



Foundational Concepts' mission is to treat pelvic floor dysfunction by addressing the whole person - as well as to share its therapists' knowledge and expertise with the community and other healthcare providers - so that more people find answers to their pelvic dysfunction in a timely manner

The Pelvic Girdle: Assessment and Treatment: March 31-April 1, 2017

12 hours CEU/400\$

The Pelvic Girdle course expands on the pelvic girdle namely the Lumbar spine, sacroiliac joints, pubic symphysis and hip joints and the role of the pelvic floor musculature in these areas. You will be introduced in how to incorporate the pelvic floor in assessment and treatment for conditions affecting these areas. You will be able to identify red flags that would indicate need for referral to a pelvic therapist. You will be given management strategies for conditions that primarily affect women and men and the importance of including the pelvic floor in your orthopedic treatment for these conditions. Lab work will include external pelvic floor assessment and palpation, no internal assessment will be covered.

Attendees will be educated with current evidence for the anatomy and function of the pelvic girdle with specific focus on the relationship of the pelvic floor with the diaphragm, deep trunk and hip musculature. The pelvic floor muscles provide pelvic girdle stability, normal bladder and bowel function, sexual function, and breathing. Dysfunction of the pelvic musculature can contribute to many conditions limiting function, mobility and causing pain if unrecognized. Orthopedic therapists will benefit with knowledge of the pelvic floor in conditions of the low back, hip, sacroiliac, and lower extremity dysfunctions. The course will take a thorough look at the anatomy of the pelvic girdle and the pelvic floor muscles. Medical history and chief complaints to identify risk factors for pelvic floor dysfunction will be discussed. We will look at evidence based evaluation and treatment methods. Labs will be cover evaluation and treatment techniques for the pelvic girdle.

Instructors: Jennifer Cumming, MSPT, CLT, WCS and Sarah Dominguez, MSPT, CLT, WCS

Jennifer Cumming, PT, MSPT, CLT, WCS completed her master's degree in physical therapy in 2001 at Des Moines University. There she developed excellent orthopedic and manual skills, including muscle energy technique and myofascial release. She began taking pelvic floor courses and treating pelvic floor diagnoses in 2004 while working at the Rehabilitation Institute of Chicago. While at RIC, she was nominated for the Magnuson Award for outstanding leadership in 2007. She developed the pelvic floor program at Norwegian American Hospital, a community hospital in Chicago. This program incorporated the use of acupuncture, aroma therapy, and massage therapies. Jennifer completed the Herman and Wallace pelvic floor series. After moving to Kansas City, she joined the oncology and pelvic floor rehab teams at the University of Kansas Hospital. She earned a certification in Lymphedema Treatment (2011). There, she helped to grow the pelvic floor and oncology rehab programs. Jennifer joined Sarah to open Foundational Concepts, Specialty Physical Therapy in 2013 to focus exclusively on pelvic floor physical therapy. Jennifer has lectured for the Midwest Student Conclave sponsored by the KPTA, Rockhurst and Kansas University physical therapy programs, the



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University of Kansas Cancer Center Be Well series, and Turning Point community education program. She is a Credentialed Clinical Instructor and enjoys teaching physical therapy students interested in pelvic floor and women's health rehab in the clinical setting. She is a board-certified Women's Health Specialist in Physical Therapy (2015) and is certified in the Integrated systems model by Diane Lee (2016).

Sarah Dominguez, PT, MSPT, CLT Studied at the University of Missouri in Columbia, Missouri receiving a Bachelor of Science in Psychology (1998) and a Master of Science in Physical Therapy (2001). She began her career at the Rehabilitation Institute of Chicago at the Center for Spine, Sports and Occupational Rehabilitation. She began her training in pelvic floor rehab while at RIC in 2002, along with developing strong manual therapy and an osteopathic approach to musculoskeletal pain and dysfunction. Upon moving to Columbia, Missouri in late 2003, Sarah began working at a privately owned outpatient clinic and developed a pelvic floor specialty clinic while managing a satellite clinic in Fayette, MO. In 2005 She moved to Kansas City and began work at a private outpatient clinic in Lee's Summit, MO developing another pelvic floor specialty practice. In 2008, Sarah was accepted into the Doctorate program at the University of Kansas Medical Center in Rehabilitation Science. She joined the Physical Therapy department at University of Kansas Hospital in 2009 and developed the pelvic floor program there. Sarah received certification in 2009 as a Certified Lymphedema Therapist through the Klose school. She was awarded the T32 Grant from the Eunice Kennedy Shriver National Institute of Child Health and Human Development in 2010. Sarah joined Jennifer to open Foundational Concepts, Specialty Physical Therapy in March 2013. Sarah lectures at the University of Missouri Department of PT, University of Kansas Departments of PT and Nurse Midwifery and at Rockhurst University Department of PT. She is a board-certified Women's Health Specialist in Physical Therapy.

Audience:

This continuing education seminar is targeted to physical therapists, occupational therapists, physical therapist assistants, occupational therapist assistants, registered nurses, nurse midwives, and other rehabilitation professionals.

OBJECTIVES

1. Describe the anatomy of the pelvic girdle and understand the biomechanics of functional movements as they apply to the pelvic girdle.
2. Describe the relationship of the core musculature for breathing and stability.
3. Assess the muscles within the pelvic girdle (Abdominal wall, spine, hip and Pelvic floor)
4. Assess alignment and mechanics of movement of the pelvic girdle.
5. Understand how pelvic floor muscle dysfunction plays a role in hip, lumbar spine, SIJ and pelvic diagnoses and recognize when to refer to a pelvic PT.
6. Assess and develop a treatment plan for sportsman's hernia, hip labral tear, hip impingement, pubic symphysis and coccyx diagnoses, involving pelvic floor muscle assessment and treatment to guide recovery.
7. Develop treatment approach to core strengthening involving the pelvic floor.
8. Understand causes of PFM and SI dysfunction in athletes.
9. Understand how to perform concise but thorough history taking to rule in or out PFM involvement with hip, SI, and LBP



COURSE PROGRAM

FRIDAY AFTERNOON: 1:00 – 5:00

1:00 - 3:30

Anatomy of the Pelvic Girdle

Function of the Pelvic Floor and Core Muscle system

Muscle referral patterns and fascial connections

3:30 – 5:00 Lab Anatomy Palpation

SATURDAY MORNING 7:30 – 12:00

7:30 – 8:00 coffee and breakfast provided

8:00 – 9:00 Ruling out the Lumbar spine and Hip

9:00 – 9:50 Lab: Lumbar spine and Hip special tests and assessment

9:50 Break

10:00 – 11:00 Sacroiliac and pubic symphysis joint assessment and treatment

11:00- 12:00 Lab SIJ special tests, assessment, treatment techniques

SATURDAY AFTERNOON 1:00- 5:00

12:00-1:00 Lunch

1:00 – 2:00 Diastasis Recti assessment and treatment

2:00- 3:00 Lab Diastasis Recti

3:00 – 4:00 Pelvic Pain in the female athlete, post-partum and post-menopausal

4:00- 5:00 Lab Pelvic pain assessment and treatment

For questions or more information on our practice and mission visit us at www.foundationalconcepts.com or call Jennifer or Sarah at 816-569-2802.



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