

# Learn Trigger Point & Myofascial Release Techniques for the Female Pelvic Floor

INSTRUCTOR: Bryan Baisinger, DC, of Clearwater Chiropractic

Saturday February 28, 2009, 10am-2pm

At Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266  
P) 503.760.3131 ~ F) 503.760.3332 ~ info@birthingway.edu ~ www.birthingway.edu

Cost: \$120 Minimum of 10 people

Registration is limited to practicing midwives and midwifery students

~ Full payment is needed at registration ~

Low-tone pelvic floor and high-tone pelvic floor share these disorders:

- ◆ pelvic pain
- ◆ dyspareunia
- ◆ stress incontinence
- ◆ lack of volitional control of the vaginal muscles.

Learn to discern which tone – or combination of tone – is causing these conditions in your clients. You can then offer and administer remedial trigger point and myofascial release treatments for both the prenatal and postpartum times, as well as refer properly for conditions beyond your scope. Release skills are especially helpful for facilitating non-medicated vaginal birth. Postpartum pelvic floor rehabilitation is greatly enhanced by hands-on guidance and feedback. Teach your clients how to treat themselves. Save them pain, frustration, and money by practicing and teaching remedial trigger point and myofascial release skills.

## PART 1 – Lecture + Q&A

- Gain a fresh perspective on the anatomy & functionality of the female pelvic floor
- Understand high tone & mixed tone pelvic floor – Signs and Symptoms, causes
- Discover internal & external trigger points: where they are, what they mean, what they do, how to work them
- Learn myofascial release techniques for various tissues
- Ask your questions, share your insights

## PART 2 – Skills

We will be learning and practicing trigger point and myofascial release techniques on each other. If you would like to learn and practice internal trigger point release techniques, please be prepared for other midwives to practice on you in return. Participation in the internal portion of the workshop is not required.

- Expand your pelvic exam skills to include a thorough pelvic floor tone assessment
- Learn techniques to release muscular constriction in pregnancy and during labor
- Improve your ability to teach postpartum women how to properly Kegel (and if they should even be doing Kegels in the first place!)

Please register me for The Trigger Point Release CEU— Deadline is February 13, 2009

I am paying the \$120 workshop fee \$ \_\_\_\_\_

>>Please Note: Full payment *and* this registration form must be received to complete registration. Total \$ \_\_\_\_\_

I am enclosing a check or money order with my registration form  I am paying with a credit card through PayPal (see below)  
(You must still return this completed form in order to be registered)

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY STATE ZIP \_\_\_\_\_

PHONE E-mail or additional contact number \_\_\_\_\_

We must receive this completed registration form AND full payment to register you for this class. Please make check/money order payable and mail to:  
Birthingway College of Midwifery, 12113 SE Foster Rd, Portland, OR 97266. Fax: 503.760.3332.  
Credit card payments are accepted through PayPal – please go to <http://birthingway.org/payment.html> for details. You don't need a PayPal account to pay with your credit card. The name on the credit card/PayPal account must match the person taking this workshop. Sorry, no exceptions.