AFTERNOON SESSION

From the Core to the Floor: Integrating Pelvic Health Education into Your Practice

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Description of CE presentation:
This course is designed for physical therapists, physical therapist assistants, and students interested in learning about common pelvic floor diagnoses seen in a general outpatient setting. From the Core to the Floor will explore how you can integrate pelvic health education into your everyday practice by identifying pelvic floor signs and symptoms and performing a brief musculoskeletal evaluation of the pelvic floor. This course will offer tips and tricks to address common pelvic floor dysfunctions including pelvic floor exercises, core stabilization, and bladder and bowel health. Additionally, this course will introduce pathways for a practitioner to advance their knowledge, skills, and abilities in pelvic health physical therapy from residency education, continuing education, and clinical specialization. (Please note: internal pelvic floor examinations are not within the scope of this course).

CEUs: 3.5