



Addressing Pelvic Floor Dysfunction Externally

Program Format: This is a one hour on demand presentation

<https://webexercisesacademy.com/course/addressing-pelvic-floor-dysfunction-externally>

Learn to identify and address pelvic floor dysfunction without performing an internal assessment. Addressing the pelvic floor from an external standpoint is imperative given the widespread impact on all patients - pregnant, non-pregnant, postpartum, female, male, athlete, sedentary individuals, and elderly patients. Hands on techniques and active care for patients will be demonstrated to improve treatment outcomes for patients presenting with pelvic floor dysfunction.

Learning Objectives:

- Identify pelvic floor dysfunction beyond patient reporting
- Identify externally palpable structures to support the pelvic floor and alleviate discomfort and complaints
- Learn hands-on techniques and supportive at-home rehab for patients to recover from pelvic floor dysfunction
- Learn communication for patients and providers to improve outcomes
- Determine best referral practices and establishing relationships with other pelvic health providers

Detailed Course Outline: (1 hour)

0-:15 Commonality & Types of PFD

:15-:30 Externally Accessible Anatomy Review

:30-:45 Core Stabilization

:45-1:00 Treatment Plans & Co-Management

Instructor Credentials:

Lindsay Mumma, DC, DNSP, is the owner of Triangle Chiropractic and Rehabilitation Center in Raleigh, NC, a multidisciplinary practice she opened in 2012 after graduating from Palmer College of Chiropractic with the Clinical Excellence Award. She teaches internationally for the Motion Palpation Institute and move Mentors. Her private practice focuses on rehabilitative chiropractic care across lifespan and with a specific focus on prenatal and postpartum health. She was the first certified DNS (Dynamic Neuromuscular Stabilization) Practitioner in the state of North Carolina. She is the author of The Trimester Series, the best-selling book *Your Pelvic Floor Sucks*, and the Top 50 in Health Substack publication *Dr. Lindsay Mumma's Newsletter*.

References

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