

DE-MYSTIFYING PUDENDAL NEURALGIA AS A SOURCE OF PELVIC PAIN: A PHYSICAL THERAPIST'S APPROACH

March 29th & 30th, 2008*

Instructed By:

Stephanie Prendergast, MPT
Elizabeth Rummer, MSPT

With special lectures from:

Mark Conway, MD
Eduardo Quesada, MD

A course for:

Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Nurse Practitioners, Physicians, Physicians Assistants and Mental Health Professionals.

Joint Sponsorship By:

St. Joseph's Hospital[†], Nashua, NH
&
Society for Pudendal Neuralgia, North Hampton, NH

[†]The St. Joseph Hospital Continuing Medical Education Program is accredited by the NH Medical Society Council on Education to sponsor continuing medical education for physicians. The St. Joseph Hospital Continuing Medical Education Program designates this continuing medical education activity for eight (8) credit hours in Category I of the Physician's Recognition Award of the American Medical Association.

Location

St. Joseph's Hospital, Kinsley Street, Nashua, New Hampshire (45 minutes north of Boston)

* This course will be offered in the Midwest some time later this year. A minimum of 20 participants will be required or the course date will be changed.

Overview and Course Description

Pudendal Neuralgia (PN) is a complex debilitating condition often misdiagnosed by medical professionals. Common symptoms include pelvic pain and urinary, bowel, and sexual dysfunction. Despite the complexity of this disorder, PN can be successfully managed through a multidisciplinary approach. Successful teams include physicians, physical therapists, and mental health specialists.

This two-day workshop focuses on the evaluation and treatment of PN. The morning lectures are open to medical professionals who wish to understand the diagnosis, evaluation and treatment of PN. The afternoon lab sessions are advanced training open to physical therapists wanting to learn the manual evaluation and treatment techniques for PN.

Prerequisites

Morning lectures: none; Afternoon labs are for Physical Therapists only and require past experience working with pelvic pain patients.

Course Credits & Cost

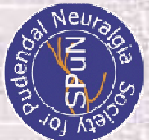
1.5 CEU's; 8 Category I, CME's
\$600–Lecture & Lab; \$325–Lecture Only

About the Instructors

Stephanie A. Prendergast, MPT received her Master of Physical Therapy from the Medical College of Pennsylvania and Hahnemann University. She began focusing on pelvic pain in 2002 when she worked for Jerome M. Weiss, MD. Together they developed an interest in pudendal neuralgia and spent 5 years treating hundreds of patients and conducting research. Her dedication to the field resulted in seats on the Board of Directors for the International Pelvic Pain Society and the Society for Pudendal Neuralgia. In 2006 Stephanie opened a private physical therapy clinic, the Pelvic Health and Rehabilitation Center, with colleague Elizabeth Rummer in San Francisco. She lectures nationally and internationally and is committed to advancing the profession.

Elizabeth Rummer, MSPT received her Master of Science in Physical Therapy from the University of Miami. Early on, Elizabeth specialized in orthopedic dysfunctions and chronic pain. Elizabeth began solely focusing on pelvic pain and dysfunction when she began working for Jerome Weiss, MD where she developed a special interest in pudendal neuralgia. Here, Elizabeth participated in clinical research, national public speaking engagements, and physical therapist training. In 2006 Elizabeth opened the Pelvic Health and Rehabilitation Center with Stephanie Prendergast. She currently contributes to international and national lectures, does one-on-one training and teaches nationally through The Society for Pudendal Neuralgia.

Society for Pudendal Neuralgia
3 Shepherds Lane
North Hampton, NH 03862



Course Objectives

1. Upon completion, the participants should be able to:
2. Understand the definitions of pudendal neuralgia, pudendal neuropathy, and pudendal nerve entrapment.
3. Understand the functional anatomy and physiology of the pudendal nerve and its interaction with the pelvic floor.
4. Become familiar with the medical diagnostic tools, conservative interventions, and surgical decompression procedures for pudendal neuralgia.
5. Understand the components of a physical therapy evaluation for a patient with pudendal neuralgia.
6. Understand the complexities and challenges in differentially diagnosing a patient with pelvic pain.
7. Recognize the importance of a multidisciplinary treatment program.
8. Understand physical therapy treatment techniques.
9. For lab participants, demonstrate manual therapy techniques.

Dress

Casual and comfortable.

Afternoon session attendees: For the practicum sessions, please bring two twin sheets; a pillow; men should bring shorts or bathing suits; women, shorts and halter tops. Attendees will practice on each other and therefore should come prepared to be both clinician and patient for internal and external sessions. Participants must be prepared to expose the body region of study during practice to enhance the overall learning experience. Identification and treatment of connective tissue restrictions and myofascial trigger points require short fingernails.

Additional Information

You will receive a confirmation letter including information about the area and course details. Registration begins at 7:30 on the first day and there will be a continental breakfast served from 7:30 to 8:00 a.m. While it is not noted on the class outline, a continental breakfast will also be provided on the second day from 7:30 to 8:00 a.m. Lunch will not be provided for this course but can be purchased in the hospital cafeteria.

Questions? Please email Jeana Dill at: jeana.dill@spuninfo.org.

All proceeds will benefit the Society for Pudendal Neuralgia and no proceeds will benefit St. Joseph's Hospital.

Course Outline: Day 1
7:30—8:00 am : Registration, Continental Breakfast & Welcome
8:00 am—12:00 pm: Morning Session—General Lecture
Definition of Pudendal Neuralgia
Pudendal Nerve Anatomy, Physiology & Function
Pudendal Neuralgia / Pelvic Pain & Dysfunction: Impairments, Functional Limitations & Disabilities
Misconceptions: co-morbidities or misdiagnoses?
Questions & Discussion
Medical Evaluation: Established Diagnostic Tools
PT Evaluation: Subjective & Objective Components
Questions & Discussion
12:00—1:00 pm: Independent Lunch (Not Provided)
1:00—5:15 pm: Afternoon Session: PT Lab
Connective Tissue Evaluation Demonstration then Lab: Ventral
Connective Tissue Evaluation Demonstration then Lab: Dorsal
Neural Tension Demonstration Then Lab
Questions & Discussion
Course Outline: Day 2
8:00 am—12:00 pm: Morning Session—General Lecture
Interpreting Medical Findings
Physical Therapy Assessment & Differential Diagnosis: Pudendal Neuralgia vs Myofascial Pelvic Pain
Formulation of Diagnosis & Treatment Plan
Physical Therapy Treatment
Medical Intervention: Dr. Conway & Dr. Quesada
Questions & Discussion
12:00—1:00 pm: Independent Lunch (Not Provided)
1:00—5:15 pm: Afternoon Session: PT Lab
Internal Pelvic Floor & Pudendal Nerve Treatment Demonstration Then Lab
Case Studies & Questions



Course Registration due by 2/15/2008 for 3/29/2008 & 3/30/2008 class.

Payment:

Checks only made payable to:

Society for Pudendal Neuralgia

Mail payment and Registration to:

Society for Pudendal Neuralgia
3 Shepherds Lane
North Hampton, NH 03862

Full Name & Title:

Home Address:

Address 1: _____

Address 2: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Other Phone: _____

E-mail: _____

Work Address:

Office Name: _____

Address 1: _____

Address 2: _____

State: _____ Zip: _____

Work Phone: _____

Fax: _____

E-mail: _____

Signature: _____

Date: _____

