

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 differential 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: _____

Mail Payment and Registration to:

Pelvic Health and Rehabilitation Center
2000 Van Ness Ave. Ste 603
San Francisco, CA 94109

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

January 30th-31st, 2010

Woman's Hospital of Texas
Houston, TX 77054



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

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

\$500 - Postmarked before 11/15/09

\$600 - Postmarked after 11/15/09

Deadline: postmarked by 12/30/2009

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. In 2006 Elizabeth opened the Pelvic Health and Rehabilitation Center with Stephanie Prendergast. Currently, she lectures and teaches internationally, publishes professional literature about pelvic pain, and trains physical therapists to work in the field.

Additional Information

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