

Hands on Approach to pelvic floor Physical Therapy



Feb 7 - Feb 8, 2019

The Physio Room, Shop no 2
Arihant building, Irla
S.V Road, Vile Parle west
MUMBAI-400056

1 and 1/2 day
course for
male and
female

Learn to Use
biofeedback
as a treatment
tool

Bowel
dysfunction
and treatment
approaches

Course offered by

Meenal Mujumdar Physical Therapy, Inc, California

Get Lifetime free access to Instructor as mentor



Meenal Mujumdar Physical Therapy, Inc

Meenal Mujumdar

Pelvic Floor Therapist, PT, PRPC, CLT



Meenal received her physical therapy degree in 2003. She prides herself on staying current with certifications and specialized training in pelvic health. Meenal has spent 500+ hours in continuing education the field for Pelvic floor physical therapy. She owns her private practice in Los Altos hills, CA and takes pride in working with several high-profile people in Northern California including several international patients.

- Pelvic Rehabilitation Practitioner Certification (PRPC) - Herman and Wallace Pelvic Rehabilitation Institute
- Australian Manual Therapy Certification
- Lymphedema Certification with specialized certification in pelvic floor
- Certificate of Achievement in Pelvic Physical Therapy (CAPP) - APTA Section on Women's Health - OB and pelvic
- Women's Health Life Coach Certification - Integrative Women's Health Institute
- Specialized clinical mentoring program and Pelvic PT Boot Camp certificate

Meenal has a passion for treating all types of pelvic health conditions for female, male, and pediatric patients. Her specialty interests are vaginismus and pelvic girdle pain, male pelvic pain isceral pain and complex pelvic pain.

Meenal lives in California, with her husband and first grader daughter. In her spare time, she likes riding horses, biking, and spending time with her lovely daughter.



Course Highlights

This is a day and a half course which provides Hands-on and evidence based approach to effectively treat male and female patients with pelvic floor dysfunction, incontinence and pelvic pain.

- Introduce participants female and male pelvic floor anatomy
- Hands on approach with 2 hands on labs with enough time to practice
- Participants will be comfortable with identifying the anatomical structures, evaluate and treat female and male patients with pelvic floor dysfunctions
- Introduction to use biofeedback as a treatment tool
- Different treatment techniques, exercises and tools
- Bowel dysfunction and treatment approaches
- Participants will have enough tools to be able to start their own pelvic floor specialty practice in India
- Lifetime access with **Meenal Mujumdar** via email/phone for mentorship



Requirements

Participants are required to stay the entire time in order to receive the certification. Please make required travel arrangements accordingly. The course is limited to 10 participants and open to Physical therapists, Physical therapy students (last year BPTH), nurses, and physicians.

Male and female participants welcome!

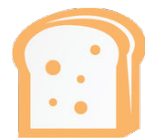


Lab Requirements

Attendees are required to work in a group 2-3 and required to participate as a patient as well as practitioner. **The Labs involve Internal pelvic floor and rectal exams.** Participants are expected to participate. If you don't wish to participate, please make sure to work with other participants or bring a model for yourself. We will try hard to bring in patients for demo evaluation and treatment.

We will provide

Breakfast



Lunch



Hi tea



---Course Outline---



Day 1

- 12:30 - 1:30** - Pelvic floor anatomy and function - female pelvic floor
- 1:30** - Physical therapy and Physician evaluation for Incontinence and pelvic pain - female
- 2:30** - Pelvic floor Dysfunctions Prolapse, Supportive dysfunction, Hypertonus dysfunction, Neurological overview of pelvic floor, Pudendal nerve considerations
- 3:30 - 3:45** - Tea/Coffee
- 3:45** - Lab - External identification, Muscle layers, Structures, Bony prominences, Internal pelvic floor examination for female patients
- 5:30** - Q&A round up

Day 2

- 8:00** - Breakfast
- 8:30** - Pelvic floor anatomy - Male pelvic floor
- 9:30** - Bladder pain syndromes, pudendal neuralgia, vulvodynia clinical representations, and evaluation/tests
- 10:30 - 10:45** - Tea/Coffee
- 10:45** - Lab - Male internal examination
- 12:45 - 1:30** - Lunch
- 1:30** - Differential diagnosis prostatitis, prostatic enlargement, pelvic pain
- 2:30** - Lab - Pelvic floor evaluation - putting it all together male/female
- 3:30 - 3:45** - Tea/Coffee
- 3:45 - 5:30** - Case studies - Male, female
- 5:30** - Q&A, wrap up, certificate distribution, Q&A and class picture



Meenal Mujumdar Physical Therapy, Inc



Course Fee

Individual registration - INR 15000/-

Contact

Meenal Mujumdar Physical Therapy, Inc

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