

## PAEDIATRIC INCONTINENCE AND PELVIC FLOOR

### Dawn Sandalci - בילדים מטפלים - בילדים

לראשונה יפתח קורס טיפול ברצפת האגן אצל ילדים לפיזיותרפיסטים המטפלים בילדים .

הקורס מיועד למטפלים מתחום הילדים ללא רקע קודם בטיפול ברצפת האגן.

הקורס יתקיים בתאריכים: 5/11, 6/11, 7/11 (ימים א', ב', ו') בשעות 8-17:30

\*הקורס יתקיים בבית"ס לפיזיותרפיה ב"אסף הרופא"

עלות לחבר עמותה -1450 ש"ח, עלות ללא חבר בעמותה - 2,500 ש"ח.

[לתקנון ביטולים לחץ כאן](#)

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תכנית הקורס:

#### Day 1

**7:30** Registration

**8:00** Introduction goals and objectives- 30 min

**8:30** PFM anatomy and function– in pediatrics compared to adult- 60 min (expanded lecture with cues added for activation)

**9:30** PFM anatomy surface lab- external palpation of the PFM-30 min (Use balloon with stem for function)

**10:00** Break -15 min

**10:15** Development of urinary control from infancy- 15 min

**10:30** Standardization of terminology of bladder function in children and adolescents- 30 min

**11:00** Conditions and diagnoses- 30 min

**11:30** Constipation and encopresis: definitions, treatment, medications Part 1– 1 hour

**12:30** Lunch

**1:30** Constipation and encopresis: definitions, treatment, medications Part 2– 1 hour

**2:30** Break

**2:45** ILU, ileocecal valve release, rectal valve release and connective tissue massage lab- 45 min

**3:30** Investigative Tools- Uroflow, KUB, US and urodynamic testing 2 hours

**5:30** Questions and Adjourn

## **Day 2**

**8:00** Biofeedback Fundamentals- 1 hour

**9:00** Surface electromyography (SEMG): lecture of paediatric EMG findings and treatment progressions with computer animated demonstration of evaluation, and video demonstration of patients - 1 hour

**10:00** Break

**10:15 SEMG** Lab (students bring Mirrors) 1 hour

**11:15** Enuresis (bedwetting): definition, etiology, medical-behavioral management 1 hour

**12:15** Lunch

**1:15** Dysfunctional Voiding -1 hour

**2:15** Vesicoureteral reflux (VUR): medical, surgical management- 45 min

**3:00 Break**

**3:15** Neurogenic Bladder- 30 min

**3:45** Psychological considerations - 30 min

**4:15** Medical evaluation -45 min

**5:00** Common medications – 15 min

**5:30** Questions and Adjourn

### Day 3

**8:00** Physiotherapy evaluation- subjective and objective 1 hour

**9:00** Video of patient evaluation 60 min

### **10:00 Break**

**10:15 Lab Abdominal Wall** - Diastasis Recti Assessment, Belly Breathing With 5 KG weight, Theraband (students bring) and prone, Core exercises

**11:00** Physiotherapy assessment and treatment with video treatment sessions - 60 min

**12:00 BRING LUNCH** Video of patient initial evaluation- 1 hour during Lunch

**1:30** Double voiding: treatment goals and progressions -lab in sitting- bladder quick stretch, urethral stretch, belly big belly hard, breathing in toileting positions

**2:00** Case Studies

**3:30** Break

**3:45** Start up - items to have in the clinic, website, apps and referral sources -30 min

**4:15** Questions and answers

**4:30** Adjourn

על המרצה:

Dawn Sandalcidi PT, RCMT, BCB-PMD (Board Certified Biofeedback-Pelvic Muscle Dysfunction) specializes in: pelvic muscle dysfunction (incontinence and pain), orthopedic manual therapy, and TMJ treatment. She is the leading expert in the field of pediatric incontinence in physical therapy. She has trained medical professionals in manual therapy since 1992 both nationally and internationally.

Dawn is certified by the Biofeedback Institute of America for pelvic muscle biofeedback treatment.

Dawn has actively been treating patients for the past 32 years and owns a private practice in Denver, Colorado, develops educational materials for health care providers through Progressive Therapeutics and provides consulting services through Physical Therapy Specialists. In addition she is an affiliate faculty member at Regis University Department of Physical Therapy in Denver, CO where she teaches pelvic muscle dysfunction/ women's health physical therapy, as well TMJ.

Dawn received her degree in physical therapy in 1982 from SUNY Upstate Medical Center in Syracuse, New York. She participated in extensive international postgraduate studies in manual and manipulative therapy of the spine and extremities in Germany, Switzerland and New Zealand. In 1992, Dawn completed an additional two-year residency to become a certified instructor of the Mariano Rocabado techniques for the spine, pelvis and craniomandibular joints (RCMT). Dawn also received her BCB-PMD Board Certified Biofeedback in Pelvic Muscle Dysfunction.

Also in 1992, Dawn became the first physical therapist to treat pelvic muscle dysfunction in the Denver area. Since then she has developed a pediatric dysfunctional voiding treatment program in which she lectures on internationally. She has further studied pediatric conditions in post graduate work at Regis University.

Dawn has also lectured on pelvic pain for CPD Health Courses for osteopaths, manual therapists and acupuncturists in Melbourne, Australia.

Dawn has been published in the *Journal of Urologic Nursing*, *the Journal of Manual and Manipulative Therapy*, *Journal of the Section of Women's Health* and *the Journal of International Association of Orofacial Myology*.