***Women’s health: an introduction to the physiotherapy in women’s health in childbearing year and beyond***

***9am-9.30am***

***Introduction:*** historical overview, current status in different countries, how physiotherapist create the difference

***9.30-11am***

***Pregnancy***

• Pregnancy: anatomy of pregnant body, physiological changes trough out the pregnancy

•Common complains in pregnancy

•Assessment of pelvic pain: questions to ask, treatment plan, specifics of objective assessment and treatment

***11am-11.30am break***

***11.30am- 1pm***

***Birth/Post-partum period***

•Assessment of post-partum woman: subjective and objective

•Theory on Pelvic floor assessment, internal techniques that are commonly used

•Bonus: psychological aspect and influence on recovery

•Stress incontinence in general and post birth: subjective, objective assessment and treatment

***1pm-2pm Lunch break***

***2pm -3.30 pm***

•Recovery, exercises, sexual activity post birth

•Diastasis recti: theory, assessment, basic exercises and contraindications

***3.30-4pm break***

***4-5pm***

Pelvic floor activation and teaching basics for effective exercises , interactive session

***5-5.30 pm***

Overview of other aspects of women’s health physiotherapy can treat: post-surgery, sexual, menopause.