



# ADVANCED PELVIC FLOOR COURSE

## ANORECTAL PELVIC FLOOR DISORDERS

### 2 DAY FORMAT

#### COURSE OVERVIEW

The Advanced Pelvic Floor – Anorectal Pelvic Floor Disorders course is an **intermediate level course** designed for physiotherapists who are already working in the field of urinary dysfunction and pelvic organ prolapse. This course is designed to deepen the physiotherapists knowledge on anorectal pelvic floor dysfunction. The main focus of this course is the assessment, diagnosis and management of pelvic floor related constipation and faecal incontinence.

\*Please note that there is 3 Day **more advanced version** of this course. The 3 Day version is co-taught with Professor Marc Gladman (Colorectal Surgeon) and incorporates increased information on colorectal cancer, inflammatory bowel disease, anorectal and colorectal surgeries etc. In the two day format Day 1 & 2 of the 3 day course is condensed into 1 day. The teaching on conservative management of faecal incontinence and constipation is the same in both courses (taught as Day 2 of the two day course and Day 3 of the three day course).

#### DAY 1

##### Anatomy, Physiology and Assessment

#### DAY 2

##### Physiotherapy Treatment

#### Day 1: ANATOMY, PHYSIOLOGY AND ASSESSMENT

- Advanced Anatomy of the Anorectum
- Advanced Physiology of Defecation
- Obstructed Defecation
- Faecal Incontinence
- Understanding Medical Assessments including Anorectal Manometry, Pudendal Nerve Terminal Motor Latency and Endo-Anal Ultrasound
- Performing a Digital PR Examination
- Assessing Rectal Sensation and Defecation ability via use of Balloon Catheters

#### Day 2: PHYSIOTHERAPY TREATMENT

##### Faecal Incontinence

- Pelvic Floor Muscle Training
- Biofeedback Retraining
- Fibre Manipulation
- Use of Rectal Balloon catheters for faecal urgency retraining and rectal hypersensitivity retraining
- E-stimulation Options (transcutaneous sacral, tibial nerve, intravaginal, anal)
- Implanted Sacral Neuromodulation

##### Obstructed Defecation

- Basic Defecation Retraining
- Advanced Defecation Retraining via EMG and Rectal Balloon Catheters