6th World Congress on Abdomino-Pelvic Pain

Cartagena, Colombia

October 16-19, 2024

Learn and Fun in the Sun
Concurrent Sessions: 7:00 AM – 5:00 PM

The Clinical Foundations Course for Chronic Pelvic Pain: This course begins by laying the groundwork for understanding the five main systems involved in chronic pelvic pain: 1) gynecology, 2) urology, 3) gastroenterology, 4) neuromusculoskeletal, and 5) psychoneuroimmunology, otherwise known as the mind-body connection. This is followed by an expert panel discussion for complex cases. We hope you take advantage of this incredible, comprehensive, intradisciplinary course created for all healthcare providers.

07:30 - 07:45 am  Welcome
07:45 - 08:00 am  Persistent Pelvic Pain 101  Jorge Carrillo, MD
08:00 - 08:30 am  Pain Pathophysiology Unraveled  Janelle Moulder, MD
08:30 - 08:55 am  History Taking Simplified  Jorge Carrillo, MD
08:55 - 09:30 am  Physical Exam (anatomy and exam)  Corey Hazama, DPT
09:30 - 09:50 am  Psychosocial Assessment  Alexandra Milspaw, PhD
10:20 - 10:50 am  Gynecology – Dysmenorrhea, Endometriosis, PCS  Jorge Carrillo, MD
10:50 - 11:10 am  Urology  Mark Dassel, MD
11:10 - 11:30 am  Gastrointestinal  Janelle Moulder, MD
11:30 - 11:50 am  Neuralgias  Jorge Carrillo, MD
11:50 am - 12:10 pm  Sexual Pain  Mark Dassel, MD
12:10 - 12:30 pm  Expanding Frontiers in Pelvic pain  Janelle Moulder, MD
12:30 - 2:00 pm  Lunch Break
02:00 - 02:15 pm  The A Team  Alexandra Milspaw, PhD
02:15 - 02:35 pm  MSK Therapies  Corey Hazama, DPT
02:35 - 03:00 pm  Medical and Interventional Therapies  J. Carillo, MD/ M. Dassel, MD
03:00 - 03:40 pm  Behavioral Approaches in Persistent Pelvic Pain  Alexandra Milspaw, PhD
03:45 - 04:50 pm  Interactive session: CASES
04:50 – 05:00 pm  Wrap-up / Q&A

Clinical Symposia: IPPS will accept submitted clinical symposia applications and the leading 4-5 symposia will run concurrently with the Fundamentals Course. The target audience will be intermediate and advanced clinical professionals across disciplines in the following areas but not limited to:

- Visceral pain syndromes (e.g. IC, IBS, Endometriosis, dysmenorrhea)
- Neuropathies and neuralgias;
- Novel pain treatments, neuromodulation, photobiomodulation, electrostimulation
- Myofascial pelvic pain or dysfunction
- Vulvar / Vaginal pain syndromes
- Sexual dysfunction
- Psychosocial pain mechanisms
- Resilience Integrative health therapies for pain
- Transgender health Innovative treatments for pain

Submit a symposium!

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Thursday, October 17th 2024

06:00 - 06:45 am  Yoga (Separate Registration Required)
07:30 - 07:40 am  Welcome, Announcement, Introduction
07:40 - 08:00 am  IPPS Presidential Address
08:00 - 08:45 am  James E. Carter Memorial Award Lecture
08:45 - 09:00 am  Q&A
09:00 - 09:30 am  Exhibits / Abstract Viewing
09:30 - 09:40 am  Scientific Session Introduction
09:40 - 10:40 am  Perioperative Pain Management for the Patient with Persistent Pelvic Pain
10:40 - 11:00 am  Q&A
11:00 - 11:30 am  Exhibits / Abstract Viewing
11:30 am – 12:00 pm Abstract Presentations
12:00 - 12:30 pm  International Ambassador Presentation
12:30 - 01:30 pm  Lunch / Committee Meetings
01:30 - 01:40 pm  Neurologic / Pain Mechanisms Introduction
01:40 - 02:40 pm  Scientific Session: Neurologic / Pain Mechanisms
02:40 - 03:00 pm  Q & A
03:00 - 03:15 pm  Exhibits / Abstract Viewing
03:15 - 03:45 pm  Opening Ceremony / IPPS Chair Address
03:45 - 04:30 pm  Paul Perry Memorial Award Lecture
04:30 - 04:45 pm  Wrap-up / Q & A

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Friday, October 18th 2024

06:00 - 06:45 am  Yoga (Separate Registration Required)
07:30 07:40 am  Welcome, Announcement, Introduction
07:40 - 08:25 am  Indications of Botulinum Toxin Injections in Chronic Pelvic Pain and Endometriosis
08:25 - 08:40 am  Q & A
08:40 - 09:50 am  Endometriosis
09:50 - 10:10 am  Panel Discussion
10:10 - 10:30 am  Exhibits / Abstract Viewing
10:30 – 11:00 am  Abstract Presentations
11:00 - 11:30 am  Tuning in and Tuning out Pain: Exploring the power of music therapy
11:30 am - 12:40 pm  Lunch / Roundtables with Experts (separate registration required)
  - Office Procedures for Pain
  - Musculoskeletal Considerations
  - History and Physical Exam
  - US and Endometriosis
  - Botox Procedures for CPP
  - Pudendal Neuralgia
  - Bladder Pain Syndrome
  - Physical therapy in post-delivery chronic pain
  - Pain and Endometriosis
  - Pain Mechanisms
  - Fear/Pain
  - Assembling an interdisciplinary Team
12:40 - 10:50 pm  Introduction
12:50 - 01:35 pm  Plenary Session
01:35 - 01:50 pm  Q & A
01:50 - 3:00 pm  Musculoskeletal Considerations
03:00 pm - 03:15 pm  Q & A
03:15 pm - 03:30 pm  Exhibits / Abstract Viewing
03:30 pm - 04:45 pm  Interactive Activity
04:45 - 05:15 pm  IPPS Business Meeting
7:00 PM  Fundraiser Activity

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Treasuring the Whole Person: A Masterclass on Health Psychology Interventions for Chronic Pelvic Pain: This educational and experiential course includes a comprehensive overview of chronic pelvic and sexual pain anatomy, physiology, and its connection with brain health and associated mental health symptoms and diagnoses. Formal and informal assessments, behavioral strategies, therapeutic interventions, and how to work with a “stuck” client will all be reviewed. The course will conclude with demonstrations and open discussion. If your work includes clients with chronic pain, chronic illness, anxiety and obsessive-compulsive disorders, depression, and/or sexual dysfunction, this course will offer insight into how it’s all connected, and participants will leave feeling a confident renewal in assessment and treatment approaches.

**Instructors: Corey Hazama, DPT, Alexandra Milspaw, PhD, Laura Payne, PhD**

- **07:00 - 07:35 am** Introduction and CPP 101
- **07:35 - 08:20 am** CPP Assessment: Formal and Informal Assessment Tools
- **08:20 - 09:00 am** Pain Science Education & Nervous System Regulation Exercises
- **09:00 - 09:15 am** Break / Q&A
- **09:15 - 10:30 am** Case Study and Demonstration
- **10:30 - 11:00 am** Open Discussion and Q&A

Conservative Management for Addressing Musculoskeletal Impairments in Pelvic Pain: Elevating your comprehensive Physiotherapy Core Skills (Separate registration required)

**Instructors: Karen Brandon, DPT & Heather Jeffcoat, DPT**

Physiotherapists/PT’s who see patients with persistent or chronic pelvic pain must know what elements of their condition will respond to PT treatment, and therefore must be able to independently assess for musculoskeletal and myo-fascial etiologies and address the impairments with treatment techniques that are evidence-based. Pelvic Health Physical Therapy involves comprehensive assessment of the body not just internal assessment of the pelvic floor. Therefore it is critical that those seeing patients with pelvic pain know how to assess and treat external structures and know when to include intra-vaginal or intra-rectal assessment. In addition, the physiotherapist should be able to give home instructions and recommendations that enhance the progress of functional goals.

By the end of this course the participant will be able to: 1) Outline the most common musculoskeletal impairments that exist in all systems that cross the pelvis and how screen or assess them 2) Recognize red and yellow flags for medical screening and triage of abdomino-pelvic pain 3) Compile useful resources of patient education for self care to progress goals of rehabilitation 4) List treatment techniques including manual therapies most commonly used for pelvic pain

- **07:00 - 07:30 am** Intro to Pelvic Health Physical Therapy in Pelvic Pain Conditions
- **07:30 - 08:00 am** Subjective and Functional Intake and Planning your Physical Exam
- **08:00 - 08:30 am** Medical Screening with Abdomino-Pelvic Pain
- **08:30 - 08:45 am** Break + Q and A
- **08:45 - 09:30 am** Review of MSK Systems: Spine /Pelvic Girdle/ Hip, External perineal assessment/self-assess and functional screening
- **09:30 - 10:00 am** Review of Overlapping systems: Neurological , Visceral (Uro, GI)
- **10:00 - 10:30 am** Treatment techniques with follow up home program recommendations
- **10:30 - 11:00 am** Case review (from pre-reading worksheet) reviewed