



# Introduction to Continence and the Male Pelvic Floor

*PRESENTED BY DR IRMINA NAHON PHD*

**28-29 September 2019**

Origin Physiotherapy & Wellness  
Unit 4, 3-5 Phipps Close Deakin ACT 2600

## **Investment**

Early bird registration prior to August 16<sup>th</sup> \$700

Registration after August 16<sup>th</sup> \$750

Registrations close September 13<sup>th</sup>.

## **Contact**

Email [admin@origin.physio](mailto:admin@origin.physio) or phone Origin Physiotherapy & Wellness on (02) 6179 5814 to register.

## **Course Details**

This introductory 2-day men's health course will provide you with the basic skills required to treat urinary incontinence and pelvic floor dysfunction in men.

The cost of the course will include lunch, morning and afternoon tea. Once registered, please email any dietary requirements to us so that we can cater appropriately.



## **Learning outcomes**

At the end of the 2-day course participants will be able to:

- Describe lower urinary tract symptoms (LUTS) in the male
- Understand the anatomy of the male pelvic floor
- Describe common treatment options for prostate cancer
- Undertake a basic assessment of the male pelvic floor and lower urinary tract including real time ultrasound
- Develop treatments for common LUTS
- Develop a patient-centred pelvic floor muscle treatment program
- Begin to understand the complexity of male pelvic pain

## **Course presenter**

Dr Irmina Nahon graduated with a Bachelor of Applied Sciences (Physiotherapy) from the University of Sydney in 1991. She has since developed a strong interest in Pelvic Floor rehabilitation and has a Post Graduate Certificate in Continence and Pelvic Floor Physiotherapy from Melbourne University (2000), and a Master of Physiotherapy from the University of South Australia (2003). In November 2011, she was awarded her PhD entitled "Assessment and Management of Male Urinary Incontinence" from the University of Sydney. In 2016 she completed a Graduate Certificate in Tertiary Education for the University of Canberra.

Irmina works as a pelvic floor physiotherapist in a private practice and is a senior lecturer and Clinical Education Coordinator Physiotherapy at the University of Canberra. She is an active member of the International Continence Society, the Continence Foundation of Australia, and the Australian Physiotherapy Association's Men's and Women's Health group.