

Course Objectives:

Upon completion, participants should be able to:

1. Understand the definitions of pudendal neuralgia, pudendal neuropathy, and pudendal nerve entrapment.
2. Understand the functional anatomy and physiology of the pudendal nerve and its interaction with the pelvic floor.
3. Become familiar with the medical diagnostic tools, conservative interventions and surgical decompression procedures for pudendal neuralgia.
4. Understand the components of a physical therapy evaluation for a patient with pelvic pain.
5. Understand the complexities and challenges in differentially diagnosing a patient with pelvic pain.
6. Recognize the importance of a multidisciplinary treatment plan.
7. Be able to safely and effectively utilize connective tissue manipulation, neural mobilizations, and myofascial trigger point therapy.
8. Understand the applicability of various manual therapy techniques for differing patients with myofascial therapy.

Course Outline Day 1

7:30am-8:00am:

- Registration & Continental breakfast

8:00am-12:00pm

- Welcome
- Definition of Pudendal Neuralgia
- Pudendal Nerve anatomy, physiology and function
- Pudendal Neuralgia/Pelvic Pain: Impairments, Functional Limitations & Disabilities
- Misconceptions: co-morbidities and misdiagnosis
- Physical Therapy Evaluation: subjective & objective: connective tissue
- Connective Tissue Lab

12:00-1:00pm: Lunch

1:00pm-5:00pm:

- Physical Therapy Evaluation: objective: myofascial trigger points, structure, adverse neural tension
- Physical Therapy Treatment: myofascial trigger points, structure, adverse neural tension
- Adverse Neural Tension Lab
- Questions and Discussion

Course Outline Day 2

7:30am-8:00am: Continental Breakfast

8:00-12:00pm

- Medical Evaluation and Diagnostic Tools
- Medical Intervention

12:00pm-1:00pm: Lunch

1:00pm-5:00pm

- Evaluation and Treatment: pelvic floor and pudendal nerve
- Guided Internal Lab
- Assessment, Differential Diagnosis and Treatment Plan
- Case Studies and Questions

Dress/What to Bring:

Dress is casual and comfortable. Loose athletic shorts and t-shirts are recommended. Please bring two twin sheets and a pillow. This will be necessary for appropriate draping during labs.

Requirements

Attendees will practice on each other & should come prepared to be both clinician and patient for internal and external sessions. Participant must be prepared to expose the body/region of study.

Identification and treatment of connective tissue restrictions require short fingernails.

Pregnant women who wish to fully participate in this course must have written permission from a physician.

Course Registration:

Payment: Mastercard, Visa, American Express accepted. Make checks payable to "Pelvic Health and Rehabilitation Center"

credit card#: _____

exp. date: ___/___/___ billing zip: _____ cv2_____

Mail or Fax Payment and Registration to:

Pelvic Health and Rehabilitation Center
2000 Van Ness Ave. Ste 603
San Francisco, CA 94109
Fax: 415-440-6803

First name: _____

Last name: _____

Address 1 : _____

Address 2: _____

City: _____

State: _____ Zip: _____

Home/Cell Phone: _____

Work Phone: _____

E-mail: _____

Circle one: MD PT PTA OT RN
Other: _____

Employer: _____

Signature: _____

Date: _____

De-mystifying Pudendal Neuralgia As a Source of Pelvic Pain: A Physical Therapist's Approach

presented by:

Elizabeth Rummer, MSPT
Stephanie Prendergast, MPT

April 2-3, 2011

Atlantic Health
Morristown, New Jersey



www.pelvicpainrehab.com
phone: 415-440-7600
e-mail: info@pelvicpainrehab.com

A Course For

Physical Therapists, Physical Therapy
Assistants, Occupational Therapists,
Physicians and Nurses

Course Description

Pudendal Neuralgia (PN) is a myofascial pelvic pain syndrome that often frustrates medical professionals and patients. Common symptoms include burning, stabbing pain in the vagina, anus, perineum, and/or genitals, urinary urgency, frequency and pain, bowel dysfunction and sexual dysfunction. Despite the apparent complexity of this disorder, PN can successfully be managed through a multidisciplinary approach with an emphasis on manual therapy. This course will describe the evidence behind soft tissue techniques that are applicable for all patients with myofascial pelvic pain and students will return to their clinics with numerous, immediately-applicable treatments for patients with pelvic pain. In addition, this course will discuss the range of medical interventions and surgeries currently utilized for PN. The focus will be on developing physical therapy treatment plans for pelvic pain and how successful teams of PTs, MDs, and mental health specialists work together.

Pre-requisites

Basic to intermediate pelvic floor
experience strongly recommended.

Course Credits TBA

Cost and Registration

\$500 - Postmarked before 1/15/11

\$600 - Register after 1/15/11

Deadline: postmarked by 3/1/2011
About the Instructors:

Stephanie A. Prendergast, MPT has specialized in treatment of myofascial pelvic pain disorders since 2001. She has published numerous articles and textbook chapters on pelvic pain, conducts research, teaches courses, and lectures internationally. She has served on the Board of Directors of the International Pelvic Pain Society since 2002 and was elected to the executive board in 2010.

Elizabeth H. Rummer, MSPT received her Master of Science in Physical Therapy from the University of Miami Medical School. Early on, she specialized in orthopedics and chronic pain before becoming involved in treating pelvic pain in 2004. Since then she has focused on myofascial pelvic pain and dysfunction syndromes. She teaches and lectures nationally and internationally, has contributed to multiple textbooks for professionals, has published multiple articles, and mentored many physical therapists in the field of pelvic pain.

Additional Information

You will receive a confirmation letter that will include information about the local area and course detail.

