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Sullivan Physical Therapy Professional Mentorship Program

Purpose: This 20-week structured professional mentorship program will prepare the licensed physical therapist who has no prior experience in pelvic floor physical therapy for treating all diagnoses related to the pelvic floor in both men and women.

Requirement: Knowledge of basic pelvic floor anatomy

Program Structure:

- Mentorship will be provided by two experienced pelvic floor physical therapists that have experience teaching student physical therapists and licensed physical therapists with and without backgrounds in pelvic floor physical therapy.
- One hour FaceTime or phone conference (based on mentee's preference) per week to discuss a pre-determined topic. Total of 20 hours of Facetime or phone conferencing.
- An outline will be provided for each weekly conference.
- Evidenced-based literature will be provided.
- The mentee is encouraged to email or text questions to the mentors throughout the week as they arise. All replies by mentors will be made within 24 hours.
- If mentee elects to participate in non-mandatory one-on-one hands on skill training, this will be provided on site at Sullivan Physical Therapy on a Saturday for a two hour session up to two times during the 20 week professional mentorship program. There is no extra cost for this training.
- Mentee will be able to effectively treat some diagnoses while participating in the professional mentorship program.
- Additional conferences and/or emails/text messages can be arranged once the 20-week program is complete.

Disclaimer: The Sullivan Physical Therapy Professional Mentorship Program is for licensed physical therapist education purposes. The mentee is solely responsible for all care provided to their own patients while involved in the Sullivan Physical Therapy Professional Mentorship Program and after completion of the Sullivan Physical Therapy Professional Mentorship Program. Mentors from the Sullivan Physical Therapy Professional Mentorship Program are not responsible for any care provided by the mentee to the mentee's patients. The mentors from the Sullivan Physical Therapy Professional Mentorship Program assume no responsibility or liability for any action taken by the mentee during patient care. The Sullivan Physical Therapy Professional Mentorship Program is not responsible for translations or interpretations of content. Material from the Sullivan Physical Therapy Professional Mentorship Program may not be copied or reproduced without the consent of the Sullivan Physical Therapy Professional Mentorship Program.



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Topic Outline for Sullivan Physical Therapy Professional Mentorship Program

- Week 1: Stress and Urge Urinary Incontinence
- Week 2: Pre-operative and Post-operative Prostatectomy
- Week 3: Connective Tissue Manipulation and Myofascial Release
- Week 4: Urinary Urgency and Frequency
- Week 5: Case Study (Mixed Incontinence and Urinary Urgency and Frequency)
- Week 6: Constipation
- Week 7: Fecal Incontinence and IBS
- Week 8: Pregnancy and Diastasis Recti
- Week 9: Prolapse
- Week 10: Case Study (Post-partum patient with Diastasis Recti and Prolapse)
- Week 11: Dyspareunia (without Vaginismus or Vulvar Vestibulodynia)
- Week 12: Vaginismus
- Week 13: Vulvodynia and Vulvar Vestibulodynia
- Week 14: Case Study (Painful Sex)
- Week 15: Central Sensitization
- Week 16: Interstitial Cystitis
- Week 17: Case Study (IC)
- Week 18: Endometriosis
- Week 19: Painful Sitting
- Week 20: Case Study (Complex Pain Patient)

Each week will cover diagnosis definitions, causes of impairments, and specific interventions.

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