

## Welcome to the IOPTWH listserv,

I am very excited to invite you to participate the IOPTWH listserv. I have outlined some basics below. Please keep the lines of communication open and email me at [gill.brook@lineone.net](mailto:gill.brook@lineone.net) if you have questions, concerns, suggestions, or difficulties of any type. I will do my best to return emails as soon as possible so we all can participate fully in the benefits of the listserv.

Our current family of listservs (there may be more listserv topics added at a later time)

Pelvic pain

Urinary incontinence

Obstetric back pain

### **What is a listserv?**

The listserv is a way for a lot of people to participate in a discussion on a chosen topic. Here's how it works:

1. Someone sends an email to the listserv with a question, comment, or piece of information they wish to share.
2. The email is sent automatically to all who have signed up for that listserv.
3. The email will arrive in your in-box and you have the choice to read it, respond or delete it.
4. If you chose to respond, hit the reply button on the email and your comments will go out to the entire group.

To post an email simply go to the web site [www.ioptwh.org](http://www.ioptwh.org) and click on the listserv tab (it is the last one on the right). Scroll down to the listserv you would like to post on and click the email address next to "to post a message".

It is really simple and can be a great way to share information among professional that are in distant locations. There is no cost to the members.

### **How do I join the listserv?**

You are receiving this message because you sent an email indicating you wished to be included on the listserv. These listservs are available to all individuals in IOPTWH member countries. Directions for joining are on the IOPTWH web site. Interested individuals should send an email to me at [gill.brook@lineone.net](mailto:gill.brook@lineone.net) with their name, member country, and which listserv they wish to join. Please be aware that you will be subscribed to the listserv based on the email from which you send the email. You may cancel your subscription by emailing a message to [stserv@ioptwh.org](mailto:stserv@ioptwh.org) . This address can be accessed of the IOPTWH web site also.

### **Listserv etiquette**

A listserv is like a teleconference. Please be courteous and respectful of others. Our intent is to facilitate professional information sharing. Each listserv will be monitored. Ideas for appropriate topics include: a clinical or research question, new web site resources, call to participate in research, a new article or book that others might want to read, an administrative question, and more.

Topics that are not appropriate for the listserv: advertisements of any kind (please contact

me directly if you would like to place an ad on the IOPTWH web site), personal communications (please email the person directly), arguments (discussions are productive and helpful. Don't burden the group with arguments or details best shared directly with an individual.)

### **Clutter**

Listservs can become very busy very fast. It is best to post messages with substance, not simply words of encouragement or agreement. This can be seen as clutter for many. It is fine to ask others to email you items (for example: forms, handouts, reference lists), please include your email address as it will not be easily seen in the posting. If there is an item of particular interest we can post it on the web for all to download. Do not include long versions of these types of things in your listserv posting. Postings may become overwhelming; the delete button works quite well. You do not need to respond to every posting (if that happened we would be very busy). You are welcome to just sit back and "listen" to others post.

I will send regular updates and announcements as items come up. I am confident the listservs will be a valued addition to the IOPTWH benefits. Please email me if you have any feedback. See you in cyberspace.

Gill Brook, United Kingdom  
Chair of publications IOPTWH  
[gill.brook@lineone.net](mailto:gill.brook@lineone.net)