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Type Registration	Definition	Price
Group rate	Register 20 or more	\$40
Individual Rate	Single Registration	\$65

Course #	Course Title	
Webinar Date		
Name	Discipline	
Facility		
Home Mailing Address		
City	State	Zip
Daytime Phone	Fax	
E-mail Address for Confirmation (will not be shared or sold)		

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Motivations, Inc.
Accredited Continuing Education Courses

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National Credentials Motivations Inc. works with the following CEU approval sources. See individual brochures with approval information by course.	
	TEXAS PHYSICAL THERAPY ASSOCIATION
	Additional State PT Boards and APTA Chapters approvals obtained. Visit: State CEU Approvals

WEBINAR

**#7480 Prenatal and Postpartum
Rehabilitation
...addressing common dysfunctions**

Instructor:

Deborah Riczo, PT, DPT, M.Ed.

Audience:

Physical Therapists and Assistants

Delivery Options:

Live Webinar or Self-Study Options

SUMMARY: Low back and pelvic girdle pain during pregnancy and postpartum are common global problems, affecting approximately 45% of all pregnant women. Women can be well served by their physical therapist who is knowledgeable regarding common symptoms and impairments and who utilize an evidenced based approach when developing their plan of care. Musculoskeletal dysfunction reviewed includes: postural, round ligament pain, diastasis rectus abdominus (DRA), pelvic floor dysfunction, pubic symphysis dysfunction, sacroiliac dysfunction, piriformis syndrome, transient osteoporosis and coccydynia. Current exercise guidelines will be reviewed. Course instruction methods include lecture, demonstration, videos, case studies and question/answers. (Intermediate Level)

PRESENTER: **Deborah Riczo, PT, DPT, M.Ed.** has been a practicing physical therapist for over 35 years, majority spent in clinical practice at MetroHealth Medical Center, Cleveland, OH. Early on at Metro, Deborah helped develop the inpatient obstetric program, and co-presented at the hospital a CEU course on "The role of PT in OB/GYN" 1983. Along with 2 physical therapy colleagues she developed "Momerize," a prenatal and postpartum community exercise program that was contracted out to hospitals for over 10 years ('80's and 90's, before women were encouraged to exercise). She has presented at APTA's Combined Section meeting (CSM) three times regarding pregnancy and postpartum issues and is published in this area. She is the pro-bono physical therapist for WomanKind Cleveland, a non-profit agency dedicated to assisting women who are pregnant and lack insurance with their prenatal care. She owns **Riczo Health Education** and is currently focused on providing/developing continuing education courses, guest speaking for health care professionals and consumers, writing, and private consultations. In 2018 she published (OPTP, Inc) a self-help consumer book "Sacroiliac Pain: understanding the Pelvic Girdle Musculoskeletal Method," available at the publisher's website, OPTP.com and is discounted for health professionals. *Financial*— Received a teaching honorarium from Motivations Inc. *Nonfinancial*— No relevant nonfinancial relationship exists.

OBJECTIVES: Upon completion of this course, the participant will be able to:

1. Demonstrate an understanding of the current literature regarding low back and pelvic girdle pain during the prenatal and postnatal period and the recommended interventions.
2. Understand how hormonal and cardiovascular changes affect your treatment planning.
3. Be able to recognize signs and symptoms of common musculoskeletal dysfunction that occurs during pregnancy and postpartum and the appropriate interventions.
4. Demonstrate an understanding of the current guidelines for exercising during pregnancy.

FORMAT: This is a 3-contact hour course equivalent to 3 CEU's or 0.3 CEUs offered as a live webinar or self-study. Instructors present the live course content via an internet website displaying real time power points. Learners will receive a course instruction link. Instructors lecture through livestreaming internet on your computer. Questions may be asked during the webinar using the chat feature or the "raise hand" feature for live discussion.

PT CEU's: Motivations Inc is an approved provider of Physical Therapy continuing education by these professional bodies: Texas Chapter of the American Physical Therapy Association, ILDPR- Illinois Department of Professional Regulation Approved PT CE Sponsor, NY- New York State Education Department, Office of the Professions. Physical Therapy Board of California. Many state boards recognize these for pre-approval purposes. Contact us if you would like verification a state.

AGENDA:

Pre-Study: 30 Minutes Plan to read the course materials, references and review the post test before the start time. Please be prepared to share patient case study and related question during the discussion time.

10 minutes	Intro, scope of problems, learner objectives
15 minutes	Literature Review
10 minutes	Ligament laxity/Hormones/ Cardiovascular issues
65 minutes	Specific musculoskeletal dysfunctions and interventions
10 minutes	Exercise during pregnancy/postpartum
10 minutes	Reflection, Questions and Answers

Post-test: 30 Minutes Research, identify, and submit your post test question answers on the online form. This is an open book test you can take multiple times if needed to obtain the 70% score. Complete the evaluation feedback survey and needs assessment. Obtain, review and save your auto-emailed certificate for your files.