

Pelvic Physical Therapy Level 3

Welcome! Please take a moment to review the below information.

1. Ready, set, go: We are glad you have decided to attend Pelvic Physical Therapy level 3. This course has been fully redesigned and is packed. The pace is fast in some places; please feel free to ask questions. The schedule makes use of every available time, and the days are long. Frequent short breaks will be given. Eat well and rest in the evening. Some find it helpful to review material in the evening.
2. Pelvic PT level 3 topics: The CAPP Task Force has outlined the topics in all levels (see chart on the web site). Reviewing this chart will help you to know which topics are currently in level 2 (and will not be covered in this course). In reviewing this list, you may also find that some topics in your level 2 course are now in level 3. The Task Force gave great thought to where topics were placed. Please feel free to comment on topic distribution on your evaluation if you would like (just remember that we need to take something out to put something else in).
3. The variety of knowledge: The current structure of the Pelvic PT courses requires that participants have taken a level 1 and 2 course (or show that they have acquired the knowledge) prior to attending this course. In the past, there has not been a standard list of level 2 topics. Participants in the level 3 courses have a great variety of knowledge and experience. Many have taken adjunctive courses and been working for many years. That's what makes the course so exciting and stimulating. It also makes the course somewhat challenging.
4. Previous knowledge: This course will assume that you have a basic knowledge of the course topics in the current level 2. In some situations, the material has been summarized in the manual to help you recall the material. In other situations, you may need to review the material to fully understand.
5. Purchasing level 1 and 2 manuals: The CAPP application allows you to purchase the level 1 or 2 manuals if you choose. Only those formally enrolled in the CAPP process will be allowed to purchase previous manuals. Both the level 1 and 2 manuals have been fully updated with new evidence.
6. How to decide what is included in Pelvic PT classes: Not all physical therapists will be interested in treating males, children, nursing home patients, or patients with spinal cord injury. The Pelvic PT classes are designed to give you a background in all areas of pelvic PT so that you will be better prepared if you choose to sit for a certification exam, expand your practice, or give consultation. CAPP participants will be tested (skills checks and written test) on all areas. Class topics have also been chosen based on several DPT programs and APTA recommendations.

7. Pictures, pictures, pictures: Pictures add a lot to learning; unfortunately, we do not have permission to include many pictures in the manual at this time. We hope to be able to put pictures in future versions. Please review your anatomy book for specifics.
8. Power point vs manual: The manual is a fairly comprehensive document. It will be helpful to read it thoroughly. Taking the CAPP test allows you to fully review the manual. It is not possible to put all information in the manual on the power point. Power point slides are meant to summarize material.
9. Beginner, intermediate, advanced: Pelvic PT courses are purposefully not referred to as beginner, intermediate, and advanced. This course will provide entry-level (beginner) information on a number of topics not previously covered in the series. It will also build on some of the previous knowledge you have received, and it will ask you to synthesize, analyze, and use the information in patient care. Case presentations are included. It is not expected that you are advanced in all topics, nor will you be an expert when you complete the course.
10. Class participation: This course is designed to be interactive. The questions are not meant to put you on the spot or intimidate. They are designed to help you think. Everyone is learning, not judging you.
11. Labs: The SOWH outlines the number of participants per lab assistant (no more than 10 to 1). It is important to take the initiative in labs to practice the techniques you are unsure about. Ask your partner for feedback, ask participants in another group, or call a lab assistant over for feedback. CAPP testing is a fully supervised lab opportunity. Take advantage of this time as a learning experience.
12. Case presentations: The last part of this course will be spent preparing and reporting on a case. Cases are located in the back of your manual. The number on the front of your manual is your case assignment. Please take time during the course to review the case before the group meets on Sunday afternoon. The group will discuss the case and answer the questions. This is not intended to be a huge project. It is not necessary for you to prepare answers ahead, but it is helpful to have read the case beforehand.
13. Sunday afternoon: course completion
 - a. All participants: A certificate of attendance will be given out at the end of the course. Please turn in your course evaluation. The CAPP Task Force and the SOWH Regional Course Committee review all course evaluations. Suggestions are considered in all aspects. We appreciate your specific feedback on what could change and how, and on what not to change. Your name tag will be recycled also.
 - b. CAPP participants: Make sure to pick up the written test and turn in all assignments. A certificate of completion will be mailed to you after successfully passing the written test.

The SOWH and the CAPP- Pelvic Committee are very excited about the current Pelvic PT course series. We hope these courses have assisted you in achieving your professional and personal goals in pelvic PT. See you at CSM.