

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



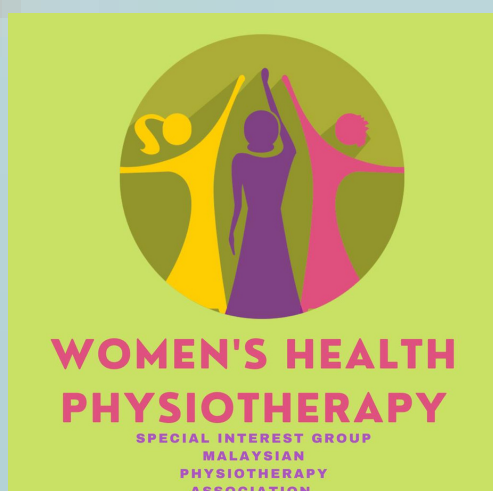
08.30 AM - 16.30 PM



**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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