

**Lunchtime Learning: March 21, 2024 at Noon**

**The Pelvic Musculoskeletal Mystery: Making Connections  
with Ingrid Harm- Ernandes PT, WCS, BCB-PMD**

This course is designed for practitioners to gain a better understanding of the pelvic floor and pelvic musculoskeletal system, how it is integrated with the core as well as the entire system. It is extremely important that all practitioners understand how the pelvic floor and pelvic musculoskeletal structure are a tremendous component of overall health. We will discuss what pelvic conditions are, the scope and severity of those pelvic health conditions, and how they impact overall health and wellbeing. With improved understanding of how the pelvic musculoskeletal system is an integral part of the body we can see how mental and emotional health often impacts pelvic conditions as much as pelvic health conditions impact our mental health. We will also discuss pelvic physical therapy assessment, treatment methods and how to ask the right screening questions for pelvic health. The goal overall is to improve communication between practitioners, communication between practitioner and patient, improving team work, and strengthening the interdisciplinary model.

**Fee:** NCPA Members - \$20.00; Non-members - \$45.00

**Instructional Level:** Intermediate

**Educational Format:** PowerPoint Presentation

**Learning Objectives:**

**By the end of the institute, participants will be able to:**

1. identify at least 4 specific pelvic floor, core and hip muscles, and explain how these muscles are involved in pelvic floor conditions,
2. identify at least 3 terms of pelvic health and pelvic physical therapy terminology and explain how to associate them with pelvic health conditions,
3. explain at least 3 key components of pelvic physical therapy treatment in order to improve communication between practitioners, and
4. identify at least 3-4 members of the interdisciplinary care team for pelvic health and how to locate a pelvic physical therapist in your area for improved patient care

**Instructor:**

**Ingrid Harm-Ernandes, PT, WCS, BCB-PMD**, has been a physical therapist for 39 years and began specializing in women's health more than 27 years ago. During her tenure at Duke University Health System, she treated a wide variety of pelvic patients in the Urogynecology and Physical Therapy clinics. In addition to her role as the Co-Director and a mentor for new Pelvic PTs in the Duke Women's Health Physical Therapy Residency Program, she was responsible for the Women's Health team program development and participated in Pelvic Floor Disorder Network (PFDN) research projects. As a Board-Certified Clinical Specialist in Women's Health Physical Therapy (WCS) and Pelvic Floor Biofeedback, Ingrid also served on committees for both the American Physical Therapy Association (APTA) and the American Urogynecologic Society (AUGS). She published "Assessment of the Pelvic Floor and Associated Musculoskeletal System" in the December 2021 FPMRS Journal, focusing on the importance of recognizing and assessing the pelvic musculoskeletal system.

As a pelvic health PT specialist, Ingrid has addressed a myriad of pelvic health conditions that dramatically impact women's lives, such as urinary incontinence, pelvic pain, pain with sex, prolapse, fecal incontinence, constipation, pregnancy and post-partum issues. She readily shares the depth and breadth of her knowledge with health professionals, women, and the general public. In 2021, she published "The Musculoskeletal Mystery: How to solve your pelvic floor symptoms". This book helps to better educate patients and practitioners about women's bodies, pelvic health conditions they may suffer, and what pelvic physical therapy is all about. In addition to national and international speaking engagements, Ingrid has been featured in magazines, podcasts, webinars, on WRAL news, and is "The Pelvic Detective" on YouTube. She is passionate about demystifying and destigmatizing this topic by providing individuals with the knowledge they need to advocate for themselves and get proper pelvic care.

**Continuing Education Information:** This workshop is sponsored by the North Carolina Psychological Association (NCPA). NCPA is approved by the American Psychological Association to offer Continuing Education (CE) for psychologists. NCPA maintains responsibility for this program and its content. **This workshop is offered for 1 hour of Category A credit.**

**Attendance Requirement for CE Credit:**

To receive CE credit, you must attend the entire workshop. No credit will be given to participants who are more than 5 minutes late at the beginning of the workshop. You must be present at the close of the workshop and sign-in and sign-out. You may not be excused early. Partial credit is not provided.

**Citations:** Available upon request.