Learning Objectives

MedBridge Education
Part B: Sexuality for Pelvic Floor Practitioners
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Upon completion of this course, participants will be able to:

Module 1: Role of the Pelvic Floor in Female Sexual Health Part 1
• Discuss symptoms of pelvic floor dysfunction.
• Explain how PF symptoms affect sex.

Module 2: Role of the Pelvic Floor in Female Sexual Health Part 2
• Review literature regarding role of PF in sexual activity.
• Discuss PF over-activity and painful sex.

Module 3: Sexuality Throughout the Lifecycle - Pregnancy
• Discuss how different stages pregnancy affects sexuality and sexual functioning.
• Address concerns of safety of sex during pregnancy.
• Offer alternate sexual positions for late pregnancy.

Module 4: Sexuality throughout the Lifecycle - Postpartum
• Demonstrate awareness of the physical and psychosocial changes during the post-partum period and how they affect sexual health and sexual function.

Module 5: Sexuality throughout the Lifecycle - Menopause
• Discuss changes during the menopause and post menopause that impact on sexuality.

Module 6: Addressing Sexual Issues in Pelvic Floor Physical Therapy Practice
• Demonstrate basic knowledge of counseling skills, cultural sensitivity and sexual history taking.