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The role of physical therapy and pelvic floor dysfunction: Pelvic pain and incontinence

Context: Many conditions of pelvic and sexual dysfunction can be addressed successfully through pelvic floor physical therapy.

Aim & Objective: The aim is to provide an update on the role of pelvic floor physical therapy in the evaluation and treatment of pelvic and sexual dysfunctions and to update on peer-reviewed literature.

Method: To teach healthcare practitioners how to recognize pelvic floor conditions that can be addressed and treated by experienced pelvic floor physical therapists. To be able to differentiate overactive (hypertonic) pelvic floor disorders from underactive (hypotonic) pelvic floor disorders.

Results: Pelvic floor muscle overactivity and underactivity has been proven to be a successful option for pelvic and sexual dysfunction. Having an understanding of the role of the organs, nerves, fascia, and musculoskeletal system in the abdominopelvic and lumbosacral-hip region and how pelvic floor physical therapists can effectively evaluate and treat pelvic and sexual health.

Conclusions: Musculoskeletal causes of pelvic floor disorders affect a substantial proportion of men, women and children by pelvic floor physical therapy is a successful and non-invasive option. Pelvic floor examination by healthcare practitioners is essential in identifying when to refer to pelvic floor physical therapy. Further research is needed.

Biography

Amy Stein is a leading expert and at the forefront of treating pelvic floor dysfunction, pelvic pain, women's health, and functional manual therapy for men, women, and children. She is the Founder of Beyond Basics Physical Therapy in USA. She is the author of "*Heal Pelvic Pain*" an easy-read, self-help book and created a video called, "Healing pelvic and abdominal pain: The ultimate home program for patients and a guide for practitioners". She is one of the Founders of the Alliance for Pelvic Pain, a patient-oriented educational retreat, and she serves as the Vice President of the International Pelvic Pain Society. She is a member of ISSWSH, the NVA, ISSVD, ICA, and the APTA Women's Health section. She received her Master's in Physical Therapy from Nova Southeastern University in the year 1999, and her Doctorate in Physical Therapy in 2013.

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