**Urogenital Manipulations for Female and Male Pelvic Disorders**

Very often patients are visiting their osteopath for health problems that originate, in fact after manual examination, far away from the evoked symptom, and are finally found to be related to disorders of their urogenital system.

This course is designed for manual therapists wanting to perfect their initial training, but also for experienced osteopaths to improve and update their skills for the treatment of both female and male pelvic disorders.

**ORGANIZATION OF the COURSE**

* **Osteopathic Approach of bladder dysfunctions**
* The elements responsible for normal bladder physiology:
* The stabilizing system of the bladder: the pubovesical ligaments, the urachus, the medial umbilical ligaments, the obturator membranes.
* the retaining system of the bladder: the pelvic floor, the obturator muscles
* The repercussions of the dysfunctions of the pelvic girdle on physiopathology of the bladder :
* the sacrococcygeal joint, the sacrotuberal and sacrospinal ligaments
* The manipulations of the bladder: the trigone, the body of the bladder, the ureterovesical junction, the urethra.
* Other structures related to the bladder: kidneys, ureters, surrounding abdominal organs.
* The most frequent disorders presented by patients: Urinary stress incontinency, Cystitis and Cystalgia, Enuresis…
* **Osteopathic approach of the female genital dysfunctions**
* The system of stabilization and orientation of the uterus: the broad ligament, the uterosacral ligaments, the ligamentum teres, the uterovesical ligaments.
* The bad positions of the uterus and their consequences: retroversions, hyper-anteversion, tipped uterus, prolapses.
* Vascular manipulations: left renal vein, uterine artery and venous plexus of the uterus
* The treatment of the various disorders of menstruation:
* algomenorrhoea,
* premenstrual syndrome (PMS).
* The treatment of painful syndromes:
* dyspareunias,
* neuralgias in touch with the urogenital system.
* **Osteopathic approach of the male genital dysfunctions**
* The treatment of the prostate pathologies: Benign Prostatic Hyperplasia (BPH), Prostatitis
* External techniques on the structures related to the prostate:
	+ the ligaments (pubovesical, sacrotuberal-sacrospinal ligaments)
	+ the anterior part of the perineum.
	+ the inguinal canal
* Internal techniques:
	+ the different structures of the fibrous capsule of the prostate,
	+ direct manipulations of the prostate