

North East Thames Faculty CPD Event



LET'S START TALKING, PRESENTED BY 'ADORE YOUR PELVIC FLOOR'

TUESDAY 26TH FEBRUARY 2019

BROOMFIELD HOSPITAL MEDICAL ACADEMIC UNIT, CHELMSFORD CM1 7ET

EVENT OUTLINE

A presentation outlining various conditions, of women, at different stages of their lives whilst considering lifestyles. Throughout we use interaction and active participation to gain awareness of the pelvic floor group whilst covering:
stress incontinence, frequency, urge incontinence, posture and pelvic health, breath and pelvic health, hypertonic pelvic floor group, pelvic organ prolapse, elderly and urinary incontinence.

LEARNING OUTCOMES

- Understand the issues surrounding the pelvic floor group
- Risk factors to the pelvic floor
- Recognise the client with pelvic floor issues
- The reaction of the pelvic floor in movement
- Understand how to correctly exercise the pelvic floor group

SPEAKERS:

Louise Field Louise has been teaching exercise all her working life and became aware how many women were suffering with pelvic floor issues. As a fitness professional she felt compelled to research this issue in-depth. She has spoken to many women, men and health professionals and began teaching pelvic floor awareness courses. She was amazed by the interest from people wanting to know more about this 'sensitive' area.

All pelvic floor issues, be it pelvic pain, incontinence or sexual health, have an impact on our lives. The problems do not go away on their own without correct advice and exercise. This is why Louise set up Adore Your Pelvic Floor offering teacher training workshops to Fitness and health Professionals.

Katrina Wade is a Specialist Women's and Men's Pelvic Health Physiotherapist.

Convenor: Rebecca Willard FRCC (Paeds)

PROGRAMME

18.30 - Registration
19.00 - Seminar begins
21.00 - Close

REGISTRATION FEES

RCC Members: £35.00
Non-Members: £50.00

Online registration and payment are available at www.bit.ly/RCCevents

To register and pay via card/ bank transfer please contact the RCC directly on **0118-9469727** or at: admin@rcc-uk.org.

Alternatively, please send registration forms to our address below, with cheques made payable to,
The Royal College of Chiropractors.

Cancellations: Fees will be refunded, less a £10 administration charge, for all cancellations received at least 10 days before the event.
No refunds can be given after this date.

****Please do not attend this event unless you have received confirmation of a place and joining instructions****

REGISTRATION FORM

Name: _____
Address: _____
Postcode: _____
Email: _____
Phone: _____

Registration fees:

I enclose a cheque for £ _____.

Please send your completed registration form to:
The Royal College of Chiropractors, Chiltern Chambers,
St Peters Avenue, Reading RG4 7DH