

The Pelvis & Pelvic Floor ‘Exposed’: A Human Anatomy Workshop **IT’S BACK AND IMPROVED!**

Date: Friday (evening) & Saturday
June 16 & 17th, 2017

Location: University of Guelph – Lifetime Learning Centre

Instructors: Dr. Lorraine Jadeski and her Advanced Anatomy Students at the University of Guelph, with Registered Physiotherapists Nicole Watson, Kristin Long and Janet MacKinnon, will be facilitating discussion at the anatomy stations. Clinical lectures are *optional* and will take place Friday from 6 – 9 p.m. Post lab lecture focuses on exercise prescription and insight using **RUSI demonstration as biofeedback**.

Course Description

This 1 1/2 day course is appropriate for health care professionals who have taken pelvic health courses *or* who are interested in learning more about the clinical **anatomy of the pelvis** and **pelvic floor**. This course will consist of interactive human cadaver workstations within the University of Guelph’s Human Anatomy Laboratory and lecture style learning designed to integrate clinical assessment, manual and exercise treatment of pathology. Anatomy workstations will include: *bony/ligamentous* anatomy of the pelvis, *musculature* including the pelvic floor, *vasculature, neurology* and common pathologies where possible with donor availability. Friday lectures will cover a review of literature, case studies and treatment techniques involving: Rectus Diastasis, incontinence & prolapse. Saturday’s lecture will detail exercise prescription & progression for various lumbo-pelvic conditions & Rehabilitative Ultrasound Imaging (RUSI) to aid in the visualization of core muscles.

PRE-REQUISITES - This course is open to Registered Physiotherapists, Midwives, Nurse Practitioners, Nurses, Chiropractors, Naturopathic Doctors and Medical Doctors with training in/an interest in Pelvic Health.

PARTICIPANTS - Participants are required to sign a release of liability prior to the seminar. All participants should wear comfortable exercise clothing **as the laboratory is maintained at cooler temperatures**.

Cost = \$ 425.00 includes HST (Friday & Saturday)
\$395.00 includes HST for ONLY Saturday

Includes morning coffee/tea and light lunch (see reverse)

Friday: **6:00 – 9:00 p.m.**, *registration from 5:30 p.m.*

Saturday: **9:00 a.m. through to 5 p.m.**, *registration from 8:30-8:55am*

OUR LOCATIONS:

ACTON
519-853-9292

BURLINGTON
905-315-7746

CAMBRIDGE
519-220-1794

ELORA
519-846-9919

GEORGETOWN
905-873-3103

GUELPH
519-767-9959

ORANGEVILLE
519-840-8993

The Pelvis & Pelvic Floor 'Exposed': A Human Anatomy Workshop

Registration Form

Please fax to 519 767-9819

Cost = \$425 includes HST (FRI/SAT)

Or \$395 includes HST (just SAT)*

Name of Participant: _____

Qualifications (Please Circle): **PT, MD, NP, Nurse, Midwife, Chiropractor, ND, Kin**

How did you hear about this course? _____

Contact Phone # (h) _____

Address: _____

E-Mail (required-all contact will be made through email) _____

Work Place: _____

Address: _____

Workplace email: _____

Payment Method: Cheque only please

Registration Deadline Thursday, June 1, 2017

Please fax, email or mail registration forms. Cheques may be mailed to the address below.

Eramosa Physiotherapy Associates:

333 Mountainview Rd. South, Georgetown, ON L7G 1E6 ,

Telephone: 905-873-3103 **email:** georgetown@eramosaphysio.com

Your spot will not be reserved until payment is received. There will be no refunds after June 1, 2017; a service fee of \$200 will apply to cancellations after to June 1th 2017.

The course is on campus at the University of Guelph. Specific instructions will follow to accepted registrants. Lunch services are limited given that it is a Saturday on campus. Please check below your lunch preferences:

Veggie Sandwich Option AND drink

Meat Sandwich Option AND drink

I prefer to bring my own lunch (cafeteria space is available for eating)

*The fees for this course are set at cost recovery for the preparation of the human cadaveric specimens

Bios of Physiotherapy Instructors:

Nicole Watson, BHSc (PT), HBSc, Pelvic Health Associate

Nicole completed an Honours Biology degree at the University of Guelph in 1994 and a Physiotherapy degree at McMaster University in 1997. Nicole has also successfully completed all of her post graduate advanced manual therapy courses and intermediate manual therapy exam to obtain her diploma in Intermediate Manual Therapy (2004). She has completed the Level 1 Medical Acupuncture program at McMaster University in 2011 and has been a guest lecturer at for the Physiotherapy Program at McMaster University in the area of "Pregnancy and Low Back Pain". Her areas of clinical interest are the back and pelvis with a special interest in women's health and chronic pain. She is a Pelvic Health Physiotherapist, treating male and female incontinence, pelvic pain, prolapse and other pelvic health concerns related to pregnancy and sexual dysfunction. As an Associate of EPA she currently develops EPA's Pelvic Health Programs drawing from her 17 years of treating pelvic health patients. Nicole will be facilitating the pelvic anatomy stations with the UoG Anatomy Lab assistants, in addition to presenting case studies and levels of evidence for physiotherapy intervention.

Kristin Long, M.Cl.Sc., B.H.Sc.PT., B.Sc.HK.(Hons), CAFCI, FCAMT

Kristin is a Senior Partner of Eramosa Physiotherapy. She is a graduate of the University of Guelph's Human Kinetics Program, McMaster University Physiotherapy Program, in addition to holding a degree from Western University Professional Master's Program (2009). Kristin has been practicing a mixed orthopaedic caseload for the last 17 years. She is a credentialed FCAMT through her completion of all the advanced manual therapy exams (2004) and has also completed her acupuncture courses, Level 1 exam through ACFI and Gunn IMS. Kristin is a Credentialed Instructor in CPA's Orthopaedic Division, in addition to holding a professional affiliate position for her 15 plus years of teaching for McMaster University's Physiotherapy Program. Kristin will facilitate discussion of the use of exercise during rehabilitation of lumbo-pelvic conditions and use of RUSI to aid in the visualization of core muscles.

Janet MacKinnon, MSc (PT), MSc (Bio Med), BSc Hon, Registered Physiotherapist

Janet is a graduate of University of Guelph Bio Medical Program, where she also completed her Masters of Science. In addition, Janet completed McMaster University's Master in Physiotherapy. Her previous certifications in personal training were expanded with her clinical interest of sport and women's health. She has completed post graduate courses in exercise prescription, incontinence, pregnancy, pelvic pain as well as ano-rectal disorders. Janet has taken her 7 years of clinical experience to develop a unique Women's Health Centre where the clinical focus is a multidisciplinary Women's Health Centre. Janet continues to be a very active mother of 3 daughters and is often found speaking in the Guelph community.