**Beate Carrière, PT, CIFK, CAPP**

**How to distinguish a weak pelvic floor from a tight pelvic floor:**

**How to recognize different pelvic floor dysfunctions and give appropriate treatment.**

There are many bladder and pelvic floor dysfunctions and the diagnosis given for treatment is most of the time wrong. For example: A weak pelvic floor may not be weak at all but the muscles tight instead. Treatment with strengthening exercises would cause the patient more problems and not help him. Therapists must learn to take a careful history and identify the real causes of possible problems. There is weakness of the pelvic floor muscles and there is tightness. The patient can have frequencies for different reasons: bad habits or inflammation on the inside of the bladder cause similar symptoms which require different treatment approaches. The same is true for over active bladder (OAB). Patients can have retentions, or and overflowing bladder. Pudendal nerve problems have typical symptoms which should be recognized and understood by physical therapists. Prolapse of bladder or other pelvic floor organs also require specific treatment.

During the first hour of the workshop the various pelvic floor problems will be explained and discussed, the second hour will be devoted to show clinical possibilities for evaluation and treatment.

The participants should wear comfortable clothes and a towel for demonstrations of exercises done on the floor.

**Beate Carriere, PT, CIFK** is an internationally seasoned PT having 40 years of experience covering most continents. She has published texts and extensively lectured on the therapeutic uses of the swiss ball, women's health issues of pelvic pain and incontinence, and thoracic spine-postural dysfunctions. She is a certified Functional Kinetics practitioner (S. Klein-Vogelbach trained), NDT trained by the Bobath's in London, Kaltenborn Manual Therapy and Lymphedema trained in Germany, and has served as an invited speaker by the APTA on topics such as motor learning swiss ball exercises, pelvic floor pain, and continence dysfunctions. Beate is fluent in Spanish, French, and German and loves to cook, bake, hike, camp, and travel. She has friends all over the world and brings a true international flare to Evergreen PTS. We all think if we could do half of what she can on the swiss ball, then we'll be in good shape for years to come.

