

## קורס: PEDIATRIC INCONTINENCE AND PELVIC FLOOR DYSFUNCTION

עם: DAWN SANDALCIDI

דון סנדלסידי מגיעה לישראל בנובמבר, במהלך שהותה, תעביר כאן שלושה קורסים:

- ✓ רצפת אגן ילדים לפיזיו ילדים - 10-11-13/11/2019 בית הספר לפיזיותרפיה באסף הרופא
- ✓ רצפת אגן ילדים לפיזיו בריאות האישה - 17-18/11/2019 בית הספר לפיזיותרפיה באסף הרופא
- ✓ קורס מתקדם - 6-7-8/11/2019 בית הספר לפיזיותרפיה תל השומר

### **PEDS 1 COURSE OBJECTIVES** (עבור פיזיו' ילדים ופיזיו בריאות האישה)

Upon completion of this continuing education seminar, participants will be able to:

1. List 2 muscles groups and describe 3 functions of the pelvic floor
2. Understand the development of the PFM with the diaphragm
3. Understand the development of normal urinary control in pediatrics
4. List the 4 phases of defecation and describe the rectal anal inhibitory reflex
5. Identify common causes of constipation and its' relationship to bladder dysfunction
6. Perform visceral and soft tissue techniques for constipation
7. Describe the pelvic floor relationship to voiding reflexes
8. Understand pediatric urology terminology and investigative tools used for testing the pediatric patient
9. Discuss education and treatment about diet including bladder health and bladder retraining
10. Understand pediatric pelvic floor dysfunctions on SEMG as it relates to bowel and bladder function
11. Evaluate the effects of posture and positioning on pelvic floor muscle recruitment and relaxation
12. Understand the psychological effects of bedwetting, daytime urinary incontinence and fecal incontinence
13. Describe behavioral treatments or Urotherapy for pediatric pelvic floor dysfunctions
14. Understand the use of surface electromyography (SEMG) in the pediatric patient
15. Develop treatment progressions for children with pediatric bowel and bladder dysfunction
16. Perform verbal instruction of pelvic floor activation
17. Perform 3 different diaphragmatic breathing techniques for pediatric patients including diastasis rectus abdominis assessment with examples of core activation
18. Discuss the effects of toileting postures on pelvic floor muscle recruitment and relaxation

קורס רצפת אגן לפיזיו ילדים - 10-11-13/11/2019

יתקיים בביה"ס לפיזיותרפיה אסה"ר

עלות לחבר עמותה 1,650 ₪ ללא חבר עמותה 2,650 ₪

[לתקנון ביטולים לחץ כאן](#)

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#### Day 1:

08:00 Registration

08:30 Anatomy

09:00 Normal bowel and bladder function in pediatrics

09:15 Standardization of terminology of bladder function in children and adolescents

09:45 Conditions and diagnoses

10:15 Break

10:30 Investigative Tools Part 1- Bladder diaries, uroflow, KUB's, Ultrasound, urodynamic testing

12:30 Lunch

13:30 Vesicoureteral Reflux- VUR: Definition, medical-surgical management

14:15 Physiology of defecation

14:45 Lab- belly breathing with toileting

15:00 Constipation and Encopresis: Definitions, treatment, medications

17:30 Adjourn

#### Day 2

08:30 ILU, iliocecal valve release, connective tissue massage lab

09:15 Enuresis (Bedwetting): Definition, etiology, medical-behavioral management

10:15 Dysfunctional voiding

11:15 Break

11:30 Biofeedback Fundamentals

12:15 Lunch

13:15 SEMG Lab

14:30 Break

15:00 SEMG videos and case studies

16:00 Common medications

16:30 Psychological considerations

17:00 Adjourn

Day 3:

08:30 Medical evaluation

09:00 Physical therapy evaluation- subjective and objective

09:45 Break

10:00 Video of patient evaluation

11:00 Physical therapy assessment and treatment with video treatment sessions

12:00 Get lunch

12:15 Eat while watching video evaluation

13:15 Double Voiding, treatment goals and progressions

14:00 Referral sources

14:30 Start up

15:00 Break

15:15 Case studies

16:15 Questions and answers

16:30 Adjourn

\* Times are subject to change based on class size, translation and participation

רצפת אגן ילדים לפיזיו בריאות האישה - 17-18/11/2019

יתקיים בביה"ס לפיזיותרפיה אסה"ר

עלות לחבר עמותה 1,450 ₪ עלות ללא חבר בעמותה 2,450 ₪

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לרישום [לחץ כאן](#)

2 day for Pelvic Physiotherapists with ½ days of voiceover lecture pre-course learning

Day 1:

07:30 Registration

08:00 Vesicoureteral Reflux- VUR: Definition,  
medical-surgical management

08:45 Physiology of defecation

09:15 Break

09:30 Constipation and Encopresis: Definitions,  
treatment, medications

11:00 Lab- belly breathing with toileting, ILU and  
connective tissue massage

12:00 Lunch

13:00 Enuresis (Bedwetting): Definition,  
etiology, medical-behavioral management

14:00 Biofeedback Evaluation & Treatment

15:00 Break

15:15 SEMG Demonstration

16:00 Dysfunctional voiding

17:00 Adjourn

Day 2:

08:00 Medical evaluation

08:45 Psychological considerations

09:30 Therapy evaluation- subjective and  
objective

10:15 Break

10:30 Therapy assessment, goals & plan

11:00 Treatment session examples

11:45 Get lunch

12:00 Eat while watching a complete video  
initial evaluation

13:00 Break

13:15 Lab- belly breathing with PFM descent,  
defecation with breathing exercises

14:15 Stimulating a void

14:30 Startup & referral sources

14:45 Case Studies

15:45 Questions and answers

16:00 Adjourn

\* Times are subject to change based on class size and participation

\*Participants please bring Theraband medium resistance and 10 cuff pound weight or equivalent

Pre-course learning (online lectures with voiceover commentary)

- Anatomy of the pelvic floor in the young child as compared to the adult
- Development of urinary control from infancy
- Development of the PFM and diaphragm from birth to walking
- Standardization of Terminology of Bladder Function in Children and Adolescents - defines symptoms of increased or decreased frequency, incontinence, urgency and nocturia as it relates to bladder storage and hesitancy, straining, weak stream and intermittency as it relates to voiding symptoms. Includes other symptoms of holding maneuvers, incomplete emptying, post void dribble, and genital pain
- Conditions and diagnoses- Includes bedwetting and daytime conditions of overactive bladder (OAB), urge incontinence, voiding postponement, underactive bladder, dysfunctional voiding, obstruction, stress incontinence, giggle incontinence, vaginal reflux, bowel bladder dysfunction and increased frequency.
- Investigative tools - All invasive investigative tools will be in the voiceover lectures including urodynamic testing procedures, voiding cystourethrogram (VCUG) as well as non-invasive testing to include kidneys, ureters and bladder scan (KUB) – a plain film to look for constipation, ultrasound imaging for bladder wall thickness and post-void residuals (PVRs) and uroflowmetry.
- Neurogenic bladder - causes and bladder sphincter function based on urodynamic findings.
- Vesicoureteral reflux (VUR): definition, medical-surgical management
- Surface EMG – biofeedback basics

קורס מתקדם - 6-7-8/11/2019

\*\* מיועד לבוגרות קורס ראשון (2017) פיזיו' רצפת אגן ופיזיו' ילדים

יתקיים בביה"ח תל השומר

עלות לחבר עמותה 1,550 ₪ וללא חבר בעמותה 2,550 ₪

[לחץ כאן](#) לתקנון ביטולים

[לחץ כאן](#) לרישום

## PEDS 2 COURSE OBJECTIVES

1. Understand digestive anatomy and physiology
2. Understand the function of the PFM as it relates to defecation
3. Understand FGID in children and be able to identify potential medical "red flags" requiring referral to the physician.
4. Review tests and measures for FGID
5. Understand medications used for bowel dysfunction and titration for long term bowel health
6. Assess bowel diaries and provide education for diet/medication/supplement titration
7. Recognize the psychosocial and behavioral component for proper referral and rectal balloon treatment
8. Observe use of perianal surface electromyography (sEMG) and identify PFM discoordination in the pediatric patient
9. Understand how to use sEMG biofeedback to increase or decrease pelvic floor muscle activity
10. Complete an evaluation of a pediatric patient diagnosed with bowel disorders
11. Assess and provide exercises and techniques for diastasis recti.
12. Learn techniques to stimulate BM and rectal sensation using rectal balloon training and OTC medications
13. Treatment progressions for children with pediatric bowel disorders using manual therapy and breathing techniques
14. Implement an appropriate plan of care based on a patient's symptoms and physical examination

Pediatric Functional Gastrointestinal Disorders Evaluation and Treatment (Peds 2)

Treating Pediatric Functional Gastrointestinal Disorders –Evaluation and Management

### *Day 1*

07:30-08:00 Registration

08:00-08:30 Introduction

08:30-10:00 Digestive anatomy and physiology

10:00- 10:15 Break

10:15-12:00 Anatomy palpation Lab 1– identifying the digestive structures and related sphincters

12:00 -13:00 Lunch

13:00-13:15 The Brain-Gut Axis

13:15 -14:00 Normal bowel patterns from infancy through early childhood

14:00- 15:00 Functional Gastrointestinal Disorders (FGID) Infants to adolescents; abdominal pain, IBS, vomiting disorders; organic causes of constipation –such as Hirschsprung's disease, neurologic bowel and imperforate anus

15:00-15:15 Break

15:15-16:00 Types of constipation and treatment for constipation and fecal incontinence

16:00-17:00 Medication/supplements and titration for long-term bowel management.

17:00 Adjourn

### *Day 2*

08:00- 08:30 Questions and review

08:30- 09:30 Anorectal Disorders

09:30- 10:15 Diagnostic Testing for bowel dysfunction- anorectal manometry, radiographic studies – indications and assessment.

10:15-10:30 Break

10:30 -12:30 Manual treatments of bowel dysfunction- Lecture/lab connective tissue releases, sphincter release and bowel massage, visceral releasing, breathing and pressure systems of the abdomen, techniques for Abdominal Phrenic Dyssynergia (APD), coordination of the PFM with defecation

12:30-13:30 Lunch

13:30 – 14:00 Questions and review with clinical applications

14:00- 14:30 Psychological & Quality of Life Tests and Measures

14:30- 15:00 PFM Anatomy as it related to bowel bladder function with visual assessment of pediatric PFM function

15:00-15:15 Break

15:15 - 16:00 Rectal balloon training lecture

16:00-17:00 Internal anorectal exam lab and rectal balloon training lab

17:00 Adjourn



העמותה  
לקידום  
הפיזיותרפיה

*Day 3*

08:00 - 08:30 Questions

08:30 - 09:30 Case Study Presentation

09:30 - 09:45 Break

09:45 - 10:45 Group Case Studies

11:00 - 11:30 Videos of cases

11:30 -12:00 Questions and adjourn

