



PELVIC HEALTH &
REHABILITATION CENTER

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Elizabeth Rummer, MSPT
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The International Pelvic Pain Society's 15th Scientific Meeting

The IPPS is a multi-disciplinary organization of gynecologists, urologists, neurologists, gastroenterologists and physical therapists. Stephanie Prendergast and Elizabeth Rummer gave three lectures at the IPPS's 15th Scientific Meeting in San Diego this fall. Their lectures covered musculoskeletal pelvic anatomy, physical therapy management of chronic pelvic pain syndromes, and de-mystifying pudendal neuralgia. The program coordinators were pleased with the information and invited Stephanie and Elizabeth to speak at the 16th annual meeting in 2008. More information about the IPPS and upcoming conferences are available at www.pelvicpain.org.

The 6th Interdisciplinary World Congress on Low Back and Pelvic Pain

In November, Stephanie and Elizabeth attended the 6th Interdisciplinary World Congress on Low Back and Pelvic Pain in Barcelona, Spain. This meeting is held every three years. For the first time, the lectures on pelvic pain extended beyond the typical, traditional topic of pelvic girdle pain. Experts from around the world spoke about Interstitial Cystitis, Vulvodynia, Irritable Bowel Syndrome, and Pudendal Neuralgia. The conference focused on the balance between research

and clinical practice and emphasized the importance of multi-disciplinary management for successful patient outcomes.

PHRC wishes you a safe and happy New Year!

De-Mystifying Pudendal Neuralgia: A Physical Therapist's Approach

Stephanie Prendergast and Elizabeth Rummer teach a two-day continuing education course on Pudendal Neuralgia evaluation and treatment for medical professionals. In the course the students learn the etiology and pathophysiology of pudendal neuralgia as well as acquire the necessary manual skills to successfully manage a patient with pudendal neuralgia. The course also covers the surgical management for pudendal nerve entrapment. In January, they begin teaching their course in Phoenix, Arizona with Michael Hibner, MD. During the course the students will view Michael performing a live transgluteal pudendal nerve decompression procedure. The course will also be taught in New Hampshire in March with Mark Conway, MD, who specializes in the trans-ischio-rectal decompression procedure. More information for the courses is available at www.spuninfo.org.