

Pressure, Posture, and Performance: An Approach to Pelvic Floor Dysfunction

Online Self-Study Cont. Education



GENERAL INFORMATION

Presenter: [Kathe Wallace PT](#), is an internationally recognized clinician, author, lecturer and pioneer practitioner in pelvic floor evaluation and treatment. In 2023, she was honored to receive the Elizabeth Noble Award from the American Physical Therapy Association, Academy of Pelvic Health for her contributions in education of professionals in pelvic floor dysfunction. She currently serves as an independent study Clinical Instructor (Courtesy Clinical Faculty) for the Division of Physical Therapy, Department of Rehabilitation Medicine, at the University of Washington, Seattle.

Date: Available now. Self-paced online course, learning begins upon registration.

Where: Anywhere with internet access and a computer.

Fee: \$340 standard registration for 8.5 contact hours. Fee includes lifetime access to the current online curriculum. More information and registration are available at teachable.kathewallace.com.

Cancellation Policy: Refunds are not available once the course is initiated online, or 14 days after purchase.

AUDIENCE AND PREREQUISITES

Target Audience: Physical Therapists (PT) and PT Assistants, Occupational Therapists and OT Assistants, Exercise Specialists, Athletic Trainers. Content is not intended for use outside the scope of the learner's state license or regulation.

Instructional Level: All.

Prerequisites: Prior experience with pelvic health patients preferred but not required.

CEU approval for 8.5 contact hours **CPTA # 25-370** valid Jan 1, 2026, to Jan 1, 2027. **TX # 81076** valid Jan 1, 2026 to Jan 1, 2028, **NJ #2511-43** valid Feb 1, 2026 until Jan 31, 2028.

COURSE DESCRIPTION

Pressure, Posture & Performance: An Approach to Pelvic Floor Dysfunction is a self-paced online course (8.5 contact hours) that presents a systems-based, evidence-informed framework for assessing and treating pelvic floor dysfunction in postpartum and active populations; intended for licensed and credentialed clinicians who manage pelvic health or performance-related conditions. The course examines interactions between intra-abdominal pressure, breath mechanics, posture, motor control, autonomic regulation, and phonation. It reviews current research on intraabdominal pressure and pelvic floor coordination, and teaches practical evaluation methods for diaphragm function, breathing and voicing strategies, and postural classification. Clinicians learn to identify extra-pelvic contributors such as fascial and joint restrictions and motor control impairments, apply reflexive pelvic floor training and performance-focused running and lifting drills, and integrate these elements into individualized, activity-centered care plans that optimize function during activity and high-demand tasks. The focus is on more than using pelvic floor exercise to treat common pelvic conditions.

ONLINE DIDACTIC OBJECTIVES

Upon completion of the online self-paced curriculum, participants will be able to:

1. Identify three risk factors and summarize the prevalence and impact of pelvic floor dysfunction in athletes and postpartum clients.
2. Describe four contributors to intra-abdominal pressure (IAP) generation and regulation.

3. Explain the role of vagus nerve regulation in breath, phonation, and pelvic floor responsiveness.
4. Recognize three components of dysfunctional breathing and demonstrate a screening technique for each.
5. Differentiate three types of diaphragm mobility and perform manual evaluation techniques for each.
6. Apply two postural modifications that influence pelvic floor recruitment and IAP generation.
7. Assess the prevalence and clinical impact of abdominal wall myofascial and joint restrictions on pelvic floor function and IAP and implement at least three techniques to evaluate these contributors.
8. Teach clients three strategies for exhalation or voicing to support pelvic floor coordination during functional activities or to reduce pelvic floor muscle overactivity.
9. Name two evidence-based techniques as proxy measures of IAP during incremental exercise.
10. Analyze current evidence on intra-abdominal pressure (IAP) and pelvic floor activation during dynamic movement, and apply findings to guide exercise prescription including lifting, running, and therapeutic activities, tailored to individual client needs and pelvic floor presentation.

COURSE CURRICULUM

Module	Module Title/Description	Video Run Time
0	Course Overview and Foundations / Readings PPP resources Literature Review: Fitness Measures, PF and IAP	27:25
1	Pressure Terminology and Clinical Assessments	10:34
2	Research Directions & The Four Elements IAP Model	16:07
3	IAP Research Update	10:13
4	Breathing 1 and Diaphragm Evaluations/Demo/Reading questionnaire	33:11
5	Breathing 2a Exhalation Strategies	17:49
6	Breathing 2b Phonation Strategies/ Reading Breath and voice practice	43:44
7	Breathing 3 Patient Education	18:34
8	Breath Holding Maneuvers	24:40
9	Posture Intro	6:48
10	Examination of Posture with PFD	31:36
11	Orthopedic, Myofascial and Visceral Consideration	16:26
12	Abdominal Wall Foundations & Diastasis Recti Abdominus Assessment	34:15
13	Abdominal Wall Clinical Treatment	24:02
14	Performance Overview Considerations/ Reading Sports resources, Sentinel Questionnaire, McGills	37:33
15	Reflexive Pelvic Floor Training /Reading Exercise Samples	19:30
16	Performance Lifting Considerations	28:12
17	Running Considerations	37:50
18	Educating Your Referral Base	9:55
19	Final Quiz	15.00
TOTAL (reading and video time 8.5 contact hours)		