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### PT 575.01: Therapeutic Procedures III

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"I was born by cesarean section, but you can't really tell. Except that when I leave my house, I always go out the window." - Steven Wright

**PT 575: THERAPEUTIC PROCEDURES III:  
Musculoskeletal issues related to pregnancy and  
PT for pelvic floor dysfunction for men and women  
SPRING SEMESTER 2003**

**SYLLABUS**

<b>Mon, Jan 27</b> 8:10 - 10:00	Physiological changes during pregnancy
<b>Wed, Jan 29</b> 10:10 – 12:00	Exercise during pregnancy Issues of abuse in women (read article in fac pac “Is your patient being abused?”)
2:10 – 4:00	Pelvic floor Dysfunction
<b>Fri, Jan 31</b> 10:10 - 12:00	Pelvic Floor Dysfunction
<b>Mon, Feb 3</b> 8:10 - 10:00	Pelvic Floor Dysfunction Case studies with Linda Fike, PT <b>Reaction paper due</b>
<b>Wed, Feb 5</b> 10:10 - 12:00	Show and Tell by Linda Fike, PT
<b>Wed, Feb 12</b> 10:10 - 11:00	Unit test
<b>Tues, Feb 18<sup>th</sup></b>	<b>Case study due</b>

**PT 575: PT INTERVENTIONS III:  
Musculoskeletal issues related to pregnancy and  
PT for pelvic floor dysfunction for men and women  
Spring Semester**

**Professor:** Carrie Gajdosik MS, PT

**Class Times:** Monday 8:10 - 10:00 AM  
Wednesday & Friday 10:10-12:00  
And one Wednesday afternoon

**RESOURCES:**

1. Principles of Exercise for the Obstetric Patient. Kisner C, Colby LA: Therapeutic Exercise: Foundations and Techniques.
2. Wilder E: Obstetrical and Gynecological Physical Therapy. Clinics in Physical Therapy. Churchill Livingston Pub. 1988 (in Carrie's Office)
3. Artel R, Wiswell RA (eds): Exercise in Pregnancy. Williams & Wilkins, Pub, Baltimore. 1986
4. O'Connor L. Obstetric and Gynecologic Care in Physical Therapy.

**COURSE OBJECTIVES:** The purpose of this unit is to introduce to the PT student basic information regarding physical therapy for pregnant women and for pelvic floor dysfunction in men and women. Introductory information on physical changes (musculoskeletal and non-musculoskeletal) that occur during pregnancy will be presented. Indications, contraindications, and guidelines for exercise for pregnant women will be given. The pelvic floor musculature will be reviewed and physical therapy for pelvic floor dysfunction will be introduced.

**CONTENT**

- 1 - Knowledge and comprehension
- 2 - Application
- 3 - Psychomotor
- 4 - Analysis, synthesis and evaluation
- 5 - Affective

By the end of this unit the student will be able to:

**A. Pregnancy and Childbirth**

- 1.1 Define unique terminology related to pregnancy and obstetrics (ex, prenatal period, postnatal period, trimester, gravid)
- 1.2 Describe the natural course of musculoskeletal changes in women during pregnancy.
- 1.3 Explain the influence of relaxin on connective tissue.
- 1.4 Describe the physical changes that occur in women during pregnancy

- 1.5 Describe the natural course of cardiopulmonary changes in women during pregnancy.
- 1.6 Describe fetal responses to maternal exercise.
- 1.7 Know the indications and contraindications of exercise for women during pregnancy.
- 2.1 Discuss the possible causes of musculoskeletal complaints in women during pregnancy.
- 2.2 Describe the cardiopulmonary response to exercise in women during pregnancy and the role of the PT in monitor it.
- 2.3 Explain why sports/recreational activities are appropriate or inappropriate for women during pregnancy.
- 3.1 Demonstrate prenatal and postnatal exercises
- 4.1 Given a case study, design a exercise program for a pregnant women.

**B. Pelvic floor dysfunction**

- 1.1 Describe the symptoms of urogenic dysfunction.
- 1.2 Discuss methods of assessing urogenic dysfunction.
- 1.3 List recommended treatment for urogenic dysfunction.
- 1.4 Understand the basic concepts of treatment for urogenic dysfunction.
- 2.1 Explain the relationship between impairments of the pelvic floor anatomy and functional limitations.
- 2.2 Explain how changes in the pelvic floor anatomy that relate to urogenic dysfunction and describe the possible causes of these changes.
- 2.3 Identify the basic components of an intervention program to address incontinence in women.
- 2.4 Identify the basic components of an intervention program to address incontinence in men.

**GRADING:**

Exam	80%
Case study	15%
Reaction Paper	5%

**REACTION PAPER**

Read one of the two articles in the folder in the resource room. Write a one page paper on your reaction to the article.