

Pelvic, Obstetric and Gynaecological Physiotherapy

Pregnancy Related Physiotherapy:
assessment and management of musculoskeletal
conditions; hip and trunk – advancing your practice

9 November 2019

University Hospital Wishaw, 50 Netherton Road, Wishaw, ML2 0DP

£125 POGP member/affiliate
£160 non-member

This new study day has been developed as a follow on from the POGP 'Physiotherapy assessment and management of pregnancy related musculoskeletal conditions - Part I' course. Attendance on the longer course (either 2.5 or 2 day course depending on date of course) is a pre-requisite to application for this Part II course.

The study day includes a mix of theory and practical sessions. The content will include anatomy, pathology and treatment of thoracic, hip, abdominal, sacrum and coccyx dysfunction both during and after pregnancy. Assessment and treatment strategies will build on the learning from your earlier course, including the use of diagnostic tools, manual therapy techniques and the development of graded exercise programmes for the pregnant or postnatal woman with thoracic spine, hip, coccyx and abdominal problems.

Programme objective

To enable the physiotherapist to examine, manage and treat thoracic spine, sacrum, coccygeal and hip conditions and apply progressive graded abdominal rehabilitation in the pregnant and postnatal woman.

Learning Outcomes

By the end of the study day the participant will:

1. Have consolidated his/her understanding of the neuromusculoskeletal structure and function of the lumbo-pelvic complex and associated pregnancy-related altered biomechanics;
2. Be able to adapt his/her assessment and examination techniques of the thoracic spine, pelvis, hip, coccyx and abdominal rehabilitation for the pregnant and postnatal woman;
3. Be able to apply appropriate clinical reasoning to direct physiotherapy intervention to the pregnant or postnatal woman with thoracic spine, pelvis, hip, coccyx and abdominal problems;
4. Increase his/her confidence in an advanced range of treatment skills including manual techniques and exercises for the thoracic spine, pelvis, hip, coccyx and abdominal rehabilitation for the pregnant and postnatal woman.

Pre-course learning:

You will be sent links to a number of on-line learning resources on confirmation of your place on the course. Whilst not compulsory, it is highly recommended that you review these resources in advance of the course.

Study day programme:

8.30	Registration
8.45	Introduction
9.00	Thoracic spine: theory and practical
10.30	Break
11.00	Hip: theory and practical
12.30	Lunch
1.15	Coccyx and sacrum: theory and practical
2.15	Abdominal rehabilitation: theory
3.00	Break
3.15	Graded exercise programme and case studies
4.45	Review objectives and procedure for the issue of certificates
5.00	Close

This course includes practical sessions, which take place in an area set aside for use of the workshop participants (i.e. with no access to those not involved with the course). During the practical sessions you will be using manual techniques on each other in pairs or groups of three. You may be working together in an open gym or outpatient department, rather than a private room or curtained cubicle. In these circumstances, if you consent to act as a model, you may prefer to wear a T-shirt/vest top and shorts.

Refreshments during morning and afternoon breaks are included in your programme fee but lunch is at your own expense. Various lunch options are available either on-site or in the local area.

The following application form needs to be completed and sent with payment to the workshop administrator as directed on the application form. The consent form should be completed and brought with you to the study day.

POGP WORKSHOP

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CONSENT FORM

I understand that the workshop includes a practical element where I can learn about the assessment and management of pregnancy-related thoracic spine, sacrum, coccygeal and hip conditions and apply abdominal rehabilitation techniques by taking part myself and under the guidance of two tutors.

I understand that pregnancy and/or the existence of a musculoskeletal condition will not necessarily exclude me from taking part in a practical session. I understand the importance of disclosing any information to the tutor(s) and/or course organiser

***Please delete and tick the box as appropriate**

- *1. I am willing/not willing to participate as a model in the practical elements of this workshop
- 2. I am aware that I may opt in/out of the practical at any stage
- 3. I am not aware that I am pregnant
- 4. I am not aware that I have any musculoskeletal conditions

I would like to disclose the following relevant information about my health to the tutors;

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.....
.....

NB If you would like the opportunity to talk to one of the tutors prior to the workshop, regarding your health, then please contact the workshop organiser and she will put you in touch with the tutors.

Name in full

Signature Date.....

PLEASE COMPLETE THIS FORM AND BRING IT ALONG ON THE FIRST DAY OF THE WORKSHOP

POGP WORKSHOP APPLICATION FORM

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Name: _____ HCPC number: _____

Address: _____

E-mail: _____

(This email address will be used when sending the pdf course handout shortly before the date of the course)

Contact telephone number: _____

POGP member/affiliate/non-member (please indicate)

N.B. Completion of this form is accepted by POGP as your confirmation that you have previously attended the 2.5 day 'Pregnancy related Physiotherapy: assessment and management of musculoskeletal conditions; lumbar spine and pelvis – an entry level course (2 day course for those attending before 2014).

Do you have any dietary/special requirements?

If YES, please give details (eg vegetarian, vegan, gluten free)

Do you have any mobility, hearing or visual impairments, any condition such as dyslexia or any other needs which mean you would like additional assistance/reasonable adjustment?

If YES, please give details

NB: It is the responsibility of the participant to inform the tutors of any known medical conditions that may need to be considered in any practical element of this course.

If you would like the opportunity to talk to someone prior to the workshop, regarding your health, then please contact the workshop organiser

Please send this application form and cheque, made payable to POGP, to:
POGP, PO Box 1291, Lincoln, LN5 5RA

Applicants preferring to pay by **direct bank transfer** should submit their application and consent forms to the address above, or email these to pogpcourses@yahoo.com an invoice will then be issued which will include the relevant bank account details.

Cancellation Policy: Where a place on a workshop has been confirmed a 90% refund will be given for cancellation up to 4 weeks before the workshop, a 50% refund will be given for cancellation up to 2 weeks before the workshop. No refund will be given for a cancellation within 2 weeks of the workshop.

Karen Armitage is the POGP short course administrator.

- The information provided on this form will be used to communicate with you during and to support the effective delivery of POGP courses.
- Your details will not be used or stored for any other purpose.
- We can confirm that your data will not be transferred outside the EEA.
- If you have any questions please view our privacy policy or contact privacyofficers@fitwise.co.uk

Signature

Date

Print Name