



International Organization Of Physical Therapists in Women's Health

The Core: Its Role in Women's Health

Lisbon (Oeiras), Portugal • 9th & 10th October 2009

Featured Speakers



Kari Bø



Susan Mercer



Talli Rosenbaum



Britt Stuge

Preliminary Outline

- ❑ Anatomical and biomechanical evidence for the role of the pelvic floor and transversus abdominis as core stabilizers
- ❑ The role of the pelvic floor muscles in low back pain – is there any evidence?
- ❑ The role of the core in sexual dysfunction
- ❑ Stabilizing exercises for pregnancy-related pelvic girdle pain
- ❑ European guidelines on the diagnosis and treatment of pelvic girdle pain
- ❑ The effect of abdominal work on diastasis of rectus abdominis
- ❑ Women's health physiotherapy around the world
- ❑ Workshops
- ❑ Conference dinner
- ❑ Promenade on the beach

DELEGATE FEE: €150

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Preliminary Program

Friday October 9, 2009

From	To	
08:30	09:00	Registration
09:00	09:30	Welcome <i>Rebecca Stephenson (IOPTWH President), Gill Brook, Fátima Sancho</i>
09:30	10:30	Anatomical and biomechanical evidence for the role of the pelvic floor muscles as core stabilizers. <i>Associate Professor Susan Mercer, Physiotherapist, Queensland, Australia</i>
10:30	11:00	Coffee break
11:00	12:00	Evidence (or lack of it) to support the role of the pelvic floor muscles in low back pain <i>Professor Kari Bø, Physiotherapist & Exercise Scientist, Oslo, Norway</i>
12:00	13:00	The core and sexual dysfunction <i>Talli Rosenbaum, Physiotherapist and Sexuality Counsellor, Israel</i>
13:00	14:00	Lunch
14:00	15:00	Anatomical and biomechanical evidence to support the role of transversus abdominis as a core stabilizer. <i>Associate Professor Susan Mercer, Physiotherapist, Queensland, Australia</i>
15:00	16:00	Pelvic floor muscle exercises in the management of prolapse. <i>Professor Kari Bø, Physiotherapist & Exercise Scientist, Oslo, Norway</i>
16:00	18:00	Women's health physiotherapy around the world. Reports from IOPTWH member countries
18:00		Promenade on the beach
19:30		Conference dinner

Saturday October 10, 2009

From	To	
09:00	10:00	Stabilizing exercises for pregnancy-related pelvic girdle pain. <i>Dr Britt Stuge, Senior Researcher and Physiotherapist, Oslo, Norway</i>
10:00	10:30	The European guidelines on the diagnosis and treatment of pelvic girdle pain <i>Dr Britt Stuge, Senior Researcher and Physiotherapist, Oslo, Norway</i>
10:30	11:00	Coffee
11:00	12:00	The effect of abdominal work in diastasis of rectus abdominis <i>Dr Gil Pascoal, Lecturer in Physiotherapy, Lisbon, Portugal</i>
12:00	13:30	Lunch
13:30	16:00	Concurrent workshops: i) Stabilizing exercises for PGP ii) Pilates in women's health iii) PNF Chi iv) Awareness of the PFM and pelvic girdle in pregnancy
16:00	17:00	IOPTWH - the way forward
17:00		Close of conference