

# Hands on Approach to **pelvic floor** Physical Therapy



Feb 15 - Feb 17, 2019

MUMBAI-TBD



3 -day  
course for  
male and  
female

Learn to Use  
biofeedback  
as a treatment  
tool

Bowel  
dysfunction  
and treatment  
approaches

Last day to register: **January 15, 2019**

Register before **Dec 31, 2018** to get a  
early bird discount

Course offered by

**Meenal Mujumdar Physical Therapy, Inc, California**

**Get Lifetime free access to Instructor as mentor**

## Meenal Mujumdar

Pelvic Floor Therapist, PT, PRPC, CLT



Meenal received her physical therapy degree in 2003. She prides herself on staying current with certifications and specialized training in pelvic health. Meenal has spent 500+ hours in continuing education, the field for Pelvic floor physical therapy. She owns her private practice in Los Altos hills, CA and takes pride in working with several high-profile people in Northern California including several international patients.

- Pelvic Rehabilitation Practitioner Certification (PRPC) - Herman and Wallace Pelvic Rehabilitation Institute
- Australian Manual Therapy Certification
- Lymphedema Certification with specialized certification in pelvic floor
- Certificate of Achievement in Pelvic Physical Therapy (CAPP) - APTA Section on Women's Health - OB and pelvic
- Women's Health Life Coach Certification - Integrative Women's Health Institute
- Specialized clinical mentoring program and Pelvic PT Boot Camp certificate

Meenal has a passion for treating all types of pelvic health conditions for female, male, and pediatric patients. Her specialty interests are vaginismus and pelvic girdle pain, male pelvic pain, visceral pain and complex pelvic pain.

Meenal lives in California, with her husband and first grader daughter. In her spare time, she likes riding horses, biking and spending time with her lovely daughter.



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## Course Highlights

This is a 3 -day course which provides Hands-on and evidence-based approach to effectively treat male and female patients with pelvic floor dysfunction, incontinence, and pelvic pain.

- Introduce participants female and male pelvic floor anatomy
- Hands on approach with 2 hands on labs per day with enough time to practice
- Participants will be comfortable with identifying the anatomical structures, evaluate, and treat female and male patients with pelvic floor dysfunctions
- Introduction to use biofeedback as a treatment tool
- Different treatment techniques, exercises, and tools
- Bowel dysfunction and treatment approaches
- Participants will have enough tools to be able to start their own pelvic floor specialty practice in India
- Lifetime access with **Meenal Mujumdar** via email/phone for mentorship



## Requirements

Participants are required to stay entire time to receive the certification. Please make required travel arrangements accordingly. The Course is limited to 40 participants and open to Physical therapists, Physical therapy students (last year BPTH), nurses, and physicians.

Male and female participants welcome!

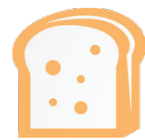


## Lab Requirements

Attendees are required to work in a group 2-3 and required to participate as a patient as well as practitioner. **The Labs involve Internal pelvic floor and rectal exams.** Participants are expected to participate. If you don't wish to participate, please make sure to work with other participants or bring a model for yourself. Please make sure you fill out all and sign consent forms. Please be careful with the usage of Biofeedback machines during the lab. We have planned live patient demos on Day 3. We will try hard to bring in patients for demo evaluation and treatment.

*We will provide*

*Breakfast*



*Lunch*



*Hi tea*



## ---Course Outline---



Day

**7:30** - Registrations/Breakfast  
**8:00** - Introductions/ Goals  
**8:30** - Pelvic floor anatomy and function- female pelvic floor  
**9:30** - Neurological overview of pelvic floor, pudendal nerve considerations  
**10:30 - 10:45** - Tea/Coffee  
**10:45** - Lab -1 External identification, muscle layers, structures, bony prominences  
**12:45 - 1:30** - Lunch  
**1:30** - Physical therapy and physician evaluation for Incontinence and pelvic pain- female  
**2:30** - Pelvic floor dysfunctions prolapse, supportive dysfunction, hypertonus dysfunction  
**3:30 - 3:45** - Tea/Coffee  
**3:45** - Lab- Internal pelvic floor examination for female patients  
**5:30** - Q&A round up

Day

**8:00** - Breakfast  
**8:30** - Pelvic floor anatomy - male pelvic floor  
**9:30** - Bladder pain syndromes, pudendal neuralgia, vulvodynia clinical representations, and evaluation/tests  
**10:30 - 10:45** - Tea/Coffee  
**10:45** - Lab - Male internal examination  
**12:45 - 1:30** - Lunch  
**1:30** - Differential diagnosis prostatitis, prostatic enlargement, pelvic pain  
**2:30** - Lab - Pelvic floor evaluation - putting it all together male/female  
**3:30 - 3:45** - Tea/Coffee  
**3:45** - Rectal physiology of defecation/Bowel anatomy  
**5:30** - Q&A

Day

**8:00** - Breakfast  
**8:30** - Bowel dysfunction - constipation, obstructed defecation, fecal incontinence  
**9:30** - Introduction to biofeedback, considerations, indications  
**10:30 - 10:45** - Tea/Coffee  
**10:45** - Lab - Biofeedback vaginal and rectal  
**12:45 - 1:30** - Lunch  
**1:30** - Case studies - male, female, bowel dysfunction  
**2:30** - Live patient treatment  
**3:30 - 3:45** - Tea/Coffee  
**3:45** - Live patient treatment continued  
**4:30** - Wrap up, certificate distribution, Q&A and class picture



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## Course Fee

**Individual  
registration**

**\$815**

**Group registration**  
(3 participants together)

**\$750** each

**Early bird registration**  
(Before Dec 31, 2018)

**\$750**

## Contact

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**Meenal Mujumdar Physical Therapy, Inc**

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