



**3° CONGRESSO**  
**INTERNACIONAL/INSPIRAR**  
**DE FISIOTERAPIA PÉLVICA**  
**UROGINECOLOGIA FUNCIONAL**  
FORTALEZA-CE • [WWW.INSPIRAR.COM.BR/FISIOTERAPIAPELVICA](http://WWW.INSPIRAR.COM.BR/FISIOTERAPIAPELVICA)

**3rd International Congress of Pelvic Physical Therapy**  
**1<sup>st</sup> Day of the Urogynecology Brazilian Association NBU - North**  
**Northeast Meeting**  
**3 Post IUGA - ICS Pelvic Physical Therapy**  
**3rd Congress ABFP- Brazilian Association of Pelvic Physical**  
**Therapy**  
**3 Abafi Congress - Brazilian Association of Urinary**  
**Incontinence**



**May 20, 2015**  
**Workshop**  
**Pelvic Floor Exercises**  
**Bary Berghmans**  
**Maura Seleme**  
**Adriane Bertotto**

**Objective: How to improve the knowledge of assessment and function of the pelvic floor muscles?**

**08:00h to 17:30h**

**Program:**

08: 00h to 09: 00h - Anatomy and Physiology of the pelvic floor muscles - **Bary Berghmans - Netherlands**

09: 00h to 10: 00h - How to do an assessment based on evidence of pelvic floor muscles? - **Bary Berghmans - Netherlands**

10: 00h to 10: 30h - **Coffee Break**

10: 30h to 11: 00h - How to perform a PFMT (pelvic floor muscle training)? - Working slow fibers, fast fibers, reflexes, pre-contraction, strength, endurance? - **Bary Berghmans - Netherlands**

11: 00h to 11: 30h - Different strategies for pelvic floor dysfunctions - **Bary Berghmans - Netherlands**

11: 30h to 12: 00h - What techniques to use when there is no active contraction of the pelvic floor muscles? - **Maura Seleme and Adriane Bertotto**

12: 00h to 14: 00h - **Lunch break**

14: 00h to 14: 30h - How to improve the diaphragm flexibility, when and in what situations? - **Maura Seleme - Brazil / Netherlands**

14: 30h to 15: 00h - How to improve abdominal strengthening without problems for the pelvic floor? - **Maura Seleme and Adriane Bertotto**

15: 30h to 16: 00h – How to use use of Biofeedback to improve the pelvic floor muscle training? - **Adriane Bertotto - RS**

16: 00h to 16: 30h - **Coffee Break**

16: 30h to 17: 00h - Functional Training of the pelvic floor. - **Maura Seleme, Bary Berghmans, Adriane Bertotto**

17: 00h to 17: 30h - **Discussion of clinical cases**

**May 21, 2015**  
**Workshop**  
**Pregnancy and Post - Partum**

**Bary Berghmans**  
**Claudia de Oliveira**  
**Elza Baracho**  
**Juliana Pires Lerche**  
**Neyliane Keys**  
**Simony Lira**  
**Andrea Lemos**

**Objective: Better understanding of what happens before, during and after delivery. Upgrade in pelvic physical therapy.**  
**08: 00h to 17: 30h**

**Program:**

08: 00h to 08: 30h - Perineal changes during pregnancy and postpartum - **Bary Berghmans - Netherlands**

08: 30h to 09: 00h - Pelvic Physiotherapy Assessment in pregnancy women - **Neyliane Keys - CE**

09: 00h to 09: 30h - What is the best position to give birth? **Claudia Oliveira - SP**

09: 30h to 10: 00h - Physiotherapy during labor - **Andrea Lemos - PE**  
10: 00h to 10: 30h - **Coffee Break**  
10: 30h to 11: 00h - Postural exercises during pregnancy - **Juliana Pires Lerche - CE**  
11: 00h to 11: 20h - Scientific evidence of the influence in the perineum of cesarean section and vaginal delivery with or without episiotomy - **Simoni Lyra - CE**  
11: 20h to 12: 00h Physical therapy • Treatment of pelvic floor dysfunction during pregnancy and post-partum based on evidence - **Bary Berghmans - Netherlands**  
12: 00h to 14: 00h - **Lunch break**  
14: 00h to 14: 30h - Postural and Pelvic Assessment in post-partum - **Elza Baracho - MG**  
14: 30h to 15: 00h - Postural exercises during Post-partum - **Claudia Oliveira - SP**  
15: 00h to 15: 30h - Perineal exercises during Pos-tpartum - **Juliana Pires Lerche - EC**  
15: 30h to 16: 00h - Discussion  
16: 00h to 16: 30h - Coffee Break  
16: 30h to 17: 30h - Discussion of clinical cases and treatment protocols

### **Congress**

**3<sup>rd</sup> International Congress of Pelvic Physical Therapy**  
**1<sup>st</sup> Day of the Urogynecology Brazilian Association NBU - North Northeast Meeting**  
**3 Post IUGA - ICS Pelvic Physical Therapy**  
**3<sup>rd</sup> Congress ABFP- Brazilian Association of Pelvic Physical Therapy**  
**3<sup>rd</sup> Abafi Congress - Brazilian Association of Urinary Incontinence**  
**22<sup>nd</sup> 23<sup>rd</sup> May 015**

**22<sup>nd</sup> of May 2015**

**Female Sexuality. How can we improve our treatment? Door to door.**

**Chair: Dr. Maria Angélica Alcides - SP.**

08: 00h to 08: 20h - Anatomy and physiology of female sexuality - **Maria Angelica Alcides - SP**

08: 20h to 08: 40h - Assessment of Female Sexual Dysfunction -  
**Maura Seleme - Brazil / Netherlands**  
08: 40h to 09: 00h - How I treat sexual desire dysfunctions?  
Physiotherapy. Point of view - **Gustavo Latorre - SC**  
09: 00h to 09: 20h - How I treat vaginismus? Physiotherapy. Point of  
view? - **Maria Angelica Alcides - SP**  
09: 20h to 09: 40h - How I treat dyspareunia? Physiotherapy. **Point of  
view? - Cybele Camara - PA**  
09: 40h to 10: 10h - Hyperactive Pelvic Floor. - **Bary Berghmans -  
Netherlands**  
10: 10h to 10: 30h - **Coffee Break**

**Chair: Dr. Elza Baracho - MG.**

10: 30h to 11: 00h – Female Sexual Dysfunctions. Physiotherapy  
Based on Evidence - **Bary Berghmans - Netherlands**  
11: 00h to 11: 30h - Movies showing physical therapy in sexual  
dysfunctions - **Maura Seleme - Brazil / Netherlands**  
11: 30h to 12: 00h - Neopompoarismo - **Gustavo Latorre - SC**  
12: 00h to 14: 00h - **Lunch Break**

**Chair: Dr. Juliana Pires Lerche - CE**

14: 00h to 14: 20h - Physical therapy approach to vaginal stenosis  
after treatment of gynecological cancer - **Simony Lira - CE**  
14: 20h to 14: 40h - Radiofrequency and Sexuality - **Patricia Lordelo -  
BA**  
14: 40h to 15: 00h - Biofeedback and electrical stimulation in sexual  
dysfunctions - **Silvana Uchôa - PE**  
15: 00h to 15: 30h - Sexuality in menopause and the elderly women-  
**Sandra Rebouças - CE**  
15: 30h to 16: 00h – Surgery in prolapse and urinary incontinence.  
Impact on sexual life - **Dr. Paul Palma - SP**  
16: 00h to 16: 30h - **Coffee Break**

16: 30h to 18: 00h – **Female Sexuality - Workshop - Door to door -  
Interdisciplinary Time with discussion of clinical cases**

**Chair: Dr. Silvana Uchôa - PE.**

**Discussion:**

**Bary Berghmans - Netherlands**  
**Cybele Camara - PA**  
**Palma Paulo - SP**  
**Maria Angelica Alcides SP**  
**Maura Seleme - Brazil / Netherlands**  
**Sandra Rebouças - CE**

**23<sup>rd</sup> of May 2015**  
**Neurological disorders and Urinary Incontinence.**  
**How can I improve my treatment?**  
**An interdisciplinary vision**  
**1st Day North Northeast Brazilian Center for Urogynecology**



**Chair: Dr. Rogério de Fraga - PR**

08: 00h to 08: 20h - Neurophysiology of urinary incontinence - **Dr. Nucélio Lemos - SP**

08: 20h to 09: 00h - Pathogenesis and Diagnosis of Neurogenic Pelvic Floor Disorders - **Dr. Nucélio Lemos - SP**

09: 00h to 09: 20h – Drugs for Neurological Bladder Urinary Disorders - **Dr. Leonardo Bezerra - CE**

09: 20h to 09: 40h - New perspectives of neuromodulation in patients with Neurological Bladder Urinary Disorders - **Dr. Nucélio Lemos - SP**

09: 40h to 10: 00h. - Physiotherapy treatment of Neurogenic Bladder - **Dr. Christine Ploger - SP**

10: 00h to 10: 15h - Recurrent urinary tract infections .A new alternative. **Dr. Ariel Scafuri - CE**

10: 15h to 10: 45h - **Coffee Break**

**10: 45h to 12: 45h - Experience Interdisciplinary Practice with discussion of clinical cases**

**Chair: Dr. Rogério de Fraga - PR**

**Clinical case 1 - 10: 45h to 11: 45h - Neurogenic Bladder - Dr. Rogério de Fraga - PR**

**Each of the speakers exposed for 10 minutes:**

10: 45h to 10: 55h - How to do an effective treatment plan? - **Dr. Nucélio Lemos - SP**

10: 55h to 11: 05h - How to medicate and why? - **Dr. Leonardo Bezerra - EC**

11: 05h to 11: 15h - Evaluation and physical therapy diagnosis according to ICF. **Dr. Bary Berghmans - Netherlands**

11: 15h to 11: 25h - Physical therapy alternatives - What propose? .

**Dr. Christine Ploger - SP**

11: 25h to 11: 35h - Auto intermittent catheterization – How to do it?

Nurse. Georgia Gomes - EC

**11: 35h to 11: 45h - Considerations of the first clinical case - Dr. Rogério de Fraga - PR**

## **Clinical Case 2**

11: 45h to 12: 45h - Idiopathic Overactive Bladder (Non-Neurogenic) –

**Dr. Leonardo Bezerra**

**Each of the speakers exposed for 10 minutes;**

11: 45h to 11: 55h - What propose as a treatment? - **Dr. Ricardo**

**Reges - CE**

11: 55h to 12: 05h – Urodynamic Testing. - **Dr. Rogério de Fraga - PR**

12: 05h to 12: 15h - Establish evaluation and physical therapy

diagnosis according to CIF - **Dr. Bary Berghmans - Netherlands**

12: 15h to 12: 25h - Physical therapy Alternatives - What offer? **Dr.**

**Maura Seleme - Brazil / Netherlands**

12: 25h to 12: 35h - Surgical treatment? - **Dr. Ricardo Reges - CE**

12: 35h to 12: 45h - Considerations about the second clinical case -**Dr.**

**Aljerry Days Rego - MA**

12: 45h to 14: 15h - **Lunch break**

14: 15h to 16: 15h - **Presentation of the the best 10 scientific articles**16: 15h - Next congress. Vote.

16: 30h - **Awards for the 3 best scientific articles presented.**



**Inscription: <http://inspirar.com.br/fisioterapiapelvica>**



**Ligue Grátis 0800 602 2828**