



PHYSIOTHERAPY SCHOOL AND CENTER,
SETH GS MEDICAL COLLEGE AND KEM
HOSPITAL IN COLLABORATION WITH
MUMBAI BRANCH OF INDIAN
ASSOCIATION OF PHYSIOTHERAPISTS

SMITA MEHTA

PT, DPT, PRPC, BROOKE ARMY
MEDICAL CENTRE,
SAN ANTONIO, TEXAS

Pregnancy, Postpartum & Pelvic Floor Level 1 Workshop

UNLOCK NEW SKILLS AND ELEVATE YOUR CAREER — REGISTER NOW !

MASTER ESSENTIAL TECHNIQUES IN PREGNANCY AND PELVIC FLOOR REHAB.
JOIN US FOR HANDS-ON TRAINING AND ELEVATE YOUR PRACTICE !



21-23 MARCH, 2025



INCLUDES - BREAKFAST, LUNCH , CERTIFICATION
AND PRE-WORKSHOP ZOOM LECTURE
WITH WHATSAPP GROUP (FOR STUDY
MATERIAL)



PHYSIOTHERAPY SCHOOL & CENTER,
SETH G S MEDICAL COLLEGE, PAREL, MUMBAI

Registrations & Fee Details on Last Page
Secure your spot now—limited seats available!



Postpartum
5:00

Pregnancy, Postpartum & Pelvic Floor Level 1 Workshop

COURSE 1 - PREGNANCY & POSTPARTUM CLASS:

MARCH 21, 2025

TOPICS COVERED:

- RELEVANT ANATOMY, PHYSIOLOGY, PELVIC FLOOR FUNCTION, AND DYSFUNCTION DURING PREGNANCY AND POSTPARTUM
- SAFE ASSESSMENT AND TREATMENT TECHNIQUES
- PREGNANCY-RELATED TERMINOLOGY AND PHYSIOLOGICAL CHANGES BY TRIMESTER
- IDENTIFYING FALSE VS. PROGRESSIVE LABOR
- COMMON MUSCULOSKELETAL PAIN DURING PREGNANCY: LUMBO-PELVIC PAIN, DIASTASIS RECTI, ROUND LIGAMENT PAIN, PELVIC FLOOR DYSFUNCTION
- RECOGNIZING OBSTETRIC RED FLAGS AND HIGH-RISK PREGNANCY INDICATORS
- HANDS-ON LABS FOR ASSESSMENT, MANUAL THERAPY, AND TREATMENT STRATEGIES
- ROLE OF MODALITIES DURING PREGNANCY AND LABOR
- UNDERSTANDING DELIVERY MODES, COMPLICATIONS, AND POSTPARTUM DYSFUNCTIONS
- PSYCHOSOCIAL CONSIDERATIONS AND DEVELOPING TRAUMA-INFORMED TREATMENT PLANS



21-23 MARCH, 2025



PHYSIOTHERAPY SCHOOL & CENTER,
SETH G S MEDICAL COLLEGE, PAREL, MUMBAI



Pregnancy, Postpartum & Pelvic Floor Level 1 Workshop

COURSE 2 - LEVEL 1 PELVIC FLOOR WORKSHOP

MARCH 22-23, 2025

TOPICS COVERED:

- COMPREHENSIVE UNDERSTANDING OF PELVIC FLOOR ANATOMY, PHYSIOLOGY, FUNCTION, AND DYSFUNCTION
- INTRODUCTION TO : URINARY INCONTINENCE, PELVIC ORGAN PROLAPSE, PELVIC PAIN, SEXUAL DYSFUNCTION, BOWEL DYSFUNCTION, PAINFUL BLADDER SYNDROME, PUDENDAL NEURALGIA, AND MALE PELVIC FLOOR DYSFUNCTION
- EVIDENCE-BASED PHYSICAL THERAPY EVALUATION FOR PELVIC FLOOR CONDITIONS
- HANDS-ON LABS FOR EXTERNAL AND INTERNAL PELVIC FLOOR MUSCLE ASSESSMENT AND TREATMENT
- TRAUMA-INFORMED TREATMENT INCLUDING PATIENT EDUCATION, NEURO RE-EDUCATION, THERAPEUTIC EXERCISES, MANUAL THERAPY, MODALITIES, BIOFEEDBACK, AND PROPRIOCEPTIVE FEEDBACK
- BLADDER DIARY, BLADDER RETRAINING, BEHAVIORAL TREATMENT, LIFESTYLE MODIFICATION, AND HOME PROGRAM INSTRUCTIONS
- USE OF OUTCOME MEASURES FOR VARIOUS CONDITIONS

OUTCOME: PARTICIPANTS WILL GAIN SKILLS TO APPLY LEARNED TECHNIQUES IN CLINICAL PRACTICE IMMEDIATELY



21-23 MARCH, 2025



PHYSIOTHERAPY SCHOOL & CENTER,
SETH G S MEDICAL COLLEGE, PAREL, MUMBAI



Pregnancy, Postpartum & Pelvic Floor Level 1 Workshop

FEE DETAILS:

- RS.5000 FOR COURSE 1 (PREGNANCY POSTPARTUM CARE)
- RS.10,000 FOR COURSE 2 (LEVEL 1 PELVIC FLOOR)
- RS.12,500 FOR BOTH COURSES

CONTACT PERSONS:

DR ARCHANA GORE - +91 92232 56919

DR ISHWARI - +91 91674 66467

DR MARIYA JIANDANI - +91 98201 91106



21-23 MARCH, 2025



PHYSIOTHERAPY SCHOOL & CENTER,
SETH G S MEDICAL COLLEGE, PAREL, MUMBAI

