

# Advanced Pelvic Rehabilitation Workshop

Integrating Technology and Multidisciplinary Collaboration



## Target audience

This workshop is designed for:

- Urologists and Urogynecologists seeking to enhance their understanding of rehabilitation integration.
- Women's Health and Pelvic Floor Physical Therapists aiming to advance their diagnostic and treatment skills using technology.
- Rehabilitation Specialists, Physiotherapists, and Allied Health Professionals involved in pelvic health care.
- Researchers and Educators interested in multidisciplinary, technology-based approaches to pelvic rehabilitation.

## Course Objectives

- To enhance participants' understanding of complex pelvic floor dysfunctions through advanced diagnostic and assessment tools.
- To provide hands-on experience in the use of EMG biofeedback and diagnostic ultrasound for pelvic health rehabilitation.
- To integrate evidence-based rehabilitation strategies with medical and surgical management approaches.
- To foster interdisciplinary collaboration between urologists, urogynecologists, and women's health physical therapists for comprehensive patient care.
- To explore emerging technologies, ethical considerations, and future research directions in pelvic health rehabilitation.

## Learning Outcomes

By the end of this workshop, participants will be able to:

1. Perform comprehensive assessments of pelvic floor function using EMG biofeedback and diagnostic ultrasound.
2. Interpret advanced diagnostic data (urodynamics, imaging, and EMG) to guide treatment planning.
3. Develop personalized, evidence-based rehabilitation programs for patients with pelvic organ prolapse, incontinence, pelvic pain, or post-surgical dysfunction.
4. Collaborate effectively within multidisciplinary teams to optimize outcomes for complex pelvic health cases.
5. Apply ethical and data security principles when integrating technology into clinical practice.
6. Identify current and emerging research trends and contribute to innovation in pelvic health rehabilitation.

Course Timetable		
Day 1	Functional Urology: Interdisciplinary Diagnostics & Rehabilitation	
Time	Topic	Faculty
8:30 AM-9:00 AM	<b>Registration &amp; Welcome Remarks</b> <ul style="list-style-type: none"> <li>• Introductions across specialties</li> <li>• Workshop objectives: integrating medical diagnostics with pelvic rehabilitation</li> <li>• Overview of functional urology pathways used by Urology,</li> </ul>	Urogynecologist & Urologist
9:00 AM-10:30 AM		
	<b>Functional Urology: Contemporary Assessment and Clinical Decision-Making</b> <ul style="list-style-type: none"> <li>• Disorders of storage and voiding: detrusor overactivity, DU, OAB, SUI, dysfunctional voiding</li> <li>• Standardized diagnostic workflow used across disciplines               <ul style="list-style-type: none"> <li>- Urodynamics</li> <li>- Bladder diaries</li> <li>- Pelvic exam &amp; urethral support evaluation</li> </ul> </li> <li>• Decision-making across disciplines:               <ul style="list-style-type: none"> <li>- Pharmacologic, surgical, and conservative approaches</li> <li>- Referral coordination &amp; determining primary lead clinician</li> </ul> </li> </ul>	
10:30 AM-10:45 AM	<b>Coffee Break</b>	
10:45AM-12:15 PM	<b>The Role of Pelvic Health PT in Functional Urology</b> Interdisciplinary Focus: <ul style="list-style-type: none"> <li>• Pelvic floor biomechanics in continence &amp; voiding</li> <li>• Assessment protocols relevant to functional urology               <ul style="list-style-type: none"> <li>- EMG patterns</li> <li>- Diaphragm–PF synergy</li> <li>- Functional testing</li> </ul> </li> <li>• How PT findings inform urologic/urogynecologic management</li> <li>• Case example: Interpreting symptoms through a joint lens</li> </ul>	Pelvic Health PT
12:15 PM- 1:15 PM	<b>Lunch Break</b>	
1:15 PM- 3:00 PM	<b>Male Pelvic Health in Functional Urology</b> <ul style="list-style-type: none"> <li>• Chronic prostatitis/dysfunctional voiding</li> <li>• Male urinary incontinence (post-prostatectomy)</li> <li>• Pelvic floor involvement in ED &amp; ejaculatory dysfunction</li> <li>• Shared treatment pathways:               <ul style="list-style-type: none"> <li>- Medical management</li> <li>- Rehabilitation strategies</li> </ul> </li> </ul>	Women's Health PT and Urologist
3:00 PM - 3:15 PM	<b>Break</b>	
3:15 PM - 5:00 PM	<b>I. Cystoscopy Video Interpretation Station</b> <ul style="list-style-type: none"> <li>• Review real-case anonymized cystoscopy videos</li> <li>• Identify subtle pathologies:               <ul style="list-style-type: none"> <li>- Early Hunner lesions</li> <li>- Urethral inflammatory rings</li> <li>- Bladder neck elevation defects</li> <li>- Trigonal hypersensitivity patterns</li> </ul> </li> <li>• Correlating cystoscopy with symptoms, urodynamics, and PT findings</li> </ul> <b>II. Urodynamics + EMG Integration</b> <ul style="list-style-type: none"> <li>• Detrusor pressure tracing interpretation</li> <li>• Pelvic floor EMG contraction/relaxation timing</li> <li>• Identifying DSD vs pelvic floor dyssynergia</li> </ul> <b>III. Ultrasound for Functional Urology</b> <ul style="list-style-type: none"> <li>• TAUS pelvic floor muscle function</li> <li>• Bladder neck elevation</li> <li>• Levator hiatus behavior during voiding</li> <li>• Strain patterns and pressure management</li> </ul>	Medical Faculty
5:00 PM	<b>Wrap-Up &amp; Q&amp;A</b>	

## Course Timetable

Day 2		Chronic Pelvic Pain: Interdisciplinary Evaluation & Integrated Treatment Models	
Time	Topic	Faculty	
8:30 AM - 9:00 AM 9:00 AM - 10:30 AM	<b>Chronic Pelvic Pain Overview &amp; Interdisciplinary Framework</b>  <b>Medical Evaluation of Chronic Pelvic Pain</b> Topics: <ul style="list-style-type: none"><li>• Urologic pain sources: IC/BPS, pudendal neuralgia, prostatitis</li><li>• Gynecologic pain sources: endometriosis, adenomyosis, pelvic congestion</li><li>• Overlapping symptom profiles between specialties</li><li>• Imaging, cystoscopy, labs: when and why</li><li>• Identifying when pelvic floor involvement is primary vs secondary</li></ul>	Urologist, Urogynecologist, and Women’s Health PT	
10:30-10:45 AM	<b>Coffee Break</b>		
10:45 AM - 12:15 PM	<b>  Pelvic Health PT in Chronic Pelvic Pain: Biomechanics, Myofascial Components &amp; Functional Drivers</b> <ul style="list-style-type: none"><li>• Pain mapping &amp; functional triggers</li><li>• Myofascial contributors: obturator internus, levator ani, abdominal wall</li><li>• Nervous system sensitization</li><li>• How PT communicates findings back to Urology/Urogynecology</li><li>• Interdisciplinary case example: CPP with mixed-origin symptoms</li></ul>	Urogynecologist, and Women’s Health PT	
12:15 PM- 1:15 PM	<b>Lunch Break</b>		
1:15 PM - 3:00 PM	<b>Integrated, Multidisciplinary Treatment Pathways for Chronic Pelvic Pain</b> <ul style="list-style-type: none"><li>• CPP treatment sequencing across specialties<ul style="list-style-type: none"><li>- pharmacologic therapies</li><li>- procedural interventions</li><li>- pelvic floor rehabilitation</li></ul></li></ul>	Women’s Health PT	
3:00 PM - 3:15 PM	<b>Break</b>		
3:15 PM - 4:45 PM	<b>Complex CPP Case Lab: Team-Based Clinical Reasoning</b> Activities: <ul style="list-style-type: none"><li>• Real clinical cases</li></ul>	Moderated by all faculty	
4:45 PM - 5:00	<b>Closing Remarks &amp; Certificates Distribution</b>		



**CME – Under Application with SHA**

### Format

Lectures, hands-on workshops, and multidisciplinary case discussions

## Faculty

**Prof. Iman Khowailed**  
Associate Professor  
PT, MPT, MPH, DSc, WCS

**Dr. Ayman E A Younis**  
MBBS, MRCSEd, FRCS (Urol), FEBU  
Consultant Urological Surgeon  
Clinical Assistant Professor



## Book Now



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