

Pelvic, Obstetric and Gynaecological Physiotherapy

Pregnancy Related Physiotherapy: assessment and management of musculoskeletal conditions; lumbar spine and pelvis – an entry level course

8-10 May 2020

Horsham Hospital, Hurst Road, Horsham, West Sussex, RH12 2DR

**£275-00 POGP member/affiliate
£345-00 Non-member**

This recently extended workshop is designed to enable the registered physiotherapist to examine and manage a woman with common pregnancy related lumbo-pelvic problems. The workshop, which takes place over 2½ days, is aimed at physiotherapists already working in women's health as well as the physiotherapist working in a musculoskeletal outpatient setting. It is also suitable for people new to this area of and for those requiring revision or updating in current best practice.

The content will include: review of normal anatomy and physiology of the lumbo-pelvic complex and changes in pregnancy, the theory of normal movement and pregnancy-related changes, the assessment and examination of the lumbar spine and pelvic girdle and the management of lumbo-pelvic pain in pregnancy including functional advice, therapeutic exercise and manual therapy.

Programme objective

To enable the participant to examine and manage a woman with common pregnancy-related lumbo-pelvic problems.

Learning Outcomes

By the end of the workshop the participant will be able to:

- Understand the physiological changes in pregnancy relevant to the physiotherapy management of pregnancy-related lumbo-pelvic problems
- Understand the neuromusculoskeletal structure and function of the lumbo-pelvic complex
- Describe and understand the pregnancy-related altered biomechanics of the lumbo-pelvic complex
- Discuss the aetiology of common pregnancy-related lumbo-pelvic dysfunction
- Have an awareness of the psychosocial influences and emotional needs of the woman during the child bearing years
- Adapt assessment and examination techniques of the lumbo-pelvic complex for the antenatal and postnatal woman
- Develop and adapt a range of skills including manual techniques and exercises for the lumbo-pelvic complex for the antenatal and postnatal woman
- Apply clinical reasoning and analysis to direct physiotherapy intervention
- Understand and promote the physiotherapist's role within the multidisciplinary team particularly with regard to birth

POGP is the CSP-recognised Professional Network for Physiotherapists interested in Women's & Men's Health

Workshop programme

DAY 1

- 1:00 Registration
- 1:15 Welcome and Introduction
The POGP model, obstetric considerations and subjective assessment
- 2:45 Layer 1 – Postural and functional advice: theory
- 3:15 Refreshment break
- 3:30 Layer 1 – Posture and functional advice: practical (if sufficient space)
- 4:00 Layer 2 – Neuromuscular function: theory
- 5:00 Close

DAY 2

- 9:00 Layer 1 – Posture and functional advice: practical (if not completed on Friday afternoon)
Layer 2 – Neuromuscular function: practical
- 10:45 Refreshment break
- 11:00 Layer 2 – Neuromuscular function: practical (continued)
- 1:00 Lunch
- 1:30 Layer 3 – Lumbar spine: theory
- 2:30 Layer 3 – Lumbar spine: practical
- 3:00 Refreshment break
- 3.15 Layer 3 – Lumbar spine: practical (continued)
- 5:00 Close

DAY 3

- 9:00 Review and Prepare
- 9:15 Layer 4 – Pelvic Girdle: theory
- 10:30 Refreshment break
- 10:45 Layer 4 – Pelvic Girdle: practical
- 12:30 Lunch
- 1:00 Layer 4 – Pelvic Girdle: practical (continued)
- 2:00 Practise layers 2,3 or 4
- 3:00 Refreshment break
- 3:15 Layer 5 – Pain States: theory
- 4:15 Review and procedure for the issue of certificates
- 4:30 Close

Please note: the start, lunch and close times will be adhered to, but other timings are included as an indication only. This allows the tutors to conduct the programme with some degree of flexibility according to the needs of the workshop participants.

Refreshments during morning and afternoon breaks are included in your programme fee but lunch is at your own expense.

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. You may not need this clothing on the first afternoon, but we advise you to bring it with you on days 2 & 3.

The following consent and application forms need to be completed and sent with payment to the course administrator as directed on the application form.

Following receipt of your completed application you will be sent a document that includes a series of pre-attendance learning tasks. Whilst not compulsory, these are designed to help you get the most out of the 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 lumbo-pelvic conditions 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 PRINT THIS FORM AND BRING IT WITH YOU TO THE COURSE. PLEASE DO NOT COMPLETE IT IN ADVANCE

POGP WORKSHOP APPLICATION FORM

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**£275-00 POGP member/affiliate
£345-00 Non-member**

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)

Do you work in: MSK ? Women's health ? Both?

Do you have any dietary/special requirements?

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

NB: lunch is at your own expense – this information is required for breaks only

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 a 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 form and your cheque **made payable to POGP** to:

POGP course administration, c/o PO Box 1291, Lincoln, LN5 5RA

Applicants preferring to pay by direct bank transfer should submit their application form to the address above or send it by email to pogpcourses@outlook.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.

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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