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Pelvic floor muscle dysfunction

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It is important for physical therapists, physicians and healthcare providers to be able to identify the pelvic floor muscles and surrounding muscles, as well as pelvic floor dysfunction; however, it is not taught extensively in medical and graduate school. As well, most physicians are unaware of how to assess and identify problems in the pelvic floor region, when it comes to the musculoskeletal system. Many pelvic pain and incontinence problems are a result of musculoskeletal dysfunction and it is essential that healthcare providers are able to identify the disorders and offer a proper referral to their patients.

Treatment of pelvic floor dysfunction by a physical therapist

Physical therapists and healthcare providers need to be able to identify when physical therapy can assist in the treatment of Pelvic Floor Muscle Dysfunction. Certain conditions that result in Pelvic Floor Muscle Dysfunction, such as pelvic floor muscle spasm and hypertonicity, sacroiliac joint dysfunction and hip dysfunction, can be evaluated and treated by physical therapists.

Biography

Amy Stein is the founder of, and a premier practitioner at Beyond Basics Physical Therapy in NYC, specializing in pelvic floor dysfunction, pelvic pain, women's health, and manual therapy for men, women, and children. Her treatment consists of a multimodal and a multidisciplinary approach to each patient's entire well-being. She is the author of *Heal Pelvic Pain*, an easy-read, self-help book and has recently made a home video called *Healing Pelvic and Abdominal Pain: The ultimate home program for patients and a guide for practitioners*. She is one of the founder's of the Alliance for Pelvic Pain, a patient-oriented educational retreat, which is held 1-2 times each year. Amy is also a contributor to the medical textbook, *Female Sexual Pain Disorders: Evaluation and Management*, and serves on the Executive Board of the International Pelvic Pain Society. She is a well recognized expert in her field, lectures nationwide, and has been interviewed in media outlets ranging from the medical segments of popular TV news shows, like ABC's 20/20 to such newspapers as the New York *Daily News* and magazines such as *Elle* and *More* magazine. She is a member of ISSWSH, the NVA, ICA, the APTA Women's Health section, and many other organizations. She received her Master's in Physical Therapy from Nova Southeastern University in 1999, and her Doctorate in Physical Therapy in 2013.

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