Background to the Advanced PF – Pain Course:
The field of pelvic floor physiotherapy has grown enormously in recent years, largely due to the well-researched role of PFMT and adjunctive therapies for disorders such as urinary incontinence and pelvic organ prolapse.

More recently however, research in this growing field has also begun to focus on the role of pelvic floor physiotherapy in chronic pelvic pain. Not only does this scope of practice require a markedly different knowledge base and set of manual therapy skills, research is also beginning to show that these techniques may provide a possible alternate treatment plan for some of the previously regarded “pelvic floor weakness” disorders.

COURSE CONTENT - DAY ONE
The first day commences with the presentation of two contrasting chronic pelvic pain case studies that are utilised for learning throughout the course. This is followed by an overview of the anatomy of Chronic Pelvic Pain with a focus on visceral-somatic and somatovisceral convergences. Also explored is the importance of time-lining pain presentations for the determination of contributions from nociception vs sensitisation. The second half of day one includes a detailed hands-on anatomy session with pelvic floor models, and teaches the advanced vaginal examination skills required when assessing for Pelvic floor hypertonicity and trigger points. By the end of day one, participants are expected to feel competent in taking a pelvic pain history, and determining the likelihood of pelvic floor myalgia and hypertonia as a cause of pelvic pain disorders.

DAY TWO
The second day of the course focuses on the various specific chronic pelvic pain disorders. Pain Disorders covered will include Urologic Pain Disorders (bladder pain syndrome/interstitial cystitis and urethritis), Anorectal Pain Disorders (chronic proctalgia vs proctalgia fugax), Neuralgias (including pudendal neuralgias, genitofemoral neuralgias, posterior femoral cutaneous neuralgia and ilioinguinal neuralgias) and Sexual Pain Disorders (including vestibulodynia/vulvodynias, genito-pelvic pain penetration disorder, vaginismus, lichens sclerosis, lichens planus, herpes simplex virus etc). For all of the conditions covered in Day 2 assessment and diagnostic criteria, prognosis and treatment options will be covered.

VAGINAL EXAMINATION PRACTICAL
In addition to the theory, an optional vaginal examination practical is included in which participants learn to palpate the superficial pelvic floor, the components of levator ani, coccygeus, arcus tendineus, the superior and inferior portions of obturator internus as well as alcock’s canal and the pudendal pathway. Techniques such as Thiele massage, trigger point release, and contract relax are taught.

Who is this course most suited to:
This course is most suited to physiotherapists who already have strong skills in the assessment, diagnosis and management of pelvic floor relaxation disorders such as SUI & POP, but who would like to extend their skills into pelvic floor overactivity disorders and chronic pelvic pain. It is assumed that all participants will already be competent in basic vaginal examination skills including strength assessment using a Modified Oxford Scale.

COURSE FEE
AUD $420 for 2 day theory only (~euro 290)
AUD $490 for 2 day theory plus VE practical (~euro 340)

Note: a reduced fee of AUD $390 for theory only or AUD $450 is available for physiotherapists who are also attending the Pelvic Floor Exercise and Sport course being run on Friday 18th November

For Enrolment: visit Women’s Health Training Associates at www.whta.com.au