



PELVIC HEALTH &
REHABILITATION CENTER

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Elizabeth Rummer, MSPT
Stephanie Prendergast, MPT

Mediterranean Society for Pelvic Floor Disorders

Elizabeth and Stephanie have been invited to speak at the Annual Meeting of the Mediterranean Society for Pelvic Floor Disorders in Cairo, Egypt April 5-7, 2007. This meeting will focus upon constipation and incontinence, pelvic pain, the new concept of perineology, perineal electrophysiology, and recent advances in pelvic imaging. Elizabeth is presenting a lecture entitled *A New Approach to the Physical Therapy Management of Chronic Pelvic Pain*. Stephanie is presenting a lecture entitled *Post-Operative Rehabilitation Protocol Following Pudendal Nerve Decompression Surgery*. Also during this conference the multi-disciplinary team of eight international specialists including gynecologists, urologists, colo-rectal physicians and Elizabeth and Stephanie to represent physical therapy will meet. The purpose of this meeting is to continue the discussion, which began in 2006 at the IUGA meeting in Athens, Greece, to standardize the evaluation and treatment of patients with pudendal neuralgia. It is the goal of this group to meet yearly to develop successful management strategies for patients with pudendal neuralgia.

**Please check out our website
at www.pelvicpainrehab.com**

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

The Society for Pudendal Neuralgia sponsored Elizabeth and Stephanie to teach their first 2-day continuing education courses in Seattle, Washington and New York, New York. The students included physicians and physical therapists from around the country. The course focused on the evaluation and treatment of pudendal neuralgia both for the physical therapist and the physician. The course consisted of lecture, demonstration followed by hands-on practice, case studies, videos of the pudendal nerve decompression procedure, and extensive discussion. The course material was very well received by both physical therapists and physicians. The students felt the material was innovative and had immediate clinical applicability. The courses generated \$14,000 for the Society for Pudendal Neuralgia. The next course will be held in Columbia, Maryland in May 2007. There are plans to offer the course at other national and international sites in 2007.