

## Pregnancy, post-natal & female pelvic health for the Musculoskeletal Physiotherapist

### Name and qualifications of tutor:

**Mr Gerard Greene** MSc (Manip Physio); BSc Physio, MMACP, MCSP, PG Cert HEd, Assistant Professor Physiotherapy (Coventry University, UK)



**Course length:** 1 full day

**Course Outline:** Pregnancy related pelvic girdle pain has a high incidence and is a leading cause of both physical and psychological disability. Post-natal PGP also affects a significant number of women yet finding physiotherapists who are comfortable and competent to see these women can be challenging.

Rectus diastasis has a high incidence post-Nataly and has been associated with an increased incidence of pelvic floor dysfunction such as stress urinary incontinence, pelvic pain and prolapse. Women with diastasis also face challenges locating physiotherapists who are happy to see them. Post- natal return to sport, exercise and activity can be limited due to obstetric anal sphincter injury, pain, diastasis, urinary symptoms and other pelvic floor disorders.

Musculoskeletal physiotherapists are well placed to assess, treat and manage all of these conditions

**Style of teaching:** Within the course there is an emphasis on practical teaching, but with some interactive theory sessions. The course is fully supported by some pre-course reading to include key papers, podcasts and VLOGS.

**Aims:**

This course will prepare Musculoskeletal physiotherapists to assess, treat and manage all of the afore mentioned conditions of pregnancy related pelvic girdle pain. It will also enable musculoskeletal physios to identify conditions that require more specialist pelvic health physiotherapy such as prolapse, urinary dysfunction, obstetric anal sphincter injury and pelvic pain.

**Learning Objectives:**

At the end of this workshop participants will have the skills for:

1. Pelvic Girdle Pain: Effective ways of reducing pain, fear avoidance and increasing function.
2. External assessment of the Pelvic floor for the Musculoskeletal physiotherapist.
3. Rectus Diastasis: What's the most effective way to assess & treat this.
4. Using Ultrasound imaging in the assessment and treatment of Rectus diastasis & pelvic floor dysfunction.
5. Musculoskeletal physios guide to obstetric anal sphincter injury, prolapse , female pelvic pain.
6. Safe return to sport post-Nataly

**Biography:**

Gerard combines teaching & research with working in his specialist Pelvic health Physio clinics in Birmingham. His clinics specialise in Women's and Men's health Physiotherapy in addition to children & adolescent bowel & bladder and he works with a team of 7 other pelvic health physios.

Gerard co-founded the Women's Health Physiotherapy Facebook group which now has 10,000 members and is a leading international forum. He was invited to present at WCPT 2017 in Cape Town and has also delivered courses for the South African Society Physiotherapy (2017), Japanese Physical Therapy Association (2018) and is currently working with the American Physical Therapy Assoc. He has also taught pregnancy and post- natal physio courses in Ireland & UK and is passionate about getting more MSK and sports physiotherapists involved in these areas of practice. Gerard is also working with The English Institute of Sport within the area of sporting pelvic floor dysfunction. He is a previous executive member of the MACP and is part of the MSc team in Coventry University where he is an associate professor.

**Course Programme:**

<b>Time</b>	<b>Session</b>
8.45	Registration
9:00 - 10:00	Pregnancy, post-natal & female pelvic health: A natural place for the specialist musculoskeletal clinician: "bridging the MSk – Pelvic health divide for better patient outcomes".
10:00 – 11:00	Pelvic Girdle Pain: An evidence based clinically informed interactive theory session: Why MSk physios need to step up
11:00 – 11:15	Break
11:15 – 13:00	Rectus Diastasis to include post-natal pelvic floor function : From palpation to muscle testing & rehab to pain education to transabdominal US imaging, positioning the MSk specialist in the assessment and management of these conditions - <i>Practical session</i>
13:00 – 13:45	Lunch
13:45 – 15:30	Management of ante and post- natal Pelvic Girdle Pain: Safe return to activity, exercise and sport (Making those decisions and a natural place for the MSk physiotherapist) - <i>Practical session</i>
15:30- 16:30	Once Post Natal always post-natal: Picking up OASIS (Obstetric anal sphincter injury) POP (pelvic organ prolapse), urinary dysfunction, Pelvic pain - <i>Interactive theory session</i>
16:30- 17:00	Summary, feedback, Q & A and how to move forwards as an MSk physio into pelvic health

### **Information for venues:**

The cost for the participant will be:

£120 for MACP members

£150 for non-members

This is the cost for 2021 and will be reviewed annually.

There is one free space available to whoever organises the course locally. In addition, one further free space will be offered if more than 21 delegates book onto the course.

If a venue fee is incurred the minimum number of people required to run the course may increase. The minimum number of delegates required to qualify for an additional free place will also increase.

The course requires a minimum of 11 bookings to enable the MACP to cover expenses and will be cancelled 6 weeks prior to the commencement of the course if this number has not been reached.

If the course requires air travel (outside England) for the lecturers the prices quoted / number of bookings required will need to be adjusted to reflect the additional costs.

### **What the MACP Provides:**

- Tutors for delivering the courses
- Pays the accommodation for the tutor(s).
- Pays tutors(s) travel.
- Administers the course, taking all bookings and sending all applicants pre- course information.
- £3 per person / day to cover refreshments (tea/coffee/biscuits etc).
- Advertising in: MACP website and social media sites, MACP newsletters.
- One copy of a flyer that you may use to circulate and advertise the course.
- A list of names of those who have booked prior to the course for registration.
- CPD certificates (online).

### **You will need to provide:**

- A room that will seat 26 people for the main body of the lecture.
- AV equipment (data projector). Plus access to plugs as workbooks are electronic.
- Separated area or room with 8 plinths for the practical session
- Provide us with local information re directions how to get to venue, parking, local accommodation list

- Someone to work on local promotion (including SoMe) to help to ensure that at 6 weeks before the course, the minimum numbers of 11 places are booked onto the course.
- Someone on the on the day to deal with local venue organization (AV, putting up signs, providing refreshments, information about where to get lunch, registering delegates, locking up, this may also include picking up or dropping off tutors from their hotel; taking pictures on the day for SoMe)
- Refreshments as appropriate (to be reimbursed by MACP on production of original receipts – up to £3 per day per person)

**Evidencing course objectives and learning outcomes in relation to First Contact Practitioners and Advanced Practitioners in Primary Care**

<b>Learning Outcome (LO)</b>	<b>Delivery Method (S)</b> Study Day- Course	<b>MSK CCF<sup>^</sup></b>	<b>IFOMPT Dimension of OMT<sup>#</sup></b>
Understanding the anatomy of the pelvic floor and how it relates to common post-natal conditions such as Urinary Incontinence, Pelvic Organ prolapse & Obstetric Anal Sphincter Injury	Lectures, you tube based videos	A.2 B.3 B.4 B.5	D6.S3 D3.K1
Understanding the anatomy and function of the abdominal wall and linea alba and its clinical relevance to rectus diastasis and abdominal wall dysfunction post-Nataly.	Lectures, You-tube based videos	A.2 B.3 B.4 B.5	D6.S3 D3.K1
Develop pattern recognition skills for common pregnancy and post-natal conditions such as Pelvic Girdle pain, rectus diastasis, post-natal PGP, Post-natal LBP, POP, SUI, OASI & pelvic Pain.	Lectures, small group (break out room discussion)	A.2 B.3 B.4 B.5	D6.S3 D5 K2 D8.K4 D1. D7.S1
Develop differential testing skills in the subjective and objective assessment of the patient with pregnancy related Pelvic Girdle pain.	Practical skills-based session supported by clinical videos	A.1 .A.2 B.3 B.4 B.5	D8.S10 D10.S2 D5.K2 D8.K4 D1.S3 D6.S6

Critically appraise the literature around the diagnostic validity and reliability of pelvic girdle tests related to PGP.	Lectures, facilitating discussion and flipped classroom approach	A.2 B.3 B.4 B.5	D6.S3 D5.K2 D1. D6.S6
Identify psycho-social factors related to PGP and other pregnancy and post-natal related clinical conditions and interpret their significance to the patient's presentation, assessment and management.	Lectures, facilitating discussion and flipped classroom approach, use of podcasts and Zoom interviews.	A.1 A.2 B.3 B.4 B.5 C.6 C.7 C.12 C.13	D8.S10 D.10 , S2 D1.S3 D2.S1 D4.S1 D3.S1
Develop specialist assessment and treatment skills relating to rectus diastasis and post Natal abdominal dysfunction.	Practical skills-based session supported by clinical videos	A.2 B.3 B.4 B.5 C.6 C.7 C.12 C.13 C.11	D6.S3 D5.K2 D8.K4 S6
Introduce the specialist skills of using trans-abdominal Ultrasound imaging to assess and treat pelvic floor dysfunction relating to both under and over activity.	Practical skills-based session supported by clinical videos	A.2 B.3 B.4 B.5	S3 D5.K2- D8.K4 D6.S6
Introduce the specialist skills of using trans-abdominal Ultrasound imaging to assess and treat linea alba and abdominal wall dysfunction in the post-natal patient.	Practical skills-based session supported by clinical videos	A.2 B.3 B.4 B.5	D6.S3 D5.K2 D8.K4.S6
Developing clinical skills to determine post-natal return to sport time scales and to develop a cluster of tests to facilitate the safe return to sport and exercise.	Practical skills-based session supported by clinical videos	A.1 A.2 B.3 B.4 B.5 C.6 C.7 C.12 C.13 C.11	D8.S10 D.10 , S2 D5.K2 D1.S3 D6.S6

^: Mapped to First Contact Practitioners and Advanced Practitioners in Primary Care: (Musculoskeletal). A Roadmap to Practice. Accessed December 2020

#: Mapped to IFOMPT Educational Standards in Orthopaedic Manipulative Therapy, 2016