

The Assessment & Treatment of Pelvic Floor Dysfunction

September 22-24, 2023

Faculty:

Alime Buyuk

Pelvic pain is a global problem that presents acutely after infection or injury and often chronically, particularly when central sensitisation (C-sens) and myofascial pelvic floor dysfunction are present.

Unfortunately, the myofascial component of chronic pelvic pain (CPP) is unresponsive to standard medical treatments (e.g. surgery and hormones which target endometriosis lesions), particularly when C-sens and/or pelvic floor dysfunction intensify the CPP experience.

This practical and thought-provoking hands-on workshop will guide practitioners in performing a comprehensive assessment of the external and internal pelvic musculoskeletal systems to optimise clinical diagnosis and appropriate referral of patients with pelvic floor disorders and/or CPP for specialised treatment.

When a comprehensive assessment is done, myofascial dysfunction can be identified early, thereby facilitating timely referral to physical therapy. Early assessment and treatment by pelvic health physiotherapists and other trained clinicians is essential to decreasing the burden of CPP and optimising pelvic health.

Following a comprehensive medical & multidisciplinary evaluation, the myofascial component of pain and dysfunction can be addressed expeditiously, thereby mitigating the effects of chronic myofascial pelvic pain and dysfunction and the long-term effects of C-sens.

This workshop presents a practical step-by-step guide for performing a thorough myofascial assessment of pelvic floor muscles. Specifically, this workshop will improve your clinical acumen by providing the practical hands-on skills needed to manage your patients with CPP effectively.

Participants will learn:

- Pelvic floor anatomy, function, and dysfunction
- How to prepare and palpate intra-pelvic floor and external muscles
- How to assess pelvic floor strength, tone, and endurance

About Our Speaker:

Alime Buyuk

Alime Buyuk, MPT, PhD(c) is a pelvic health physiotherapist, academician and clinical investigator in the field of pelvic floor health in the Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation at Akdeniz University, Antalya, Turkey. Her interests include chronic myofascial pelvic pain and dysfunction and pelvic health physiotherapy. She received her masters degree from Hacettepe University in Ankara, Turkey in 2016.

Alime is a highly acclaimed educator and has given many invited lectures and taught hands-on workshops for physiotherapists and other clinicians in several countries including the UK, Germany, USA, Jordan, Turkey and Canada.

Since 2016, Alime has been conducting her doctoral research and part time has been at Sherbrooke University, Physiotherapy and Rehabilitation Department, Labo-Morin Urogynecology Laboratory in Quebec, Canada. She is a member of the International Pelvic Pain Society (IPPS) and is very active in organizing international meetings of the IPPS. She is also co-founder of the International Pelvic Health Institute and has been organizing and teaching local pelvic health educational scientific courses and workshops for physiotherapists in her native Turkey for the past 7 years.

In 2021, Alime was selected by the IPPS to be an advisory board member, and she also became, notably, the *first* physiotherapist and foreigner (i.e., non-American) to ever receive the prestigious *Dr. Fred Howard Early Investigator Award* for her novel and clinically impactful studies on chronic pelvic pain.