Learning Objectives

MedBridge

Understanding Endometriosis
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Course Objectives
- Acknowledge the prevalence and impact of endometriosis
- Review the treatment options (and their implications) available to endometriosis patients
- Understand the ‘Evil Triplet Syndrome’ of Endometriosis, Interstitial Cystitis and Pudendal Neuralgia
- Develop the role of the pelvic rehab specialist in managing pelvic pain and genito-urinary dysfunction

Chapter 1: Endometriosis
The first chapter of this course provides a review of the anatomy of the female reproductive system and the effects of endometriosis. Participants will understand the epidemiology and etiology of endometriosis, and be able to recognize the signs, symptoms and manifestations of endometriosis within the context of diagnostic procedures.

Chapter 2: Treatment Options
The second chapter of this course will familiarize the participant with the role of the pelvic rehabilitation specialist in the varied treatment options for endometriosis, including surgical excisions, hormone therapies, and other more conservative treatment options.

Chapter 3: Understanding the Co-Morbidities
This chapter broadens the discussion to the co-morbidities of endometriosis, including the "Evil Triplet Syndrome" (endometriosis, interstitial cystitis and pudendal neuralgia), sexual dysfunction and dyspareunia, and the complex biopsychosocial impacts of the disease.

Chapter 4: Lab Section - Exercises
The final chapter of this course provides a brief demonstration of exercises relevant to management of endometriosis.