

Presented by Kelley Thibault PT, NCS

This course will discuss basic pelvic health anatomy and physiology, healthy bowel and bladder habits, exercise and its connection with the pelvic floor as well as pelvic floor dysfunction and its contribution to inactivity. Participants will understand functional versus basic kegels and what other musculature is important for overall pelvic stability and continence.

Objectives:

1. Participants will understand basic anatomy and physiology of the pelvic floor region.
2. Participants will understand healthy bowel and bladder habits and how to incorporate into a treatment plan
3. Participants will understand what a kegel is how best to incorporate into a treatment plan.
4. Participants will understand the barriers to pelvic strength.
5. Participants will be able to use the information presented to instruct patients with various dysfunctions and/or injuries in a functional exercise program that includes the pelvic floor and supporting musculature.

Kelley Thibault PT, NCS has been a physical therapist for 28 years. Early in her career she specialized in neuroscience obtaining her NCS in 2004 and renewal in 2014. For the past 8-10 years she has turned to pelvic health as a specialty. She has worked with men, women and children with pelvic floor dysfunction and pelvic pain. She has gone to many continuing education courses over the past 8 years and is now a TA for Herman and Wallace.

References:

Lee, Diane (2017) Diastasis Rectus Abdominus "" A Clinical Guide for Those Who Are Split Down the Middle"", Learn with Diane Lee, Surrey, BC Canada

Devreese 2007- continent and incontinent women contract pelvic floor muscles differently

Crawford 2016 functional tasks with pelvic floor better than pelvic floor alone

Kutch et al 2014 gluteus maximus plus pelvic floor better than pelvic floor alone

Jordre and Schweine (2014) Comparing Resisted Hip Rotation with Pelvic Floor Muscle Training in Women with Stress Urinary Incontinence: A Pilot Study

Netter, Frank H MD(1990) Atlas of Human Anatomy, CIBA-GEIGY Corporation, Summit NJ