



This course provides participants with a comprehensive understanding of pelvic anatomy, function, and dysfunction, with a particular focus on pelvic floor disorders and female urinary dysfunction. Evidence-based management approaches will be explored, along with an in-depth look at the role of a women's health specialist.

**Course Instructor:** Heba I. Fuad (Senior PPTUK Tutor, WHPT, KCAT)

### Learning Modules

- I. **Online Module:** This portion of the training covers the essentials: anatomy, pelvic floor terminology, and muscle testing techniques.
- II. **Face-to-Face Module:**
  - Dubai – 2-3 September 2023
  - Makkah – 6-7 September 2023
  - Doha – 8-9 September 2023
  - A. **Urinary Incontinence**

**Theory.** This portion of the training covers the types of incontinence, behavioral approaches.

**Workshop.** Case studies, pelvic floor exercise demonstration and practical sessions.
  - B. **Lower Bladder Dysfunction**

**Theory.** This portion of the training covers fecal incontinence, and physiotherapy management.

**Workshop.** Case studies, pelvic floor exercise demonstration and practical sessions.
  - C. **Pelvic Organ Prolapse**

**Theory.** This portion of the training covers the types of POP prolapse, risks, and signs and symptoms.

**Workshop.** Case studies, pelvic floor exercise demonstration and practical sessions.

Participants are encouraged to review pelvic floor anatomy before joining the course.

All participants must be aware that they will be asked to participate both as clinicians and patients during the practical lab sessions.