

# Solving Your Tough Cases: Essential Pelvic Musculoskeletal Assessment for Physicians and Advance Practice Providers



Date: Friday, April 6th, 2018

Registration: 7:30a Program: 8:00a-4:45p

**Purpose:** The musculoskeletal system can create, influence and mimic many symptoms experienced in the pelvic region. As a result, it can be difficult to accurately diagnose and treat pelvic conditions. Upon completion of this course attendees will develop an in-depth understanding of how the musculoskeletal system impacts pelvic dysfunctions; learn skills for accurate internal and external MSK system assessment; and discuss how physical therapy treatment can benefit pelvic patients. **Lab sessions utilizing live models, case studies and presentations will enhance the learning process.**

**Location:** Duke Integrative Medicine, Duke Center for Living Campus, 3475 Erwin Road, Durham, NC 27705

**Target Audience:** Physicians and Advanced Practice Providers who want to gain more in-depth knowledge of pelvic health and improve pelvic assessment skills

**Objectives:** At the conclusion of this competence-based educational activity, participants should be able to do the following:

1. Perform at least three basic external assessment skills necessary for assessing musculoskeletal pelvic conditions.
2. Explain how key muscle groups, both internal and external pelvic and core, are involved in pelvic floor conditions.
3. Analyze pelvic alignment and posture throughout the pelvic region in order to improve accuracy in assessment of pelvic conditions.
4. Explain key components of pelvic physical therapy treatment in order to improve communication between practitioners.
5. Discriminate between practitioners who are qualified to perform quality pelvic floor physical therapy.
6. Identify at least four specific pelvic floor and hip muscles, during an internal vaginal assessment and how these muscles can impact patient's symptoms.
7. Identify pelvic viscera in the anterior pelvic during an internal exam.
8. Explain how pelvic viscera in the anterior pelvic relate to pelvic floor conditions.

**Speaker:** Ingrid Harm-Ernandes, PT, WCS, BCB-PMD  
Physical Therapist at Duke University Hospital

## Agenda:

- 7:30a Registration
- 7:55a Welcome
- 8:00a History of Women's Health Physical Therapy
- 8:15a Types of Pelvic Conditions: Diaphragm to Knees
- 8:45a Introduction and Pelvic Girdle Anatomy
- 9:15a Pelvic Girdle Evaluation and Assessment Tools
- 10:15a Break
- 10:30a Lab: Live Model Pelvic Girdle Exam
- 12:00p Lunch (provided)
- 1:00p Evaluation Skills for Internal Vaginal Exam
- 2:00p Lab: Live Model Internal Vaginal Exam
- 3:30p Break
- 3:45p Pelvic Health Physical Therapy Interventions
- 4:30p Group Discussion– Q and A Session
- 4:45p Adjourn

## Registration Fee:

Early Bird up to March 23rd, 2018

\$200 for Residents, Fellows, Nurses, PA's, and Advanced Practice Providers

\$300 for Physicians

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After March 23rd, 2018

\$225 for Residents, Fellows, Nurses, PA's, and Advanced Practice Providers

\$325 for Physicians

**Pre Registration is required by Friday, March 30th, 2018!**

Fee will include online handouts and certificate of completion.

*Continental breakfast and lunch will be provided.*

**Cancellations and Refunds:** No refunds or vouchers will be issued unless we are notified by 5p on Friday, March 23rd, 2018. A \$50 cancellation fee will be deducted from your registration fee, if a refund is issued.

**Questions?** Contact Jordan Toole at [Jordan.toole@duke.edu](mailto:Jordan.toole@duke.edu)

## REGISTER NOW!

<https://events.duke.edu/msk2018>

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**Category 1:** Duke University Health System Department of Clinical Education and Professional Development designates this educational activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nursing CE:** Duke University Health System Department of Clinical Education and Professional Development designates this educational activity for up to 7.25 credit hours for nurses. Nurses should claim only the credit commensurate with the extent of their participation in the activity.



**Accreditation Statement:** In support of improving patient care, the Duke University Health System Department of Clinical Education and Professional Development is accredited by the American Nurses Credentialing Center (ANCC), the Accreditation Council for Pharmacy Education (ACPE), and the Accreditation Council for Continuing Medical Education (ACCME), to provide continuing education for the health care team.



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