



IOPTWH

SPECIAL ISSUE

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IOPTWH

April 26-28, 2013
Boston MA, USA

IPTOP



INTERNATIONAL PHYSICAL THERAPY CONFERENCE

Topics on Women's Health
and Aging in Men and Women

April 26 – 28, 2013 (Friday-Sunday)

Dear Members,

This special issue is a sneak preview on what is lined up for you in the upcoming International Physical Therapy Conference. This is the first combined international course for physical therapists working with women and the aging population. The International Organization of Physical Therapists in Women's Health (IOPTWH) and The International Association of Physical Therapists working with Older People (IPTOP) have joined together to offer this unique program in late April 2013 in Boston, Massachusetts. These sub groups from the World Confederation for Physical Therapy (WCPT) have brought together a distinguished course faculty that will present topics of interest to physical therapists working with women and the aging population.

Don't miss out on this unique opportunity.
See you on April!

IOPTWH & IPTOP Executive Committees

Register Online Now

<https://www.womenshealthapta.org/ioptwh/>

**KEYNOTE
WCPT**

**Day 1: Moving the Profession Forward Toward a Healthier Lifestyle.
Day 2: Are You Pushing Your Patients/Clients Hard Enough?**

Objectives

- 1) Analyze the evidence to support exercise interventions for selected cardiovascular/pulmonary conditions.
- 2) Analyze the evidence to support exercise interventions for selected musculoskeletal conditions.
- 3) Analyze the evidence to support exercise interventions for selected endocrine conditions.
- 4) Analyze the evidence to support exercise interventions for selected neuromuscular conditions.

A recognized leader in the United States and internationally, is a practitioner, a teacher, a consultant, a leader, and an author. Dr. Moffat is serving a second term as President of the World Confederation for Physical Therapy (WCPT) during which time she has been a lecturer, speaker, and/or consultant in many countries around the world. She received the WCPT's Mildred Elson Award for International Leadership. She is a Full Professor of Physical Therapy at New York University. She has been in private practice for over forty years specializing in exercise prescription for aging adults. She lectures on exercise prescription for the aging adults and is co-chair and instructor for the Certification as Exercise Experts for Aging Adults program for the American Physical Therapy Association's Section on Geriatrics. Amongst her many publications are two books for the lay audience - *American Physical Therapy Association's Book of Body Maintenance and Repair* and *Age-Defying Fitness*. She also completed a 4 book series know as the *Musculoskeletal Essentials, Cardiovascular/Pulmonary Essentials, Neuromuscular Essentials, and Integumentary Essentials* for physical therapy clinicians and students.



MARILYN MOFFAT
PT, DPT, PhD, DSc (hon),
GCS, CSCS, CEEAA, FAPTA

Day 1: Physiotherapy and Osteoporosis: Goals and Strategies for Women and Older People

Objectives

- 1. To understand the primary goals of physiotherapy for osteoporosis and bone health across the lifespan.
- 2. To understand the type of exercise that is best for bone preservation and fall prevention.
- 3. To learn about some programs for bone preservation and fall prevention that can be used in clinical practice.



SPEAKER
DR. MEENA SRAN
BSc (PT), MPhy, PhD

Meena has 18 years of experience working as a physiotherapist in private and public practice settings. She completed her undergraduate and graduate studies in Australia and obtained a PhD in the area of physiotherapy, bone health, osteoporosis and fracture prevention at UBC (2005) followed by 3 years of postdoctoral training in fall and injury prevention at Simon Fraser University. Most recently she was the physiotherapist in the Osteoporosis Program at the BC Women's Health Centre for more than 11 years, as well working in a private clinical practice. Meena has a special interest in the spine, has co-authored a chapter on neck pain, and has past experience working in a number of clinics in Vancouver (as well as Australia and New Zealand), including the Allan McGavin Sports Medicine centre at UBC and with the national women's field hockey team.

Day 1: Posturing for the Future: Pilates and Bone Health

Objectives

- 1. Integrate the philosophy of Pilates with the evolved and scientific principles of Polestar Pilates.
- 2. Triage fit and frail older adults into appropriate level Pilates programs with a simple screening process.
- 3. Apply current research in teaching effective exercise for bone health.
- 4. Avoid contraindicated movements and high fracture risk Pilates or traditional exercises for osteoporotic patients or anyone at risk for fracture.
- 5. Develop any exercise program that emphasizes the older adult's quality of life, functional outcome and whole body movement experience without pain.
- 6. Learn and practice a few unique Pilates-based postural correction cues, activities and exercises to teach in individual patient or group sessions.



SPEAKER
SHERRIE BETZ
PT, GCS, CEEAA, PMA@-CPT

A physical therapist since 1991, is a Geriatric Certified Specialist, PMA@ Certified Pilates teacher, and Vice-President of Polestar Pilates Education. She was elected as the **Vice-President of the Pilates Method Alliance** in 2007 and served on the PMA Board of Directors from 2003-2009. Sherri is the Chair of the PMA Research Committee, co-author of the *PMA Exam Study Guide* and also participates on the PMA Exam Medical Advisory Panel to improve the quality and safety of Pilates instruction. Sherri is currently involved in researching Pilates' effect on respiratory function and bone health. She is passionately devoted to improving awareness about geriatric exercise, bone health and Pilates-based rehabilitation.

Day 1: Incontinence and Pelvic Organ Prolapse and its implications in Aging

Objectives

1. Understand the anatomy and physiology of the male and female genitourinary/gastrointestinal system
2. Understand the various pelvic floor conditions that affect the genitourinary and gastrointestinal conditions that are amenable to pelvic floor physical therapy intervention.
3. Understand the effect of aging on the male and female genitourinary and gastrointestinal systems.



SPEAKER

DR. MEGHAN MARKOWSKI
PT, DPT, WCS, BCB-PMD, CLT

A physical therapist for 10 years, with her entire career focused in the field of women's health pelvic floor physical therapy. She obtained her DPT from Temple University. She is board certified in Women's Health physical therapy from the American Board of Physical Therapy Specialties. She is Board Certified in Pelvic Muscle Dysfunction Biofeedback from the Biofeedback Certification International Alliance. Meghan also holds her Certificate of Achievement in Pelvic Physical Therapy from the Section on Women's Health of the American Physical Therapy Association. She has also completed her training for lymphedema certification from the Norton School of Lymphatics. She has been involved with the Section on Women's Health of the American Physical Therapy Association, serving as both clinical instructor and lab assistant for the CAPP Pelvic and CAPP OB courses. Meghan works at Brigham and Women's Hospital as a Clinical Specialist, Women's Health Physical Therapist, evaluating and treating women and men with pelvic floor disorders, lymphedema, as well as the ante- and post-natal population, including high risk pregnant patients. She has given numerous lectures and continuing medical education regarding pelvic floor/women's health physical therapy to the medical community, including Harvard Medical School Department of Continuing Education, graduate physical therapy programs, and to the public.



Day 1: IOPTWH Case Studies

Objectives

1. The participant will understand the differences and similarities in pelvic organ prolapse in females and inguinal hernia in males.
2. The participant will be exposed to use of rehabilitative ultrasound imaging in coordination training of pelvic floor dysfunction.
3. The participant will gain an overview of pelvic floor dysfunction assessment and management in the United Kingdom.
4. The participant will have the opportunity to join in with discussion about the role of the physiotherapist / physical therapist in the recognition of 'red flags' during patient assessment, and the appropriate course of action.

SPEAKER

REBECCA G. STEPHENSON
PT, MS, DPT, WCS

The Coordinator of the Women's Health Physical Therapy at the Brigham and Women's Hospital in Boston, Massachusetts USA and is adjunct faculty in the physical therapy program at the Massachusetts General Institute of Health Professions in Boston, Massachusetts. She is President of the IOPTWH. Dr. Stephenson is a graduate of Boston University, a certified childbirth educator, certified lymphedema therapist, and received her masters and doctorate from the Massachusetts General Hospital Institute of Health Professions. She was the Barbara Adams Fellow in the post-Professional Physical Therapy program for 2002, and received the Elizabeth Nobel Award from the Section on Women's Health. Dr. Stephenson was certified in 2009 as a Board Certified Clinical Specialist in Women's Health and was appointed to the ABPTS Board in 2010. She is a medical writer and is the primary author of *Obstetric and Gynecologic Care in Physical Therapy* and has written many chapters and home study modules and lectures nationally and internationally on issues related to women's health and orthopedics.



SPEAKER

GILL BROOK
MCSP MSC

A women's health physiotherapist in the UK for more than 25 years and a postgraduate tutor for the University of Bradford's postgraduate certificate Physiotherapy in Women's Health, and for the Association of Chartered Physiotherapists in Women's Health (ACPWH) urinary dysfunction workshop. Gill was an executive committee member of ACPWH for 12 years. Since its birth in 1999, she has been an executive committee member of the IOPTWH, and is currently the organization's secretary. Since 2008, Gill has been supporting the physiotherapy team at the Hamlin Addis Ababa Fistula Hospital, and has visited Ethiopia several times in recent years. She has lectured extensively both in the UK and abroad, contributed to physiotherapy and midwifery journals and textbooks, and most recently co-wrote a published paper on the work of the physiotherapists in Ethiopia.



Day 2: Nutrition and Exercise for Women across the Life Cycle

Objectives

1. Have been presented with information that considers the relationship between nutrition and ageing
2. Have heard a summary on the existing knowledge relating nutrition and exercise in the older population
3. Have ideas on prescribing exercise in the ageing population.



SPEAKER
Bhanu Ramaswamy
MCSP

An independent Physiotherapy Consultant based in Sheffield and an Honorary Visiting Fellow at Sheffield Hallam University.

Currently pursuing her doctoral studies and focusing on work promoting the health of the older people through activity. She is a

Fitness Instructor in exercise prescription, and contributed in chapters of various books for multi-professional readership as well as publish work related to her rehabilitation role. She continues to be involved in both national and international strategic projects for the Chartered Society of Physiotherapy as well as for AGILE – the clinical interest group for physiotherapists working with older people. She is one of the representatives to the National Coalition of Active Ageing (NCAA). Her recent proud achievement is nomination by members of the classes she runs to run the Olympic Torch through Sheffield earlier this year.

Day 2: Understanding the Latest in Urogynecological Surgeries

Objectives

1. Discuss the newest surgical techniques for the treatment of overactive bladder, urinary incontinence, and prolapse
2. Understand pelvic floor therapy implications of urogynecological surgery
3. Implement a collaborative PT program for urogynecologic surgery service.



SPEAKER
Neeraj Kohli
MD, MBA

A nationally recognized leader in the field of Urogynecology and Reconstructive Pelvic Surgery, specializing in the treatment of pelvic prolapse, urinary incontinence, and advanced pelvic surgery. He received his education at Boston University School of Medicine, and his

residency program at Beth Israel Hospital, Boston. He completed his fellowship in Urogynecology and Reconstructive Pelvic Surgery at Good Samaritan Hospital, Cincinnati, Ohio. He established the Division of Urogynecology at Brigham and Women's Hospital and was Chief of Urogynecology at the Brigham and Women's Hospital in Boston until 2011 when he started the New England Center for Urogynecology. He is currently an Assistant Professor of OB/Gyn at Harvard Medical School and is actively involved in teaching within the Harvard Medical School system and physician colleagues nationwide. He has authored more than 100 scientific articles, book chapters, research abstracts, clinical presentations, and other educational materials.

Day 2: Sexual Changes Across in Women and Men as They Age

Objectives

1. Identify common changes in sexual function for men as they age
2. Identify common changes in sexual function for women as they age
3. Describe prevalent sexual problems related to illness including cancer
4. Overview evidence-based strategies for male and female sexual



SPEAKER
Dr. Sharon Bober
PhD

A clinical and research psychologist at the Dana-Farber Cancer Institute and Assistant Professor in the Dept of Psychiatry at Harvard Medical School. Dr. Bober is the Founding Director of the Sexual Health Program at the Dana-Farber, a multi-disciplinary program that provides

care for survivors of adult and pediatric cancer.

Dr. Bober's clinical and research efforts focus on cancer survivorship including developing effective models for sexual health intervention. In addition to her research and clinical work, Dr. Bober regularly teaches clinicians in medical settings about how to address sexuality after cancer in a straightforward manner.

Day 2: Breast Cancer and Quality of Life: Treatment Impact on the Geriatric Patient

Objectives

1. Recognize the World Health Organization's data on breast cancer,
2. Recognize implications and age-related complications of breast cancer management on the aging adult,
3. Understand the effect of institutional bias, MD assumptions and age discrimination may on treatment for the geriatric oncology patient,
4. Understand the role of Physical Therapy intervention in the geriatric oncology survivor for better quality of life.



SPEAKER
Nancy J. Roberge
PT, DPT,
M.Ed.

The Director of Chestnut Hill Physical Therapy Associates in Wellesley, Massachusetts. She has been a Physical Therapist for over 38 years, with a 20 year focus in breast cancer rehabilitation. She is known nationally for her work in patient advocacy and physical therapy advocacy

for the patients who have undergone treatment for breast cancer. She has been honored by the APTA of Massachusetts in 1996 with an award in "Excellence in Clinical Practice" and in 2004 with the "Mary MacDonald Distinguished Service Award." In 1999 she was nominated for outstanding alumni award by Northeastern University and in 2005 she was honored by the National American Physical Therapy Association with its Federal Government Affairs Leadership Award. Also in 2005 she was honored by Silent Spring Institute (based in Newton, Massachusetts) with the Rachel Carson Advocacy Award.

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Topics on Women's Health
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REGISTER ONLINE NOW!

**Where: The Conference Center at Harvard Medical School
77 Avenue Louis Pasteur
Boston, Ma (USA)**

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These sub groups from the World Confederation for Physical Therapy (WCPT) have brought together a distinguished course faculty that will present topics of interest to physical therapists working with women and the aging population

Hotels: The Best Western The Inn at Longwood Medical
Phone: 617-731-4700
www.innatlongwood.com

Holiday Inn Boston-Brookline 1200 Beacon Street Brookline, Ma 02446
Phone: 617-277-1200
www.holidayinn.com/hotels/us/en/brookline/bklma/hoteldetail

For more Information go to: www.ioptwh.org **OR** www.wcpt.org/iptop



INTERNATIONAL PHYSICAL THERAPY CONFERENCE

Topics on Women's Health and Aging in Men and Women

April 26 – 28, 2013 (Friday-Sunday) The Conference Center at Harvard Medical School, 77 Avenue Louis Pasteur, Boston, Ma (USA)

Registration Fee \$395 • On site \$415

Course Agenda

Friday April 26, 2013

AM IOPTWH and IPTOP Board Meetings 3 hours at the hotels

- 5:00 pm Check in at conference site
- 5:00-8:00 pm Reception cocktails and snacks reception
- 5:00-8:00 pm Exhibits

Saturday April 27, 2013

- 8:00 - 8:30 am Registration continental breakfast
- 8:30 - 8:45 am Opening
Dr. Rebecca Stephenson President IOPTWH
Dr. Jennifer Bottomley President IPTOP
Anne Hartstein - Massachusetts Secretary of Elder Affairs
- 8:45 - 9:45 am Key note WCPT: Moving the Profession Forward Toward a Healthier Lifestyle - **Dr. Marilyn Moffat**
- 9:45 - 11:00 am Physiotherapy and Osteoporosis: Goals and Strategies for Women and Older People - **Dr. Meena Sran**
- 11:00 - 11:15 am Break
- 11:15 - 12:15 am Posturing for the Future: Pilates and Bone Health - **Sherrie Betz, PT, OCS, CEEAA**
- 12:15 - 1:15 pm LUNCH
- 1:15 - 3:15 pm Incontinence and Pelvic Organ Prolapse and its implications in Aging - **Dr. Meghan Markowski**
- 3:15 - 3:30 pm Vendor Break
- 3:30 - 4:30 pm IPTOP Member Meeting
- 3:30 - 4:30 pm IOPTWH Case Study Presentations
Dr. Rebecca Stephenson
Gill Brook
- 5:30 - 6:30 pm Cocktails- Longwood Inn followed by
- 6:30 - 8:00 pm Dinner and Keynote Address - **Dr. Alan Jette**

Sunday April 28, 2013

- 8:00 - 8:30 am Continental breakfast
- 8:30 - 9:30 am Nutrition and Exercise for Women across the Life Cycle - **Bhanu Ramaswamy**
- 9:30 - 10:30 am Understanding the Latest in Urogynecological Surgeries - **Dr. Neeraj Kohli**
- 10:30 - 10:45 am Break
- 10:45 - 11:30 am Sexual Changes Across in Women and Men as They Age - **Dr. Sharon Bober**
- 11:30 - 12:30 pm Lunch
- 12:30 - 2:30 pm Breast Cancer and Quality of Life: Treatment Impact on the Geriatric Patient - **Dr. Nancy Roberge**
- 2:30 - 2:45 pm Break
- 2:45 - 4:45 pm Are you Pushing Your Patients/Clients Hard Enough - **Dr. Marilyn Moffat**
- 4:45 pm Closing