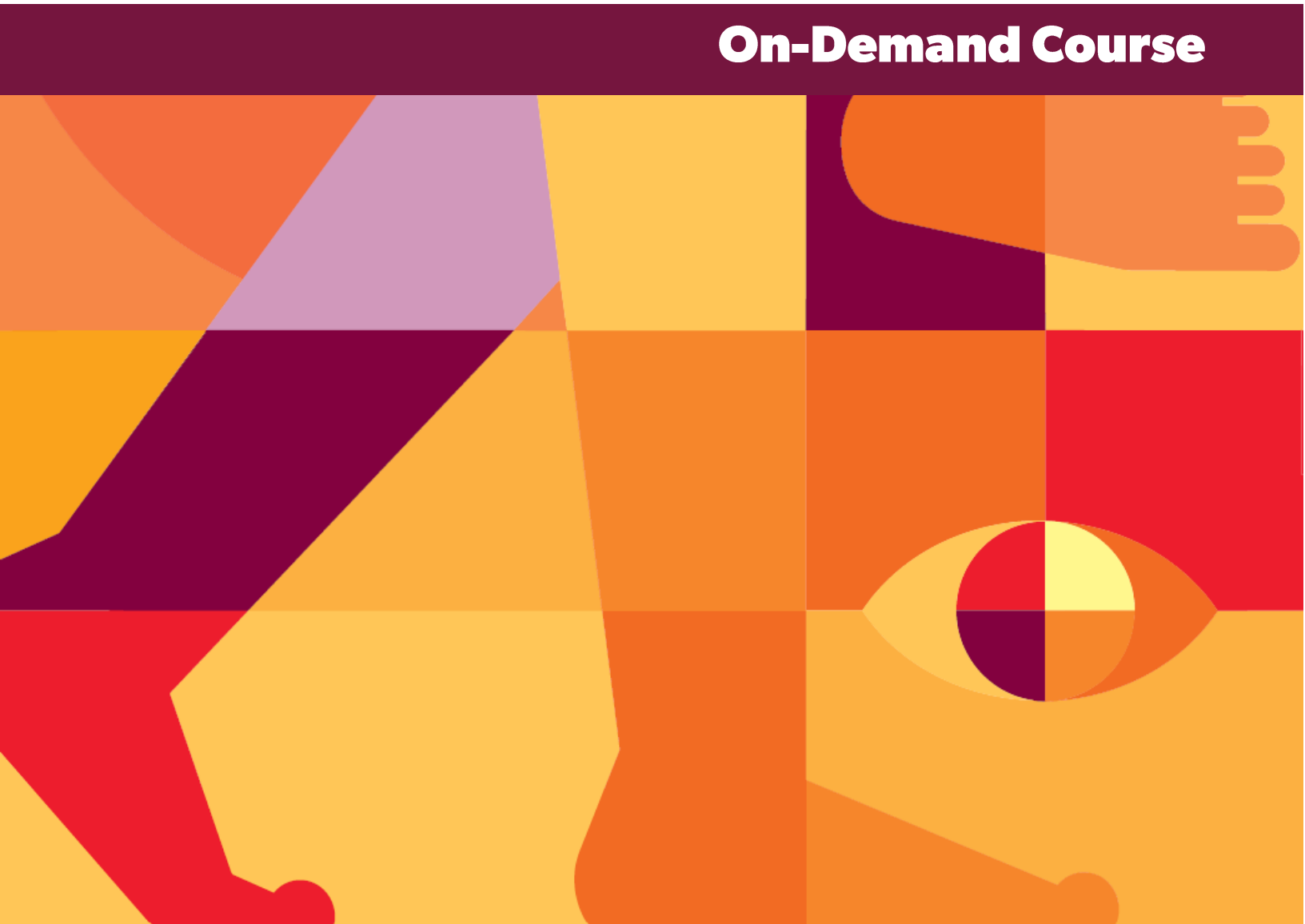


The 4th Trimester: Postpartum Rehabilitation

On-Demand Course



The 4th Trimester: Postpartum Rehabilitation

The Academy is the educational arm of Shirley Ryan AbilityLab, a non-profit rehabilitation hospital in Chicago that has been ranked number one by *US News and World Report* for 32 consecutive years. Since 1953, the Academy (formerly RIC) has offered a wide range of accredited programs with the common goal of improving patient outcomes through clinical excellence. Our commitment to sharing the best evidence and rehabilitation practice with clinicians around the globe has always been an integral part of our mission.

The Academy is committed to creating an inclusive, authentic and comfortable learning environment that celebrates and supports all learners. We are dedicated to providing the highest-quality teaching regardless of race, age, ethnicity, nationality, gender, sexual orientation/identity, ability, religion, language or culture. Above all, we believe that everyone should feel safe, respected and welcomed when attending our programs at the hospital or online. We encourage the sharing of experiences and perspectives so we can learn from one another, and from our varied points of view.

COURSE DESCRIPTION:

The fourth trimester is the 12-week transitional period immediately after childbirth. Although the fourth trimester lays the foundation for the infant's physical growth and neuromusculoskeletal development, it is a crucial time in physical change and healing for the mother as well. This course seeks to discuss and describe major issues surrounding the mother during this key transitional period when many postpartum complications occur. This course will begin with a review of musculoskeletal complications of labor and delivery and progress to discuss issues that may arise for women in the postpartum period. Rehabilitation implications in the postpartum will drive the discussion for this course. The aim of the course is to investigate issues surrounding the mother during the 12-week transitional period immediately after childbirth that impacts the musculoskeletal system and delays a return to exercise and a successful life transition.

SUCCESSFUL COMPLETION:

This is an on-demand course. To successfully complete this course, participants must review all required recordings and material. You will complete an assessment and evaluation at its conclusion through the Academy Learning Portal.

WHO SHOULD ATTEND:

Advanced Practice Nurses, Nurses, Occupational Therapists, Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, Physicians (OB/GYN, Family practice, Sports Medicine, Physiatry) and Physician Assistants.

LEARNER OUTCOMES:

Upon completion of this course, participants will be able to:

- **Summarize** musculoskeletal complications that can arise during labor and delivery
- **Identify** how lactation impacts the musculoskeletal system and review conditions that may arise for breastfeeding mothers
- **Discuss** successful strategies to help facilitate a return to exercise and life transition during the fourth trimester and throughout the first year postpartum
- **Explain** how the pelvic girdle, low back and pelvic floor are impacted during the period post pregnancy

COURSE CHAIR:



Sarah Hwang, MD

***Director of Women's Health Rehabilitation at Shirley Ryan AbilityLab
Associate Professor, Physical Medicine and Rehabilitation; Obstetrics
and Gynecology, Northwestern University Feinberg School of Medicine***

Dr. Sarah Hwang received her undergraduate degree in Biomedical Engineering from Saint Louis University and completed her medical degree at Southern Illinois University. She completed residency at Northwestern University Feinberg School of Medicine. She served as Director of Women's Health Rehabilitation at University of Missouri in Columbia, Missouri, before joining Shirley Ryan AbilityLab in 2018.

Dr. Hwang is an active member of the American Academy of Physical Medicine and Rehabilitation. She serves as the chair of the Program Planning Committee and has completed the Future Leaders Program. She is a member of the Association of Academic Physiatrists and serves on the Diversity and Community Engagement Committee. She has completed the Program for Academic Leadership through the Association of Academic Physiatrists and the Early Career Women Faculty Leadership Development Seminar through the AAMC.

COURSE FACULTY (LISTED ALPHABETICALLY):



Kari Bø, PT, Ph.D.

***Professor, Norwegian School of Sport Sciences (NIH)
Oslo, Norway***

Kari Bø is a trained physical therapist and exercise scientist. She had her PhD (doctor of science) in 1990 and was appointed full professor of exercise science in 1997. She was elected pro-rector (vice head) of NIH (a specialized university). Professor Bø has published/in press/submitted/in manuscript > 310 peer review scientific papers on pelvic floor dysfunction, treatment of incontinence and low back- and pelvic girdle pain, exercise during pregnancy and after childbirth, diastasis recti abdominis, measurement methodology, fitness and women's health and has given > 320 invited international keynote presentations worldwide. She is appointed honorary member of the Norwegian Physiotherapy Association's Subgroup of Women's health, the Brazilian Physiotherapy Association for Women's Health and the Chilean

Physiotherapy Association for Women's Health. In 2014, one of her randomized controlled trials on pelvic floor muscle training was ranked and awarded one of 15 top trials in physiotherapy among >25.000 studies in the PEDro database. In 2015, she was awarded with the Mildred Elson Award, the most prestige's international award from the World Confederation of Physiotherapy (WCPT), for her contribution to research and education in pelvic floor dysfunction and women's health. In 2016 she was awarded the International Continence Society Lifelong Achievement Award for her research and education on the pelvic floor and incontinence. In 2019 she was awarded honorary member of the Norwegian Physiotherapy Association for her work for physiotherapy in Norway and worldwide.



Ellen Casey, MD, FACSM, CAQ-SM
Associate Professor
Department of Physiatry
Director of Research
Hospital for Special Surgery
USA Women's Gymnastics National Team Physician

Dr. Casey is an Associate Professor in Sports Medicine at the Hospital for Special Surgery and Weill Cornell Medical College. She also serves as the Research Director for the Department of Physiatry and is the USA Women's Gymnastics National Team Physician. Dr. Casey's clinical practice focuses on the conservative treatment of acute sports medicine injuries and spine disorders. She has particular expertise in the female athlete, including the female athlete triad, stress fractures and physical activity during and after pregnancy. Dr. Casey is actively involved in sports medicine research. She is interested in the underpinnings of sex and

gender disparity in musculoskeletal injury, including the role of sex hormones in knee injuries (particularly anterior cruciate ligament tears), postpartum rectus diastasis abdominis and injury prevention in gymnastics.



John O. L. DeLancey, MD
Norman F. Miller Professor of Gynecology at the University of Michigan.

A native of Ann Arbor, Dr DeLancey is a graduate of Oberlin College and the University of Michigan Medical School.

In recognition for his pioneering research into discovering the causes of pelvic floor disorders Dr. DeLancey was elected to membership in the National Academy of Medicine in 2012 (formerly the Institute of Medicine) and inducted as an Honorary Member of the Royal college of Obstetricians and Gynecologists ad eundem in 2016. He has been President of the American Gynecological and Obstetrical Society, the American Urogynecologic Society and received their Jack Robertson Life-Time Achievement award and President of the Society of Gynecologic Surgeons

and received their Distinguished Surgeon Award. Dr. DeLancey's clinical practice focuses on surgical and medical management complex pelvic floor disorders, a field that he helped to develop. To aid in treating women who suffer from these common problems he and his research group have conducted innovative work identifying the basic mechanisms of pelvic floor disorders and their relationship to vaginal birth. He has received over \$25 million in NIH funding to support this interdisciplinary research with the pelvic floor research group. Dr. DeLancey has published over 300 original scientific papers and been a keynote speaker and visiting professor in over 35 countries on 6 continents.



Colleen M. Fitzgerald, MD, MS
Professor in the Department of Obstetrics and Gynecology, Division of Female Pelvic Medicine and Reconstructive Surgery, the Department of Orthopaedics and Rehabilitation, Department of Urology at Loyola University Chicago Stritch School of Medicine.
Medical Director of the Health Sciences Campus Clinical Research Office, Medical Director for the Chronic Pelvic Pain Program, Research Director for the Division of Female Pelvic Medicine and Reconstructive Surgery
Assistant Dean of Medical Student Research.

Dr. Fitzgerald's areas of clinical expertise and research include chronic pelvic pain, pelvic floor myofascial pain and dysfunction, pelvic girdle pain in pregnancy and postpartum, musculoskeletal medicine, pelvic floor disorders and pelvic rehabilitation. Dr Fitzgerald is a former National Institutes of Health (NIH) Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Scholar (2008-2012) and NICHD K23 Awardee studying "Mechanistic Distinctions in Female Pelvic Pain Subtypes". She an active women's health clinical researcher as Co-Investigator for the Loyola U01 Prevention of Lower Urinary Tract Symptoms (PLUS) NIDDK grant and has been funded on several other foundation grants including the Interstitial Cystitis Association and the PM&R Foundation. In 2022, she received an R21 from the NICHD entitled "Musculoskeletal and Pelvic Floor Health in Female Chronic Overlapping Pelvic Pain Conditions (The MSK-PELVIC Study)". She served on the International Pelvic Pain Society Board of Directors/Executive Committee from 2015-2020 as President in 2019. She is the past Co-Chair and scientific committee member for the World Congress on Low Back and Pelvic Pain. In 2021, she was awarded the Loyola Medicine Health Care Hero Award and acknowledged for the past 5 consecutive years as top 10% faculty by the Loyola Wolf and Kettle Teaching Award.



Farah Hameed, MD
Medical Director of Women's Health Rehabilitation
Associate Professor
Associate Chair -Department of Rehabilitation and Regenerative Medicine
Columbia University Vagelos College of Physicians and Surgeons

Dr. Farah Hameed is board certified in both Physical Medicine and Rehabilitation and Sports Medicine. She serves as the medical director of women's health rehabilitation at Columbia University Irving Medical Center. In addition to seeing patients, Dr. Hameed is also an Associate Professor at the Columbia University Vagelos College of Physicians and Surgeons in the Department of Rehabilitation and Regenerative Medicine. She serves as the Quality and Patient Safety chair for the department as well as the Associate Chair of Faculty Development. She has been nominated and inducted into the Columbia University Vagelos College of Physicians and Surgeons Academy of Clinical Excellence (ACE). Dr. Hameed sees patients of all ages, from pediatrics to adults. Additionally, she specializes in pregnancy-related back and pelvic girdle pain as well as caring for female athletes. Her goal is to plan comprehensive and structured rehabilitation programs for patients by treating their injuries quickly and creating a personalized regimen of care for each patient. She also focuses on education and awareness of injury prevention through proper training and technique. Her areas of clinical interest are low back disorders, overuse injuries, sports prevention, women's/adolescent female health, and pregnancy and post-partum related pain. Her current clinical research is on understanding and developing ways to prevent and treat pregnancy-related lumbopelvic pain.



Catherine Monk, Ph.D.
Diana Vagelos Professor of Women’s Mental Health
Director, Women’s Mental Health @Ob/Gyn
Department of Obstetrics & Gynecology
Professor of Medical Psychology, Department of Psychiatry
Columbia University, Vagelos College of Physicians and Surgeons
Research Scientist VI

Catherine Monk, PhD, is the inaugural Diana Vagelos Professor of Women’s Mental Health in the Department of Obstetrics & Gynecology and Professor of Medical Psychology in the Department of Psychiatry at Columbia University Vagelos College of Physicians and Surgeons and Research Scientist VI at the New York State Psychiatric Institute. Dr. Monk is the founding director of the embedded mental health service Women’s Mental Health @Ob/Gyn <https://www.obgyn.columbia.edu/about-us/divisions/womens-mental-health-ob-gyn>

Dr. Monk’s research, at the PerinatalPathways lab (<https://www.perinatalpathways.org>), brings together the fields of developmental psychopathology, developmental psychobiology, developmental neuroscience, and perinatal psychiatry to focus on the earliest influences on children’s developmental trajectories—those that happen in utero—and how to intervene early to help pregnant people and prevent mental health problems in the next generation. Her research has been continuously funded by the National Institute of Health (NIH) since her NIH Career Development award in 2000. She also has received funding from the Robin Hood Foundation, the Bezos Family Foundation, Brain and Behavior Research Foundation, March of Dimes and Johnson & Johnson.

AGENDA (IN CST):

Monday, March 6, 2023

- 8:00a Expectations and Introduction to the 4th Trimester**
- 8:15 Musculoskeletal Injuries on Labor and Delivery**
Colleen Fitzgerald, MD
- 8:45 Impact of Lactation on the Musculoskeletal System**
Ellen Casey, MD, FACSM, CAQ-SM
- 9:15 Promoting Successful Life Transition: Decreasing the Risk of Postpartum Depression**
Catherine Monk, Ph.D.
- 9:45 Break**
- 10:15 Issues in Pelvic Floor Weakness after Childbirth and Rehabilitation Considerations**
John O. L. DeLancey, MD
- 10:45 Low Back Pain and Pelvic Girdle Pain Postpartum**
Farah Hameed, MD

11:15 Return to Exercise Postpartum

Kari Bo, PT, Ph.D.

11:45 Discussion

Moderator: Sarah Hwang, MD

12:15p Conclusion of the 4th Trimester: Postpartum Rehabilitation

CANCELLATION POLICY:

To request a cancellation of an on-demand program, please provide written notice by email or contact us by phone within 24 hours of placing your order and we will refund you the full course fee. If you cannot give notice within 24 hours, a credit towards a future course of equal value would apply.

LOCATION AND DELIVERY METHOD:

This course is taught virtually using Zoom, an online meeting platform, and the Academy Learning Portal. Other online learning materials will also be utilized.

TECHNOLOGY REQUIREMENTS:

To participate, you will need access to a computer with an Internet connection. High-speed broadband access (LAN, Cable or DSL) is highly recommended.

- Internet connection: broadband wired or wireless (3G or better)
- Web browser:
 - Apple Safari: Latest stable version
 - Google Chrome: Latest stable version
 - Mozilla Firefox: Latest stable version
 - Microsoft Edge: Latest stable version
- JavaScript and Cookies enabled
- Speaker or headset to listen to audio files and participate in Zoom calls
- Do NOT use Internet Explorer, as it is not supported.

ACCESSIBILITY:

Please contact the Academy if you require any special accommodations for this course.

CONTINUING EDUCATION CREDIT:

Nursing:



The Shirley Ryan AbilityLab is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This CNE is being offered for 3.75 contact hours of continuing nursing education.

In order to receive contact hours for the live event, nurses must attend the entire webinar and complete the evaluation. For the on-demand self-study they must also complete a post-test with a minimum passing score.

Occupational Therapy



The Shirley Ryan AbilityLab is an AOTA Approved Provider of professional development. Course approval ID# 05659. This distance learning interactive webinar is offered at .375 CEUs [intermediate, OT Service Delivery, Foundational Knowledge]. AOTA does not endorse specific course content, products, or

clinical procedures.

Physical Therapy

This course has been approved by the Illinois Physical Therapy Board 3.5 Contact Hours. Approval #216-000069

The Shirley Ryan AbilityLab is recognized by the New York State Education Department's State Board for Physical Therapy as an approved provider of physical therapy and physical therapist assistant continuing education. This course has been approved for 3.5 Contact Hours

The following states require continuing education units with no state-specific approval: CT, IA, and WA

Physician



The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab is accredited by the Illinois State Medical Society (ISMS) to provide continuing medical education for physicians.

The Rehabilitation Institute of Chicago DBA Shirley Ryan AbilityLab designates this live activity for a maximum of **3.75 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.


FACULTY AND PLANNING COMMITTEE DISCLOSURES:

Course Director's and Planning Committee Members' Disclosure Information:

Nichollette Andrews, MS, APN, PCNS-BC	Has nothing to disclose.
Sarah Hwang, MD	Has nothing to disclose.
Melissa Kolski, PT, DPT	Has nothing to disclose.
Leslie Marriott, OTR/L	Has nothing to disclose.
Pamela B. Pfeifer MS, RN, NPD-BC	Has nothing to disclose.

Speakers, Moderators and Panelists' Disclosure Information:

Kari Bo, PT, Ph.D.	Has nothing to disclose.
Ellen Casey, MD, FACSM, CAQ-SM	Has nothing to disclose.
John O. L DeLancey	Receives Medico Legal Review Consulting fees
Colleen Fitzgerald, MD	Receives Grant funding from : NIDDK,NICHHD, Royalties from: UptoDate, Expert benefit, Witness for : Salvi, Schostock, Pritchard, LLC, Patent (no payment to date) :Neuromechanical Algometer application, U.S. Patent Application No. 14/213,880 Co-Inventor, Rehabilitation Institute of Chicago
Farah Hameed, MD	Has nothing to disclose.
Catherine Monk, PhD	Has nothing to disclose.



The Academy would like to extend a special THANK YOU to **MERZ** for their educational grant which supports the Academy at the Shirley Ryan AbilityLab and helps us pull together programs such as this.

*Please Note: This organization does not have input in the planning or delivery of this course.