

For More Information



419-969-6099



info@glseminars.com



www.glseminars.com

Payment in full is due with registration and there is a non-refundable cancellation fee of \$50. There will be no refunds given within 2 weeks (14 calendar days) of the course.

Great Lakes Seminars reserves the right to cancel the course due to unforeseen/unavoidable circumstances. In the event of a cancellation, Great Lakes Seminars will not be responsible for any charges incurred by the registrant other than the course cost.

Instructor

Jessica Wyen

PT, DPT, ATC, CIMT

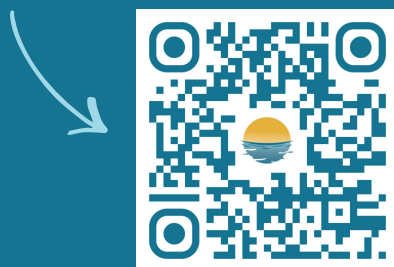
Jessica received a doctorate in physical therapy from the University of Dayton. She also has a Bachelor of Science with a focus on Athletic Training from the University of Toledo and is a certified athletic trainer (ATC). Jessica lives an active lifestyle, participating in sports and running. Jessica is a clinic director for Proability Physical Therapy in Plymouth, MI and offers a specialized Women's Health treatment program.

2026 Course Schedule

- January 17-18, 2026 - Philadelphia, PA
- May 30-31, 2026 - Des Plaines, IL
- September 26-27, 2026 - Richmond, VA
- November 21-22, 2026 - Toledo, OH or Live Hybrid

Please check our website for the most updated schedule: www.glseminars.com

Scan the QR code below to view the Introduction to Diagnosis and Treatment of Pelvic Floor Dysfunction course page on our website!



Interested in hosting this course at your facility?

Bring our instructors to your clinic or organization for an exclusive training experience tailored to your team. Contact us for hosting details and availability.



great lakes seminars

An Introduction to Diagnosis and Treatment of Pelvic Floor Dysfunction

2026



We Don't Just Teach. We Inspire.

75% Hands-On Training
Practice new techniques with confidence

Passionate Instructors
Learn from specialized instructors who truly care

The GLS Experience
Be part of a fun weekend that will fly by

An Introduction to Diagnosis and Treatment of Pelvic Floor Dysfunction

Course Description

95% of lower back pain patients have an associated pelvic floor dysfunction, which is not often considered in treatment. This course will help you learn how to rule in or out orthopedic conditions that may be influenced by the pelvic floor. Come gain a better understanding of pelvic floor anatomy and the interchange between the pelvis and the inner core system!

An evidenced-based beginner's guide, this course will give you confidence in mastering basic diagnosis and treatment of pelvic floor dysfunction using a fully-clothed, external approach. Whether your decision to take the course is based on interest as a pelvic floor therapist or to help with lumbar/pelvic/hip orthopedic conditions in a less intrusive manner, this course provides a valuable introduction and will certainly apply to many patients who walk into your clinic.

As with all our manual therapy courses, this course is at least 75% hands-on lab, and will give you skills you can use immediately upon returning to the clinic!

Course Objectives

- Correctly identify and palpate 7 specific tissues in the abdominal pelvic area that create pelvic floor dysfunction and diagnosis
- Correctly diagnose 5 specific lumbar dysfunctions and explain how each can impact 5 pelvic floor diagnoses
- Correctly demonstrate the ability to choose from and instruct patients in 5 specific home program exercises/techniques for the urological and gynecological systems
- Correctly perform 5 specific mobilizations and MET to the lumbar-pelvic complex
- Correctly palpate 7 landmarks of the pelvis, sacrum and coccyx

Course Outline:

Saturday

7:30am - Doors open
8:00am - Lecture: Normal and abnormal function of the core and pelvic floor
9:00am - Lecture: Review of bones and muscles of the lumbar and pelvic region
10:30am - Lecture: Myofascial Release and Muscle Energy Technique for the pelvis
12:00pm - Lunch (on your own)
1:00pm - Lab: Bony pelvis palpation, MET - flares, slips, rotations
3:00pm - Lab: Sacrum palpation, MET - torsions, 3D sacral release, sacral taping, HEP
4:00pm - Lecture: Coccyx
5:00pm - Lab: Coccyx palpation
5:30pm - Adjourn

Sunday

7:30am - Doors open
8:00am - Lab: Coccyx palpation, cont., MET, mobilization, taping
10:30am - Lab: MFR anterior fascial line - diaphragm, abdominals, psoas, pectineus, adductors
12:00pm - Lunch (on your own)
1:00pm - Lab: MFR posterior - QL, multifidus, piriformis, glute med, QF, sacrotuberous ligament
2:30pm - Lab: MFR pelvic floor (all external) - ischiocavernosus, superficial transverse perineal, bulbocavernosus, perineal body, levator ani, coccygeus, obturator internus
4:15pm - Lab: Case study group work and overall review
4:45pm - Question/answer session, post test and course evaluation
5:00pm - Adjourn

Continuing Education

This course has been submitted for 16.5 continuing education hours in the state in which each course is held. Approval amounts may vary per state. Certificates of attendance with the number of course hours will be given to each participant at the completion of the course.

REGISTER TODAY!

Register online at www.glseminars.com or fill out this form and fax to (419) 730-1216 or mail with payment to: 2768 Centennial Road, Toledo, OH, 43617

Name _____

Address _____

Phone _____

E-mail _____

Discipline _____

State(s) Licensed In _____

Course Location: _____

Course Date: _____

Course Fee: \$650

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Expiration Date (Month/Year)

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Security Code

Billing Street Address _____

Billing Zip Code _____