De-Mystifying Pudendal Neuralgia as a Source of Pelvic Pain: A Physical Therapist’s Approach

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.

A Course For
Physical Therapists, Occupational Therapists, Physicians and Nurses

Pre-requisites: Basic to intermediate pelvic floor experience required.

Cost and Registration:
$700Cdn: Postmarked 2 months prior to course
$800Cdn: Postmarked within 2 months of course
No Refunds after August 28, 2013.
Refunds prior to August 28, 2013 are subject to a $100 administration fee.
Cost includes breakfast, snacks and lunch. Sorry, special diet requests cannot be accommodated.

Register Early! Registration limited to 30 participants.

About the Instructors
Stephanie A. Prendergast, MPT, received her Master of Physical Therapy degree from the Medical College of Pennsylvania and the 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.
**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.

**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.

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**Course Outline Day 1**

**7:30 a.m. - 8:00 a.m.: Registration & Breakfast**

**8:00 a.m. - 12:00 p.m.: Welcome**
- Definition of Pudendal Neuralgia
- Pudendal Nerve anatomy, physiology and function
- Pudendal Neuralgia/Pelvic Pain: Impairments, Functional Limitations & Disabilities
- Physical Therapy Evaluation: subjective & objective, connective tissue
- Lecture/Lab: Treatment, Connective Tissue

**12:00pm - 1:00pm: Lunch**

**1:00 p.m. - 5:00 p.m.**
- Physical Therapy Evaluation: Objective: Myofascial trigger points, structure, altered neurodynamics
- Lecture/Lab: Treatment Altered Neurodynamics
- Questions and Discussion

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**Course Outline Day 2**

**7:30 a.m. - 8:00 a.m.: Breakfast**

**8:00 a.m. - 12:00 p.m.**
- Lecture/Lab: Treatment Myofascial Trigger points
- Evaluation and Treatment: pelvic floor and pudendal nerve

**12:00pm - 1:00pm: Lunch**

**1:00 p.m. - 5:00 p.m.**
- Medical Evaluation and Diagnostic Tools
- Medical Intervention
- Case Studies and Questions

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**REGISTRATION INFORMATION**

Name:_________________________________

Address:______________________________

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Phone Number:__________________________

Work Number:___________________________

e-mail:________________________________

Discipline:  PT/ OT/ RN/ Physician

Hotels near hospital:
Chateau Louis Hotel & Conf Centre 1-800-661-9843
Courtyard by Marriott 780-423-9999
Best Western City Centre Inn 1-800-937-8376

Payment enclosed:  □  cheque or money order only, payable to ALBERTA HEALTH SERVICES
$700Cdn prior to July 28, 2013 (postmarked)
$800Cdn after July 28, 2013 (postmarked)

For Refund policy see reverse side

Mail to:
Barbara Luckhurst
Urogynecology Clinic C 10240 Kingsway Ave
Edmonton, Alberta, T5H 3V9

Questions? phone Barbara Luckhurst 780-735-4761
or email Barbara.Luckhurst@albertahealthservices.ca