

ADVANCED COURSE IN MANUAL THERAPY TECHNIQUES FOR THE PELVIC FLOOR

Maeve Whelan MISCP, MSc.

Dip Obs & Gyn (Physio); Dublin/ Ireland



**20. UND 21. APRIL 2024
FRANKFURT**

**PRAXIS MYVLOW
HEDDERICHSTRASSE 36
60594 FRANKFURT**

9 BIS 17 UHR (SA & SO)

**Kosten: 550 Euro inkl. Skript und
Pausensnacks**

**Jetzt anmelden unter:
info@physiotherapie-junginger.de**

FORTBILDUNG

**MAEVE WHELAN
MISCP, MSC., DIP OBS
& GYN (PHYSIO)**

This two-day course is for physiotherapists already working in the field of obstetrics and gynaecology and with experience of internal vaginal examinations. Experience of internal rectal examinations is not essential to attend the course.

The course will provide insight into the complex anatomy of the female and to a lesser extent the male pelvic floor anatomy and has a large practical component, where participants through their confidence in anatomy will acquire skills and techniques to treat a wide variety of pelvic floor dysfunctions.

Participants are encouraged to practice techniques on each other in order to learn the techniques but also to experience the sensation of being palpated and to experience the changes in their own pelvic floors under the hands of the participating therapists.

BEDINGUNGEN- VORAUSSETZUNGEN

Abgeschlossene(s) Ausbildung/ Studium der Physiotherapie

Spezialisierung im Bereich Beckenbodenrehabilitation durch den Nachweis einer anerkannten Weiterbildung.

Erfahrung in der Durchführung von internen Untersuchungs- und Behandlungsmethoden (vaginale und rektale Palpation).

Gutes Verständnis der Englischen Sprache, da die Fortbildung auf Englisch abgehalten wird.



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LERNZIELE

- To provide participants with the evidence to enhance clinical reasoning in the management of all pelvic floor dysfunction
- To provide participants with new manual skills to enhance current practice
- To challenge participants to re-examine their clinical practice in the light of the presented techniques and evidence

On completion of this course participants will have an understanding of:

- Detailed pelvic floor anatomy with ability to differentiate between superficial and deep pelvic floor muscles
- Theories of pelvic floor muscle dysfunction in bladder and bowel control, pelvic organ prolapse and chronic pelvic pain
- Vaginal muscle / fascial / organ examination and ability to differentiate between hypertonic / overactive and hypotonic / underactive pelvic floor
- Rectal muscle / fascial / organ examination and ability to differentiate between hypertonic overactive and hypotonic underactive pelvic floor
- Vaginal manual therapy techniques to treat pelvic floor muscle imbalance
- Rectal manual therapy techniques to treat pelvic floor muscle imbalance
- Self help techniques for pelvic floor release including "Sniff, Flop & Drop"
- Long term rehabilitation and home programmes
- Insight of the use of realtime ultrasound to evaluate the changes over a session of pelvic floor manual therapy



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DOZENTINNEN

MAEVE WHELAN MISC.P, M.Sc., DIP OBS & GYN (PHYSIO)

Physiotherapeutin



Maeve Whelan is a Chartered Physiotherapist in Pelvic Health in Private Practice in Dublin. The practice has 11 Pelvic Health physiotherapists with a total physiotherapy staff of seventeen. Maeve's area of interest is manual therapy of the pelvic floor and its application with bladder and bowel disorders, pelvic organ prolapse and chronic and sexual pelvic pain.

She has a Diploma in Obstetrics & Gynaecology from TCD (1991) and a MSc by Research RCSI (2013), exploring manual therapy and pelvic organ prolapse.

She speaks at conferences, has published papers and contributed book chapters.

Maeve teaches the techniques that she has developed nationally and internationally and is passionate about sharing her clinical experience and knowledge.