

About the Instructors

Stephanie A. Prendergast, MPT received her Master of Physical Therapy degree from the Medical College of Pennsylvania and Hahnemann University. She has been committed to the diagnosis and treatment of pelvic pain since 2001. She has published several articles on pelvic pain, conducted research, treated hundreds of patients and trained several physical therapists to work in the field. She has been on the Board of Directors of the International Pelvic Pain Society since 2002 and is one of the original members of the Board of Directors for The Society for Pudendal Neuralgia. She lectures and teaches internationally.

Elizabeth Rummer, MSPT received her Master of Science in Physical Therapy from the University of Miami Medical School. Early on, she specialized in orthopedics and chronic pain before becoming involved in treating pelvic pain in 2004. In 2006, Elizabeth opened the Pelvic Health and Rehabilitation Center with Stephanie Prendergast. Currently, she lectures and teaches internationally, publishes professional literature and trains physical therapists in this field.

MAPS MEDICAL PAIN CLINICS

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De-mystifying Pudendal Neuralgia as a Source of Pelvic Pain: A Physical Therapist's Approach

Presented by Elizabeth Rummer,
MSPT and Stephanie Prendergast,
MPT

April 10-11, 2010

Mercy Hospital
Coon Rapids, MN 55433



Hosted by **MAPS Medical Pain
Clinics**

Minneapolis, MN

A Course For

Physical Therapists, Physical Therapy Assistants, Occupational Therapists, Physicians, Nurses

Overview

Pudendal Neuralgia (PN) is a complex debilitating condition often misdiagnosed by medical professionals. Common symptoms include pelvic pain and urinary, bowel, and sexual dysfunction. Despite the complexity of this disorder, PN can be successfully managed through a multidisciplinary approach. Successful teams include physicians, physical therapists, and mental health specialists.

Course Description

This 2 day workshop focuses on the evaluation and treatment of PN. The lectures focus on understanding the diagnosis, evaluation and treatment of PN. The lab sessions focus on manual evaluation and treatment techniques for PN.

Pre-requisites

Basic to intermediate pelvic floor experience strongly recommended.

Cost and Registration

\$500-Postmarked before 2/1/10

\$600-Postmarked after 2/1/10

Course Objectives

Upon completion, participants will be able to:

1. Understand the definitions of pudendal neuralgia, pudendal neuropathy, and pudendal nerve entrapment.
2. Understand the functional anatomy and physiology of the pudendal nerve and it's interaction with the pelvic floor.
3. Become familiar with the medical diagnostic tools, conservative interventions, and surgical decompression procedures for pudendal neuralgia.
4. Understand the components of a physical therapy evaluation for a patient with pelvic pain.
5. Understand the complexities and challenges in differential diagnosing a patient with pelvic pain.
6. Recognize the importance of a multidisciplinary treatment plan.
7. Understand physical therapy treatment techniques.
8. Demonstrate manual therapy techniques.

Course Registration

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