

Pelvic Health for the Non-Pelvic Health Practitioner

Day 1

08:30	Registration
09:00	Scope of Pelvic Health, Anatomy & Physiology of the Pelvis and Common Issues with the Bowel and Bladder.
11:00	Break
11:15	Interventions, Referrals and Differential Diagnosis for Bowel and Bladder Issues
13:00	Lunch
14:00	Pregnancy and Post-Partum – Anatomy, Physiology and Common Issues and Interventions
15:30	Introduction to Pain Science
16:15	Questions and Discussion
16:30	Adjourn

Day 2

08:00	Pain Science Explained and Applied
09:00	Pelvic Pain Issues – Identifying and Critically Thinking about Pelvic Pain Complaints and what to do about them.
10:30	Break
10:45	Pelvic Pain Case Studies
11:15	Male Specific Issues – Prostatitis, Post-Prostatectomy, BPH
12:30	Lunch
13:30	Menopause, Osteoporosis, and Female Athlete Triad, Prolapse
14:30	Break
14:45	Fitness considerations for people with pelvic issues – Problem Solving and Discussion
15:45	Questions, Discussion and Wrap-Up
16:30	Adjourn