

## COURSE SYLLABUS

### Pelvic Floor Rehabilitation

2526-3-I0201D149-I0201D181M

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#### Aims

Understand the anatomical, physiological, and clinical elements of pelvic floor pathology. Establish assessment and treatment plans.

- Analyze and evaluate pathologies with a medical and scientific approach from a gender perspective to improve not only the knowledge of the various aspects underlying differences but also the appropriateness of health interventions. This aims to encourage greater attention to the collection of anamnesis data, instrumental and laboratory tests, and the preparation of medical records and reports in relation to the patient's gender.
- Analyze and evaluate the onset, symptoms, and effectiveness of treatments, keeping in mind that for the same disease, different issues may arise in men and women.

#### Contents

Anatomy of the pelvic floor in both sexes. Physiology of the sphincters. Semiotic and clinical characteristics of pelvic-perineal dysfunctions. Principles of therapy.

#### Detailed program

##### URINARY INCONTINENCE

- Prevalence
- Epidemiology
- Etiology and classification of urinary incontinence
- Risk factors for urinary incontinence

## OVERVIEW OF NEUROLOGICAL URINARY INCONTINENCE

- Bladder dysfunction in multiple sclerosis
- Urinary dysfunction in Parkinson's disease
- Urinary dysfunction in cerebrovascular diseases
- Cauda equina syndrome

## URINARY RETENTION

- Prevalence
- Epidemiology
- Etiology and classification
- Risk factors
- Catheterization

## INTERSTITIAL CYSTITIS AND RECURRENT CYSTITIS

## IMAGING IN PELVIC FLOOR DYSFUNCTIONS

### PROLAPSE

- Prevalence
- Epidemiology
- Etiology and classification
- Risk factors
- Evaluation and rehabilitative treatment

### FECAL INCONTINENCE

- Prevalence
- Epidemiology
- Etiology and classification
- Risk factors
- Physiotherapeutic management

### CONSTIPATION

- Prevalence
- Epidemiology
- Etiology and classification
- Risk factors
- Abdominal massage
- Pharmacology in constipation
- Laxatives

### MALE URINARY DYSFUNCTIONS

- Prevalence
- Epidemiology
- Etiology and classification of urinary incontinence
- Risk factors
- Evaluation and rehabilitative treatment

### SURGERY FOR MALE URINARY DYSFUNCTIONS

- TURP (Transurethral Resection of the Prostate)
- Traditional and robotic radical prostatectomy
- Artificial sphincter
- Bulking agents
- Extraurethral occlusive balloons
- Sling procedures

## COMMON AND INNOVATIVE PHYSICAL THERAPIES TECHNOLOGIES - LABORATORIES (OVERVIEW)

### **Prerequisites**

Knowledge of anatomy and physiology. Knowledge of the autonomic nervous system.

### **Teaching form**

lesson in attendance

### **Textbook and teaching resource**

Handouts

### **Semester**

2nd semester

### **Assessment method**

Described in the subject's syllabus

### **Office hours**

By appointment

### **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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