

**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. Understand Physical Therapy treatment techniques.
8. Demonstrate manual therapy techniques.

**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

August 7-8, 2010

Illinois Masonic Medical Center  
Chicago, IL



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### A Course For

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

### Overview

Pudendal Neuralgia (PN) is a complex debilitating condition often misdiagnosed by medical professionals. Common symptoms include pelvic pain and urinary, bowel, and sexual dysfunction. Despite the complexity of this disorder, PN can be successfully managed through a multidisciplinary approach. Successful teams include physicians, physical therapists, and mental health specialists.

### Course Description

This two-day workshop focuses on the evaluation and treatment of PN. The lectures focus upon understanding the diagnosis, evaluation and treatment of PN. The lab sessions focus upon the participants learning the manual evaluation and treatment techniques for PN.

### Pre-requisites

Basic to intermediate pelvic floor  
experience strongly recommended.

### Course Credits TBA

### Cost and Registration

\$550

### About the Instructors:

**Stephanie A. Prendergast, MPT** received her Master of Physical Therapy degree from the Medical College of Pennsylvania and Hahnemann University. She has been committed to the diagnosis and treatment of pelvic pain since 2001. She has published several articles on pelvic pain, conducted research, treated hundreds of patients and trained several physical therapists to work in the field. She has been on the Board of Directors of the International Pelvic Pain Society since 2002 and is one of the original members of the Board of Directors for The Society for Pudendal Neuralgia. She lectures and teaches internationally.

**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 only. She teaches and lectures internationally, has contributed to multiple textbooks, published literature, 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.

