

Continuing Education Course

Reference Number

9F3681F9-3048-7C56-9309DACEBDDDB5E3A

Title

SOLD OUT Explore the Floor of the Core! Addressing the Pelvic Floor for Orthopedic, Cardiopulmonary and Neurological Conditions

Type

Didactic, in-person

Topic

Women's Health

Instructor(s)

Bill Gallagher, PT, CMT, CYT and Richard Sabel MA, MPH, OTR

Credits

4

Course Number

APTANJ2010

Course Map Key

Central

Course Approval Type

PRE-APPROVED by the NJ State Board of Physical Therapy Examiners

Course Approval Number

APTANJ2010

Website

see APTAnj homepage

Registration

see APTAnj homepage

Location

The Conference Center at Mercer
1200 Old Trenton Road
West Windsor, NJ 08550-3407

Course Start Date

04/17/2010

Course Start Time

9:00 am

Course End Date

04/17/2010

Course End Time

1:30 pm

Course Description

THIS PROGRAM IS SOLD OUT as of 4/7/10!

Instructional level: Basic/Intermediate/Advanced
Target Audience: Licensed PT/PTA

The pelvic girdle and perineum are an integral force behind most human functioning. By promoting awareness, strength, and suppleness to the pelvic floor musculature, therapists can address client incontinence, sexual function and childbirth concerns and also alleviate pain in the pelvis, hips, knees, and back, improve respiration, and facilitate functional activities like lifting heavy objects and rising from a chair. This workshop will highlight low-tech, noninvasive techniques that draw from yoga, tai chi, qigong, Feldenkrais, and conventional physical therapy to guide people toward improved health and function. This program will also familiarize you with the anatomy, pathology, pain mechanisms, physiology, kinesiology, mind-body energetics, and psycho-emotional aspects of pelvic floor concerns.

At the conclusion of this program the participant will earn 4 CE credits and will be able to:

- list the muscles that comprise the pelvic floor;
- explain the various functions of the pelvic floor;
- describe how pelvic floor strength, suppleness and awareness can address incontinence, spinal conditions and respiratory function;
- differentiate between conditions that involve excessive pelvic floor tone and those that are caused by weakness;
- design a treatment plan that integrates pelvic floor work with other core stability, flexibility and awareness building therapies;
- teach selected pelvic floor exercise treatment;
- select the most appropriate pelvic floor exercise based on patient history and symptoms.

Bill Gallagher PT, CMT, CYT is Director of the East West Rehabilitation Institute and Master clinician in Integrative Rehabilitation at Mount Sinai Medical Center. He has developed a uniquely integrative approach to optimize spinal health. By integrating the Physical Therapy traditions of the East with therapies of the West he helps his clients maximize function and minimize pain. Mr. Gallagher sees a broad spectrum of clients with spinal concerns in his practice including people with severe disabilities and elite performers. He is recognized as an authority on Integrative/Mind-Body/Complementary rehabilitation and teaches his visionary synthesis to practicing rehab clinicians and at several Physical Therapy doctoral programs including Columbia University.

Richard Sabel MA, MPH, OTR, GCFP is Clinical Assistant Professor at State University of New York Downstate's Program of Occupational Therapy and Educational Director at East West Rehab Institute. He is a Certified Feldenkrais Practitioner who has successfully integrated Western therapeutic practices with Eastern philosophy into a distinctive therapeutic approach to help clients with diverse needs reengage in meaningful activities that have been limited by pain and disability. Mr. Sabel teaches his integrative approach at several occupational and physical therapy professional degree programs. At Beth Israel's Karpas Community Health Center, he regularly leads programs on mindfulness, pain management, pelvic health, breath, moving with ease, and fall prevention. Richard's insightful understanding of integrative rehabilitation make him a sought after teacher and clinician.

Post Date

Apr 17, 2010

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Apr 18, 2010

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