



Advanced Intramuscular Manual Therapy
For Pelvic Dysfunction
Course Facilitators
 Nel Gerig, MD
 Dawn Sandalcidi, PT
 Tina Anderson, PT
 Edo Zylstra, PT

Day One

<i>Begin</i>	<i>End</i>	<i>Topic</i>	<i>Facilitator</i>
7:30am	8:00am	Registration	Lesley Poladsky
8:00	9:00	Discussion	Edo Zylstra
9:00	9:30	Course objectives and orientation	Edo Zylstra
9:30	9:45	Break	
9:45	10:00	Safety	Edo Zylstra
10:00	12:30	Thoracic Spine	Edo Zylstra
12:30	1:15pm	Lunch	Provided by KinetaCore
1:15	2:00	Selective Functional Mvmt Ax.	Edo and Tina
2:00	3:30	Multidisciplinary Management of Pelvic Pain	Dr. Gerig
3:30	3:45	Break	
3:45	5:45	Posterior and Anterior Hip	Edo Zylstra
5:45	6:00	Final Questions and Wrap-up	All Hands on Board

Day Two

8:00	8:15	Questions and Intro to Day 2	
8:15	9:00	Tx by Medical Dr. of Pelvic Pain	Dr. Gerig
9:00	9:15	Quick break and questions	
9:15	10:00	Maigne Syndrome	Edo Zylstra
10:00	12:30	Abdominal Wall with Entrapment sites	Edo, Dawn and Tina
12:30	1:15pm	Lunch	Provided by KinetaCore
1:15	2:15	Regional Interdependence/Deep Fascial Plane	Dawn Sandalcidi
2:15	3:45	Palpation Lab of Pelvic Floor	Tina Anderson
3:45	4:00	Tx Field	Dawn Sandalcidi
4:00	4:15	Break	
4:15	6:00	Quadratus Femoris and Ob. Internus	Edo and Tina



Day Three

8:00	8:30	Questions	All Facilitators
8:30	8:45	Pudendal Neuralgia	Dr. Gerig
8:45	12:00	Pelvic Floor didactic and Practical	Dawn and Dr. Gerig
8:45	12:00	Thoracic Spine Practical Testing	Edo and Tina
12:00	1:15pm	Lunch and Theory Test	
1:15	4:00	Testing of pelvic floor and practice	Dawn, Tina, and Dr. Gerig
1:15	3:00	Review of all content other than tested muscles	Edo
3:00	4:00pm	Case Reports and final questions	All facilitators.