ENSIGN SERVICES, Inc.



Training is intended for PTs, PTAs, OT, OTAs

*Sponsored by EnsignTherapy.com and open to all Ensign Therapists Free of Charge*

***Registration Closes September 4th, 2023 –*** *Material is basic or introductory*

**Pelvic Floor Rehabilitation for Improving Function in Older Adults**

The prevalence of Pelvic Floor Dysfunction (PFD) continues to rise as our population lives longer, but incontinence and other pelvic floor disorders are not an inevitable part of aging. Demand for treatment is high as *incontinence is known to significantly increase fall risk and decrease quality of life.* The United States spends more money annually on incontinence than it spends on falls and third-party payers are motivated to reimburse for evidence-based rehabilitative therapies that can be carried out by trained PT/PTA/OT/COTA therapists.

You don’t need to be a pelvic floor specialist to make a meaningful difference-- this course is designed to offer specialized content that improves generalist care in a variety of settings. Join **Dr. Catherine Lewan, PT, DPT, C-IAYT, E-RYT-200**, for this 1-day didactic course that shines light on the “floor of the core,” and utilizes evidence-informed external techniques that are non-invasive and immediately applicable. Learn to incorporate pelvic floor training into any PT or OT plan of care to improve meaningful functional outcomes and bladder/bowel health of your aging patients.

**Upon completion of the course, participants will be able to:**

1. Describe at least three verbal cues or images for functional activation (voluntary contraction) of the pelvic floor.
2. Identify signs and symptoms of the most common types of urinary incontinence in the aging population.
3. Maximize efficacy of treatment plans by including functional pelvic floor exercise and/or patient/ caregiver education to improve urinary incontinence.
4. Utilize information from a voiding log to guide management of: urinary or fecal incontinence; urinary urgency, frequency or hesitation; constipation.
5. Include pelvic floor symptoms, functional goals, and outcome measures in medical documentation to ensure continuity of care and third-party reimbursement.
6. Consider relevant evidence and clinical reasoning to determine whether a patient is a candidate for electrical stimulation as a treatment for urinary incontinence.
7. Incorporate pelvic floor cues and breathing techniques into functional transfers to decrease leakage associated with movement and increased intraabdominal pressure.
8. Collaborate with an interdisciplinary team to utilize prompted or timed/scheduled voiding to decrease wet episodes and improve patient care and dignity.

**Sunday September 10th, 2023-Registration begins at 8am**

8:30am Course begins Part I Introduction for the rehab specialist

10:00-10:15am Break

10:15-12:30 Part II Pathology and management

12:30-1:00pm Lunch

1:00pm-2:45pm Part III Improving bowel, bladder and Pelvic Floor Outcomes

2:45-3:00pm Break

3:00pm-4:00pm Park IV Group Exercise

4:00-4:30pm Part V Closing

**Date/Location** Sunday September 10th, 2023 8:30am-4:30pm

**Course Location:** Douglas County -Castle Rock Library 100 S Wilcox St, Castle Rock, CO 80104

**Earn 7 CCUs/.7 CEUs**

**Pre-registration is required – register at** [**BuildingTherapyLeaders.com/courses**](http://www.EnsignTherapy.com/courses)

**Instructor:** Dr. Catherine Lewan first started her pelvic floor training with the Women’s Health Foundation in 2006, as a certified Pilates instructor and fitness studio owner. She went on to earn a Doctorate in Physical Therapy from the University of Illinois at Chicago in 2010, with elective emphasis in Women’s Health. She completed capstone pelvic floor coursework through the American Physical Therapy Association Section on Women’s Health and founded the Pelvic and Abdominal Health Program at Andersonville Physical Therapy in Chicago, IL, where she managed the program and saw a variety of pelvic, neuro and orthopedic patients for nearly eight years, while mentoring student interns and new grads. Catherine continues to mentor budding pelvic PT’s and sees patients in an outpatient private practice setting while planning and teaching a variety of CE courses incorporating Pilates, Yoga, and Pelvic Health.