



Manitoba
Physiotherapy
Association

Association
manitobaine de
physiothérapie

PRESENTS

Entry Level - The Physical Therapy Approach to Female Urinary Incontinence (4 day Hybrid Version)

COURSE DETAILS:

- **Location:** River East Physiotherapy & Sports Fitness Clinic (Rothsay).
1204 Rothsay Street Winnipeg, MB, R2G 1T7

Date & Time:

Day 1: Monday May 15th, 2023 (virtual)
Day 2: Saturday May 27th, 2023 (in person)
Day 3: Sunday May 28th, 2023 (in person)
Day 4: Friday June 2nd 2023 (virtual)

- **Instructor:** Claudia Brown

COURSE INFORMATION:

Urinary incontinence is an important woman's health issue that can greatly affect quality of life. Statistics show that one woman in four experiences trouble with urinary incontinence. An important number of those afflicted with this condition can be much improved with the help of the pelvic floor physiotherapist.

The 2-day practical portion of this course includes internal evaluation and treatment techniques, involving vaginal and anal palpation. After explanation and video demonstration participants work in groups, alternating in roles as therapist and as patient under the supervision and guidance of an experienced instructor. Those who cannot work in the role of patient are asked to bring in a female friend/model during some segments of the course. There is no pre-requisite required for this course.

TARGET AUDIENCE

For physiotherapists interested in developing expertise in pelvic health. Must be fully licensed to practice.

REGISTRATION

CPA MEMBER: \$1200.00 + GST
NON- CPA MEMBER: \$1500.00 + GST
MPA New Graduate *: \$600.00 + GST

*Have Graduated within a year (up until February 2022) limited space available

IF REGISTERED AND PAID BY
MARCH 20TH, 2023, YOUR
NAME WILL BE ENTERED IN A
\$300 EARLY BIRD DRAW!

Registration deadline is
Friday April 28th, 2023.

A maximum of 18 participants.
Written withdrawal from the course
before May 5th, 2023 will be subject
to a \$25.00 fee. Written cancellation
following the deadline will not
receive a refund.

Register Online at
<https://mbphysio.org/for-physiotherapists/continuing-education>

Manitoba Physiotherapy
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OBJECTIVES

By the end of this course, the participant will be able to:

- Become familiar with the anatomy and the role of the pelvic floor and its related structures
- Acquire an understanding of the anatomy and physiology of micturition, as well as pertinent incontinence pathologies
- Acquire knowledge of the urodynamic and urologic investigation procedures, as well as medical and surgical treatments for urinary incontinence
- Perform an evaluation of the pelvic floor
- Become able to establish and perform a physiotherapy treatment plan and its progression for incontinence
- Know how to use manual and behavioural techniques, biofeedback, and electrical stimulation to treat female urinary incontinence
- In keeping with the standards set by our professional order, we cover clinical hygienic precautions, infection prevention and control. In addition, we cover routine sensitive practice, communication and consent. Precautions and contra-indications are covered in respect to individual treatment modalities.

Instructors

Claudia Brown:

Claudia Brown is a Professor at the Faculty of Medicine at McGill University, where she provides basic education on pelvic health for all physiotherapy students, as well as a comprehensive complimentary course on pelvic floor rehabilitation at the Master's level. She participates in curriculum review and inter-professional education and co-supervises students for Masters Projects related to pelvic health.

Claudia has been a clinic owner and manager for more than 30 years. She is co-owner and manager of the interdisciplinary Clinique de Physiothérapie Concorde in Laval, Quebec.

Claudia lectures nationally and internationally on the topic of pelvic floor physiotherapy. She has written several articles for the scientific and the lay audience, has been interviewed on television and for lay publications, and has participated in several research projects related to this field. She acts as consultant, reviewer and committee member for various projects related to pelvic health, at local, professional and government levels.

In 2016, Claudia was awarded the Prix d'Excellence from the Ordre Professionnel de la Physiothérapie du Québec, for her contribution to the profession in the field of pelvic floor physiotherapy.