Please bring two pillows to the course and have loose fitting shorts appropriate for external palpation labs.**