

# COMPLEX PELVIC ISSUES IN WOMEN'S HEALTH

(2 Hours CE)

Dr. Irum Tahir

## Course Outline: Hour 1

### **1-15 Mins:**

- Introduction of Dr. Tahir; understanding the importance of Complex Pelvic issues in practice, the significant impact we can make in the lives of female patients who are suffering from these issues.
  - Working within Patient expectations
  - Referrals from LMT/ OT/PT/ Pelvic Floor PT/ OB
  - How to prepare for the New Patient in practice- Communication with New patient in an appropriate manner that prepares them accordingly.

### **16-30 minutes:**

- Preparation and Introduction with the Patient
- Scheduling the New Patient appropriately; communicating referral source, permission to communicate patient information- communication of care with providers
- Beginning with Gratitude; leading the New Patient , Rapport building
  - Elevator Pitch: Explaining unique value proposition of the practice and what you do differently and how you will be conducting the examination.
- Gaining permission to begin Exam; Ensuring patient comfort, no matter their condition and being mindful (initial)
- Understanding common complaints of female patients with complex pelvic issues
  - Low back pain
  - Sciatica
  - Piriformis Syndrome
  - Sacroiliac Joint dysfunction
  - Headaches
  - Neck pain
  - Pubic symphysis dysfunction
- Setting appropriate expectations to the Patient regarding care

### **30-45 mins:**

#### **➤ Subjective**

- Subjective Case History:
  - Importance of a clear and thorough history of the patient, including what specific questions to ask the patient in order to gain a better, more thorough understanding and diagnosis of the patients' complaint.
- Understanding clear red flags and contraindications to care- Red Flags that should not be ignored, examples such as slips, falls, severe abdominal or back pain, early contractions in prenatal, etc.
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### **46-60 mins:**

#### **➤ Objective:**

- Objective Assessment of the patient
- Proper flow of examination (to ensure patient comfort and what they are able to do or not do)
  - Specific examination of the Patient: sensitive areas, asking for permission and preparing the patient of what to expect on the examination
- Musculoskeletal assessment, biomechanical assessment and gait assessment
- Orthopedic examination (key testing and findings)

### *Course Outline: Hour 2:*

### **1-30 mins**

- Key areas to assess- Psoas mm, Piriformis mm, Pyramidalis mm, Pubic symphysis, Round ligament, Sacrotuberous ligament, Sacrum assessment, Ilium/ Iliac crests, QL mm. Observation and palpation- assessment.
- Chiropractic examination- testing and findings- biomechanical problems, especially in cases of prenatal, postpartum, abdominal issues
- X-rays- ordering them/ taking in office and analysis- Simple discussion- with examples
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### **31-60 mins**

- **Communicating Chiropractic + Examination Findings Effectively for the patient**
  - Components of a Chiropractic Report of Findings
    - How to implement a clear plan of action for the New Patient
    - Clear methods to be able to explain to a New patient easily what your findings are and plan and commitment for care going forward
    - Creating a clear treatment plan- setting expectations for the patient and gaining commitment to care
    - Example of Sample Notes (SOAP)
    - A word on being specific with diagnosis coding, differential diagnosis is very important
  
- **Common Lumbopelvic disorders and using Simple Pelvic Blocking and muscle release for results.**
  - Lumbopelvic disorders and complaints- **common patterns:** the different structures to assess, evaluate and correct common pelvic problems. (Both SI joints, Sacrum – all motions, Coccyx, Sacrotuberous ligaments, pubic Symphysis, Lower back in relation to Sacrum, Psoas and Piriformis mm.
  - Correction of various issues with pelvic blocking – simple blocking methods that yield big results: PI ilium/ AS ilium- prone blocking technique and the results.
  - When a patient cannot lay prone- intro into supine blocking- simple
  - Evaluation of patient breathing and relaxation as related to the pelvic blocking
  - Simple Nutritional recommendations for the New patient:
  - At home exercises and how to determine progress in care
  - Tie everything that was taught together into an understanding of the beginning, middle and follow through of identification, assessment and resolution of complex pelvic issues.