

Pelvic Health Physiotherapy Workshop

2023

Organized by MPA Women's
Health Special Interest Group

- Senior Fellow in the Physiotherapy Department at the University of Melbourne and is a clinician in specialist Women's Men's and Pelvic Health private physiotherapy practice.
- Main areas of research and clinical practice are the conservative management of pelvic floor dysfunction in women with pelvic pain, prolapse, or incontinence; the use of real-time ultrasound as a rehabilitation and measurement tool; and the role of exercise for women.
- Continence and Women's Health Specialist Physiotherapist, a Fellow of the Australian College of Physiotherapists, and a past Editor of the Australian and New Zealand Continence Journal.
- Currently on the Journal's Editorial Review Committee.



Dr Margaret Sherburne,
FACP
Specialist Women's
Health Physiotherapist



16th - 18th March 2023



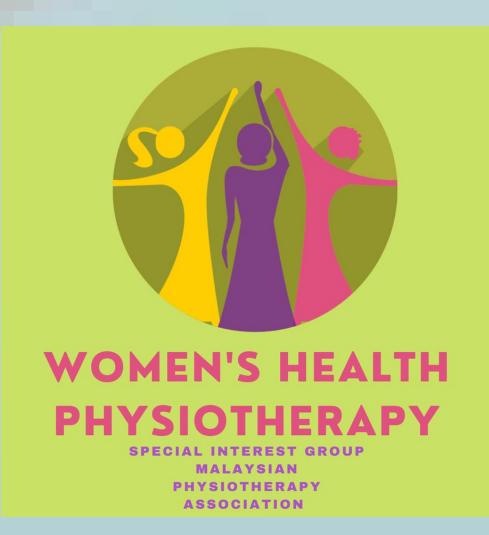
08.30 AM - 16.30 PM



**Hospital Tunku Azizah
(HTA), Kuala Lumpur**



**MPA member: RM 1000
Non member: RM 1500**



For More Info

🌐 www.mpa.net.my

For registration, you may scan the qr code
that has been provided in this poster.



THURSDAY, 16th MARCH 2023 (DAY 1)

08.30 - 08.45 Aims of course and introduction

08.45 - 09.30 Pelvic and pelvic floor anatomy, neurology and physiology

09.30 - 09.45 Pelvic terminology- ICS/IUGA document

09.45 - 10.00 Discussion: Case study

10.00 - 10.30 Morning tea break

10.30 - 11.30 Clinical condition- Incontinence, nocturia, pelvic organ prolapse

11.30 - 12.30 Taking patient history and clinical decision making

12.30 - 13.00 Lunch break

13.00 - 14.00 Informed consent; Intimate examination introduction; Protocol for a vaginal examination

14.00 - 15.00 Practical: Vaginal examination (surface anatomy, pelvic floor muscle assessment)

15.00 - 15.30 Discussion: De-brief after practical session

15.30 - 15.45 Afternoon tea break

15.45 - 16.30 Introduction to electrotherapy, biofeedback, and ultrasound

FRIDAY, 17th MARCH 2023 (DAY 2)

08.30 - 09.30 Practical: Electrical stimulation, biofeedback, and ultrasound

09.30 - 10.00 Measuring what we do (Outcome measure)

10.00 - 10.30 Morning tea break

10.30 - 11.00 Muscle and exercise physiology, pelvic floor muscle grading

Registration Fees

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FRIDAY, 17th MARCH 2023 (DAY 2)

11.00 - 11.45 Tutorial: Pelvic floor muscle training (tips and tricks)

11.45 - 12.30 Tutorial: Overactive bladder and bladder training

12.30 - 13.00 Lunch break

13.00 - 13.30 Motivation and adherence

13.30 - 14.00 Pre and post operative physiotherapy

14.00 - 14.30 The pelvic floor in childbearing year

14.30 - 14.45 Afternoon tea break

14.45 - 16.00 Practical: VE with pelvic floor muscle training, including grading the PFM; POP staging

16.00 - 16.30 Discussion: Debrief after practical session; Question and Answer

SATURDAY, 18th MARCH 2023 (DAY 3)

08.30 - 09.30 Being female: Women through the life stages (Menarche, fertile year, menopause to frail elderly)

09.30 - 10.00 Tutorial: Case study discussion (the pelvic floor through the life stages)

10.00 - 10.30 Morning tea break

10.30 - 11.30 Anorectal dysfunction

11.30 - 12.00 Anorectal assessment (Taking patient history and clinical decision-making)

12.00 - 12.30 Practical: Visual assessment of the anal sphincter; Sphincter training

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SATURDAY, 18th MARCH 2023 (DAY 3)

12.30 - 13.00 Lunch break

13.00 - 14.00 Pelvic pain conditions and sexual dysfunction

14.00 - 14.45 Pelvic pain assessment (Taking patient history and clinical decision-making)

14.45 - 15.00 Afternoon tea break

15.00 - 16.00 Practical: Intervention strategies for pelvic pain

16.00 - 16.30 Final session: What next? How to set up your practice to treat women's health patients; Question and answer

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