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2012

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### CONTINUING EDUCATION

#### Barral Institute

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### Section on Women's Health



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For the past 40 years, the Section on Women's Health has been the preeminent leader in serving the professional needs of women's health physical therapists across the nation. We continue to set the standard for high quality education with evidence-based regional courses taught by internationally recognized experts in the field of women's health. We offer the Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic), Certificate of Achievement in Pregnancy and Postpartum (CAPP-OB), home study modules, annual conferences, clinical residencies and tools to prepare for specialization. The vast scope of education initiatives includes all areas of women's health issues from pelvic floor dysfunction, prenatal and postpartum musculoskeletal dysfunction, osteoporosis, and breast cancer rehabilitation. We provide women's health marketing tools, patient education materials, research grants, mentoring, and networking. The SOWH is the leader in providing an outstanding selection of quality professional development opportunities for women's health clinicians.

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Our uniquely designed Prenatal Cradle® Brand products support a pregnant woman's growing tummy as if she were cradling herself with her own hands. The patented design provides safe and effective pain relief from many pregnancy related discomforts. Our complete line of garments will lift the tummy without compression and support a growing abdomen without transferring the weight to her shoulders, hips or spine.

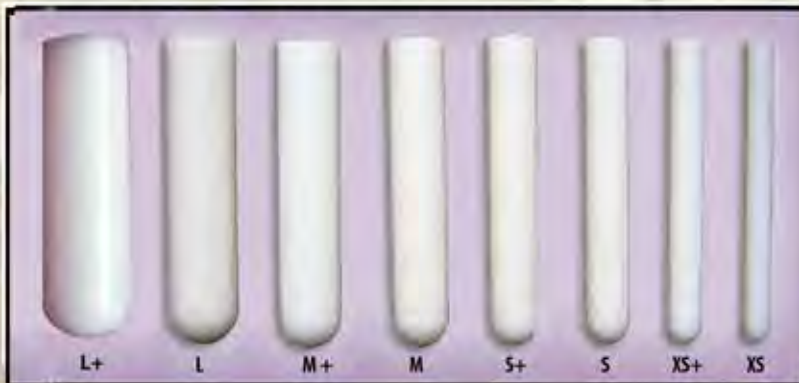
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| M+   | 6"X      | 1 1/4" | (32mm) |
| L    | 6"X      | 1 3/8" | (35mm) |
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# 2012 CONTINUING EDUCATION COURSES

## PELVIC PHYSICAL THERAPY 1



**January 27-29, 2012 <<<**  
Speaker: Lori Mize, PT, DPT, WCS  
Exter, NH

**March 16-18, 2012 <<<**  
Speaker: Barb Settles Huge, PT  
Chesterfield, MO

**May 4-6, 2012 <<<**  
Speaker: Carina Siracusa Majzun, PT, DPT  
Rochester, NY

**July 27-29, 2012 <<<**  
Speaker: Barb Settles Huge, PT  
Madison, WI

**August 10-12, 2012 <<<**  
Speaker: Carina Siracusa Majzun, PT, DPT  
Mobile, AL

**December 7-9, 2012 <<<**  
Speaker: Lori Mize, PT, DPT, WCS  
Keene, NH

## PELVIC PHYSICAL THERAPY 2



**April 13-15, 2012 <<<**  
Speaker: MJ Strahaul, PT, BCIA-PMDB  
Portland, OR

**May 18-20, 2012 <<<**  
Speaker: Barb Settles Huge, PT  
Chicago, IL

**September 21-23, 2012 <<<**  
Speakers: Pam Morrison Wiles, PT, MS,  
DPT, BCB-PMD, IMTC  
Brighton, CO

## PELVIC PHYSICAL THERAPY 3



**March 2-4, 2012 <<<**  
Speaker: MJ Strahaul, PT, BCIA-PMDB  
Neptune, NJ

**July 15-17, 2012 (Sun-Tues) <<<**  
Speaker: MJ Strahaul, PT, BCIA-PMDB  
Baltimore, MD

**November 9-11, 2012 <<<**  
Speaker: MJ Strahaul, PT, BCIA-PMDB  
Edina, MN

## FUNDAMENTAL TOPICS IN PREGNANCY AND POSTPARTUM PHYSICAL THERAPY



**April 28-30, 2012 (Sat-Mon) <<<**  
Speaker: TBA  
Boston, MA

**June 8-10, 2012 <<<**  
Speaker: TBA  
San Diego, CA

## GYNECOLOGIC VISCERAL MANIPULATION

### LEVEL 1-2

**February 25-28, 2012 (Sat-Tues) <<<**  
Speaker: Gail Wetzler, PT  
St Louis, MO

**June 21-24, 2012 <<<**  
Speaker: Gail Wetzler, PT  
Brick, NJ

**October 18-21 <<<**  
Speaker: Gail Wetzler, PT  
Pomona, CA

## ORTHOPEDIC APPROACH TO PELVIC PAIN

### LEVEL 1

**November 2-4, 2012 <<<**  
Speakers: Ann Dunbar, PT, DPT, MS  
Linda Nolte Smith, PT, MTC, OCS  
Washington, DC

## ADVANCED TOPICS IN PREGNANCY AND POSTPARTUM PHYSICAL THERAPY



**October 5-7, 2012 <<<**  
Speaker: TBA  
Portland, OR

## REAL TIME ULTRASOUND IMAGING FOR PHYSICAL THERAPISTS



**September 8-9, 2012 <<<**  
Speakers: Scott Epsley, PT  
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## THE BRAIN, MIND & BODY IN CHRONIC PELVIC PAIN

### Advanced Clinical Seminar

**October 12-14, 2012 <<<**  
Speakers: Dr. Lorimer Moseley,  
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Dr. Paul Hodges, PhD  
MedDr DSc BPhy(Hons) FACP  
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This course is part of the Section on Women's Health Certificate of Achievement in Pelvic Physical Therapy (CAPP-Pelvic) Program.



This course is part of the Section on Women's Health Certificate of Achievement in Pregnancy and Postpartum Physical Therapy (CAPP-OB) Program.

For more details on CAPP, go to <http://www.womenshealthapta.org/capp.cfm>

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*Gail Wetzieler  
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*"As a Physical Therapist and Director of Curriculum of the Barral Institute, I invite you to experience the value of visceral mobilization as it relates to specific results for your patients."*



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*Our uniquely designed Prenatal Cradle® Brand products support a pregnant woman's growing tummy as if she were cradling herself with her own hands. The patented design provides safe and effective pain relief from many pregnancy related discomforts. Our complete line of garments will lift the tummy without compression and support a growing abdomen without transferring the weight to her shoulders, hips or spine.*

*Each Prenatal Cradle® Brand product is created using medical grade, flannel backed elastics making them so soft and comfortable against the skin. Convenient Hook and Eye closures offer snag free smoothness and flexibility under clothing. Support Band is easily released to the top of the uterus during Braxton Hicks Contractions.*

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### **Resource Directory**

An online compilation of products and services that you and your patients need in the clinic.



For more information on the Section on Women's Health go to <http://www.womenshealthapta.org> or contact the SOWH at [sowh@apta.org](mailto:sowh@apta.org), or 800/999-2782 ext. 3159.





## WOMEN'S HEALTH ORGANIZATIONS

### American Association of Sexuality Educators, Counselors and Therapists (AASECT)

P.O. Box 1960  
Ashland, Virginia 23005-1960  
PHONE: (804) 752-0026  
FAX: (804) 752-0056  
E-mail: [aasect@aasect.org](mailto:aasect@aasect.org)  
Website: [www.aasect.org](http://www.aasect.org)

### Alliance for Aging Research

2021 K Street NW  
Suite 305  
Washington, DC 20006  
PHONE: (202) 293-2856  
FAX: (202) 785-8574  
Website: [www.agingresearch.org](http://www.agingresearch.org)

### American College of Nurse-Midwives (ACNM)

8403 Colesville Rd, Suite 1550  
Silver Spring MD 20910  
PHONE: (240) 485-1800  
FAX: (240) 485-1818  
Website: [www.acnm.org](http://www.acnm.org)  
Website: [www.midwife.org](http://www.midwife.org)

### American College of Obstetrician and Gynecologists (ACOG)

409 12th Street, SW  
PO Box 96920  
Washington, DC 20090-6920  
PHONE: (202) 638-5577  
Website: [www.acog.org](http://www.acog.org)

### American College of Women's Health Physicians

1100 E. Woodfield Rd  
Suite 520  
Schaumburg, IL 60713  
PHONE: (847) 517-7402  
FAX: (847) 517-7229  
E-mail: [info@acwhp.org](mailto:info@acwhp.org)  
Website: [www.acwhp.org](http://www.acwhp.org)

### American Pain Foundation

201 North Charles Street, Suite 710  
Baltimore, Maryland 21201-4111  
TOLL-FREE: (888) 615-PAIN (7246)  
Website: [www.painfoundation.org](http://www.painfoundation.org)

### American Urogynecologic Society (AUGS)

2025 M Street NW Suite 800  
Washington, DC 20036  
PHONE: (202) 367-1167  
FAX: (202) 367-2167  
E-mail: [info@aug.org](mailto:info@aug.org)  
Website: [www.augs.org](http://www.augs.org)

### American Urological Association (AUA)

1000 Corporate Boulevard  
Linthicum, MD 21090  
TOLL-FREE: (866) RING AUA  
(866) 746-4282  
PHONE: (410) 689-3700  
FAX: (410) 689-3800  
Website: [www.auanet.org](http://www.auanet.org)

### Association for Applied Psychophysiology and Biofeedback (AAPB)

10200 W 44th Avenue  
Suite 304  
Wheat Ridge, CO 80033-2840  
PHONE: (303) 422-8436  
FAX: (303) 422-8894  
Website: [www.aapb.org](http://www.aapb.org)

### Association for Rehabilitation Nurses

4700 W Lake Avenue  
Glenview, IL 60025  
TOLL-FREE: (800) 229-7530  
E-mail: [info@rehabnurse.org](mailto:info@rehabnurse.org)  
Website: [www.rehabnurse.org](http://www.rehabnurse.org)

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[www.womenshealthapta.org/pubs/partners.cfm](http://www.womenshealthapta.org/pubs/partners.cfm)  
or contact

Sarah Haag, MSPT, DPT, WCS  
(815) 274-2073

[financialdev@womenshealthapta.org](mailto:financialdev@womenshealthapta.org)

## Biofeedback Certification International Alliance (BCIA)

10200 W 44th Avenue  
Suite 310  
Wheat Ridge, CO 80033-2840  
**TOLL-FREE:** (866) 908-8713  
**FAX:** (303) 422-8894  
**E-mail:** info@bcia.org  
**Website:** [www.bcia.org](http://www.bcia.org)

## International Childbirth Education Association (ICEA)

1500 Sunday Drive  
Suite 102  
Raleigh, NC 27607  
**E-mail:** info@icea.org  
**PHONE:** 919-863-9487  
**FAX:** 919-787-4916  
**Website:** [www.icea.org](http://www.icea.org)

## International Continence Society (ICS)

19 Portland Square,  
Bristol  
Bristol BS2 8SJ  
United Kingdom  
**PHONE:** +44 117 9444881  
**FAX:** +44 117 9444882  
**E-mail:** info@icsoffice.org  
**Website:** [www.icsoffice.org](http://www.icsoffice.org)

## International Foundation for Functional Gastrointestinal Disorders (IFFGD)

PO Box 170864  
Milwaukee, WI 53217-8076  
**PHONE:** (414) 964-1799  
**TOLL-FREE:** (888) 964-2001  
**FAX:** (414) 964-7176  
**E-mail:** iffgd@iffgd.org  
**Website:** [www.iffgd.org](http://www.iffgd.org)

## International Organization of Physical Therapists in Women's Health (IOPTWH)

Gill Brook  
Burras Lynd  
Burras Lane  
Otley, West Yorkshire  
LS21 3ET  
England  
UK  
**E-mail:** office@ioptwh.org  
**Website:** [www.ioptwh.org](http://www.ioptwh.org)

## International Pelvic Pain Society

Two Woodfield Lake  
1100 E. Woodfield Rd., Suite 520  
Schaumburg, IL 60173  
**PHONE:** (847) 517-8712  
**FAX:** (847) 517-7229  
**E-mail:** info@pelvicpain.org  
**Website:** [www.pelvicpain.org](http://www.pelvicpain.org)

## International Society for the Study of Vulvovaginal Disease (ISSVD)

8814 Peppergrass Lane  
Waxhaw, NC 28173  
**PHONE:** (704) 814-9493  
**FAX:** (704) 814-9571  
**E-mail:** Executive.Director@issvd.org  
**Website:** [www.issvd.org](http://www.issvd.org)

## International Society for the Study of Women's Sexual Health (ISSWSH)

Two Woodfield Lake  
1100 East Woodfield Road, Ste 520  
Schaumburg, IL 60173  
**PHONE:** (847) 517-7225  
**FAX:** (847) 517-7229  
**E-mail:** info@isswsh.org  
**Website:** [www.isswsh.org](http://www.isswsh.org)

## Interstitial Cystitis Association

100 Park Avenue Suite 108A  
Rockville, MD 20850  
**TOLL-FREE:** (800) HELP ICA  
**FAX:** (301) 610-5308  
**E-mail:** ICAMail@ichelp.org  
**Website:** [www.ichelp.org](http://www.ichelp.org)

## Interstitial Cystitis Network (ICA)

P.O. Box 2159  
Healdsburg, CA 95448  
**PHONE:** (707) 538-9442  
**FAX:** (707) 538-9444  
**Website:** [www.ic-network.com](http://www.ic-network.com)

## Intestinal Disease Foundation, Inc (IDF)

P.O. Box 170864  
Milwaukee, Wisconsin, 53217-8076  
United States  
**TOLL-FREE:** (888) 964-2001  
**PHONE:** (414) 964-1799  
**FAX:** (414) 964-7176  
**E-mail:** iffgd@iffgd.org  
**Website:** [www.iffgd.org](http://www.iffgd.org)

## La Leche League International

957 N. Plum Grove Road  
Schaumburg, IL 60173  
P.O. Box 4079  
Schaumburg, IL 60168-4079  
USA  
**PHONE:** (847) 519-7730  
**TOLL-FREE:** (800) LALECHE (525-3243)  
**FAX:** (847) 969-0460  
**Website:** [www.llli.org](http://www.llli.org)

## National Association for Continence (NAFC)

P.O. Box 1019  
Charleston, SC  
29402-1019  
**TOLL-FREE:** (800) BLADDER  
**PHONE:** (843) 377-0900  
**FAX:** (843) 377-0905  
**E-mail:** memberservices@nafc.org  
**Website:** [www.nafc.org](http://www.nafc.org)

## National Cancer Institute NCI Public Inquiries Office

6116 Executive Boulevard  
Room 3036A  
Bethesda, MD 20892-8322  
**TOLL-FREE:** (800) 4-CANCER  
(800) 422-6237  
**Website:** [www.cancer.gov](http://www.cancer.gov)

## National Institute on Aging

Building 31, Room 5C27  
31 Center Drive, MSC 2292  
Bethesda, MD 20892  
**PHONE:** (301) 496-1752  
**TTY:** (800) 222-4225  
**FAX:** 301-496-1072  
**Website:** [www.nia.nih.gov](http://www.nia.nih.gov)

## National Lymphedema Network

Latham Square  
1611 Telegraph Avenue, Suite 1111  
Oakland, CA 94612-2138  
**TOLL-FREE:** (800) 541-3259  
**PHONE:** (510) 208-3200  
**FAX:** (510) 208-3110  
**Website:** [www.lymphnet.org](http://www.lymphnet.org)

## National Vulvodynia Association (NVA)

P.O. Box 4491  
Silver Spring, MD 20914-4491  
**PHONE:** (301) 299-0775  
**FAX:** (301) 299-3999  
**Website:** [www.nva.org](http://www.nva.org)

## Oncology Section, APTA

1111 North Fairfax St.  
Alexandria, VA 22314-1484  
**TOLL-FREE:** (800) 999-2782 ext. 8564  
**FAX:** (703) 706-8575  
**E-mail:** [oncology@apta.org](mailto:oncology@apta.org)  
**Website:** [www.oncologypt.org](http://www.oncologypt.org)

## Section on Women's Health, APTA

P.O. Box 327  
Alexandria, VA 22313  
**TOLL-FREE:** (800) 999-APTA ext. 2782  
**FAX:** 703-706-8575  
**Website:** [www.womenshealthapta.org](http://www.womenshealthapta.org)

## Society for Women's Health Research

1025 Connecticut Ave., NW, Suite 701  
Washington, DC 20036  
**PHONE:** (202) 223-8224  
**FAX:** (202) 833-3472  
**E-mail:** [info@womenshealthresearch.org](mailto:info@womenshealthresearch.org)  
**Website:** [www.womenshealthresearch.org](http://www.womenshealthresearch.org)

## Society of Urologic Nurses and Associates (SUNA)

East Holly Avenue  
Box 56  
Pitman, NJ 08071-0056  
**TOLL-FREE:** (888) 827-7862 (TAP-SUNA)  
**FAX:** (856) 589-7463  
**E-mail:** [suna@ajj.com](mailto:suna@ajj.com)  
**Website:** [www.suna.org](http://www.suna.org)

## The Simon Foundation for Continence

Post Office Box 815  
Wilmette, Illinois 60091  
**TOLL-FREE:** (800) 23Simon (237-4666)  
**PHONE:** (847) 864-3913  
**FAX:** (847) 864-9758  
**Website:** [www.simonfoundation.org](http://www.simonfoundation.org)

## Vulvar Pain Foundation

P.O. Drawer 177  
Graham, North Carolina 27253  
**VPF Office Location:**  
203 ½ North Main Street, Suite 203  
Graham, North Carolina 27253  
**PHONE:** (336) 226-0704  
**FAX:** (336) 226-8518  
**Website:** [www.vulvarpainfoundation.org](http://www.vulvarpainfoundation.org)

## Women's Health Foundation

632 W. Deming Place  
Chicago, IL 60614-2676  
**PHONE:** (773) 305-8200  
**FAX:** (773) 305-8211  
**Website:**  
[www.womenshealthfoundation.org](http://www.womenshealthfoundation.org)

## Wound, Ostomy and Continence Nurses Society (WOCN)

15000 Commerce Parkway, Suite C  
Mt. Laurel, NJ 08054  
**TOLL-FREE:** (888) 224-WOCN (9626)  
**Website:** [www.wocn.org](http://www.wocn.org)

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or contact

Sarah Haag, MSPT, DPT, WCS

(815) 274-2073

[financialdev@womenshealthapta.org](mailto:financialdev@womenshealthapta.org)

# CAPP 2012



## Benefits of CAPP:

### Recognition by the SOWH

Be recognized by the Section on Women's Health and listed on the SOWH website following the completion of an ordered sequence of learning and skills checks.

### ABPTS Women's Health Specialization

Prepare for the ABPTS Women's Health Specialization Exam.

### University Academic Credit

Receive academic credit from several universities toward completion of transitional DPT. Check with your university program for applicability.

### BCB-PMD Certification

Fulfill didactic requirement toward BCIA Certification in Pelvic Muscle Dysfunction Biofeedback (CAPP-Pelvic).



## CAPP-Pelvic

Three levels of Pelvic Physical Therapy courses provide evidence-based education enabling the learner to acquire skills and knowledge to provide physical therapy interventions for male and female patients of all ages with pelvic floor dysfunctions.

### Requirements:

- Attend the SOWH Pelvic Physical Therapy Level 1, 2 and 3 seminars.
- Pass the competency skills tests for each level.
- Pass didactic tests for each level.
- Submit a case report.

## CERTIFICATE OF ACHIEVEMENT IN PREGNANCY AND POSTPARTUM PHYSICAL THERAPY (CAPP-OB)



## CAPP-OB

Two levels of Pregnancy and Postpartum Physical Therapy courses provide evidence-based education equipping the learner with skills and knowledge to provide physical therapy interventions for patients with musculoskeletal dysfunction related to pregnancy and postpartum.

### Requirements:

- Attend the SOWH seminars: Fundamental Topics in Pregnancy and Postpartum (OBF), and Advanced Topics in Pregnancy and Postpartum (OBA).
- Complete pre-reading / self study materials for each level.
- Pass the competency skills test for each level.
- Pass the didactic tests for each level.
- Submit a case report.

Detailed information on the CAPP process is available on the SOWH website at [www.womenshealthapta.org](http://www.womenshealthapta.org)