

Pelvic Pain; Mechanisms, Management and Myths

Fri 9th, Sat 10th August 2019

Kirkton Park, Hunter Valley

*Presented by: Caroline Cooper, Women's Health Physiotherapist
Dr Oliver Brown FRACCOG, OB-GYN
Dr Amanda Woodward FRANZCR, Radiologist*

**Come and enjoy the beautiful Hunter Valley
and all it has to offer for a weekend away, while increasing your
knowledge on treating pelvic pain!**

This workshop is designed for physiotherapists, general practitioners, osteopaths and chiropractors who encounter complex pelvic pain presentations. Womens and Mens health physiotherapists would also benefit from this course.

This two-day course teaches skills in assessment and approaches in management of the patient with pelvic pain, and contributing factors to the presentation of pelvic pain outside of the pelvis itself.

There is a strong anatomy and bio-mechanics component to the course, with insights into medical considerations by an OB-GYN and Radiologist with clinical interest in women's health imaging.

Conditions that present with pelvic pain will be discussed in the course, including; Pudendal Neuralgia, Femoroacetabular Impingement, and Sacroiliac Joint dysfunction / irritation. Plus the pelvic floor itself.

Book now to secure your place:

E: robert@sportsphysio.com.au - Bookings through GEMT

For more information - E: ccooper@mitchellphysio.com.au

A little bit about Caroline.....

Caroline is a physiotherapist with over 30 years' experience treating women's health conditions and now the director of the Hunter Pelvic Clinic.

Her particular interests are in managing pelvic pain syndromes and complex pelvic presentations. Caroline has presented internationally about musculoskeletal contributions to pelvic pain, and continues to train the next generation of physiotherapists in managing women's health conditions and the pelvis as a whole.



Caroline Cooper

**Course Cost: \$990 inc GST
Course includes.....**

- Registration
- All Course Materials
- Morning and Afternoon Tea, Lunch on Friday
- Morning Tea and Lunch on Saturday
- Tulloch Wine Tasting Friday Afternoon
- Yoga / Pilates Session Saturday morning
- Cooking Masterclass Saturday Afternoon
- Vouchers for Hunter Valley Attractions

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Course Outline

Friday 9th Aug

- 8:00am** Introduction, definitions, and terminology
- 8:30am** Pelvic anatomy relevance to muscle and fascia. Pelvic models will be used to illustrate muscle insertions to the pelvis. Models and tape supplied to all participants
- 10:00am** Morning tea
- 10:30am** Pelvic floor trigger points (discussion only) with assessment and treatment options. Includes management strategies of overactive pelvic floor, and trigger point / contract-relax techniques
- 11:15am** Pudendal Neuralgia
- 12:00pm** The abdominal wall and its relation to the pelvic region
- 12:30pm** Seated lunch with wine tasting
- 1:30pm** "Adductor Syndrome" and the adductor group - anatomy, contribution to pelvic pain, and importance in hip stability
- 2:30pm** Femoroacetabular Impingement Syndrome
- 3:00pm** Afternoon Tea
- 3:30pm** Breathing Pattern Disorders; and relationship to pelvic pain.
- 5:30pm** Tulloch Wine Tasting Experience - included

Saturday 10th Aug

- 7:00am** Optional Morning Yoga / Pilates session - (45mins session) included
- 9:00am** Medical causes to pelvic pain, presented by Dr Oliver Brown, FRACCOG
- 10:30am** The Sacroiliac Joint and contribution to pelvic pain
- 11:30am** Morning Tea
- 12:00pm** The Sacroiliac Joint, continued
- 12:45pm** Lunch
- 1:30pm** Radiological considerations in the Pelvic Pain patient, presented by Dr Amanda Woodward, FRANZCR
- 3:30pm** Cooking Masterclass - included

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Location and Accommodation Options:

Explore the delights of the beautiful Hunter Valley, from award-winning wineries and acclaimed restaurants to creative markets and fresh local produce. A lovely escape only two hours' drive north of Sydney, Australia's oldest wine region, surrounded by magnificent natural beauty.

The Hunter Valley has quaint B&B accommodation, farm and vineyard cottages, eco and environmentally friendly accommodation, luxury, self contained, as well as resort styled accommodation. Backpacking, pub style, caravanning and camping is also available in the Hunter Valley.

*If you choose to book your accommodation with Kirkton Park;
please call Reservations Manager, Ally and QUOTE: Mitchell Physio Event:*

Ally McCarthy - T: 02 4577 1239

E: Ally.McCarthy@ihg.com

W: www.kirktonparkhuntervalley.com.au

A little about Kirkton Park;

Kirkton Park boasts beautifully designed accommodation rooms and suites by renowned designer Greg Natale. Experience the country estate, with walking trails which will lead you through the kitchen garden, visit the chickens and pigs, part of sustainable waste management.

Relax on the balcony with a glass of wine from the local wineries and watch the sun set over the Brokenback Mountain Range.

Book now to secure your place: (accommodation booked separately)

www.gemtinfo.com.au/pelvic-pain

For more information - E: ccooper@mitchellphysio.com.au

