



Newsletter

April 2023 District Meeting Announcement

California Physical Therapy
Association - Inland Counties
District

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Emily Reul

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Newsletter Editor:

Derek Spinney
dspinnev@eisenhowerhealth.org

"Managing Constipation for PTs without Pelvic Floor Training" Presenter: Dr. Emily Reul, PT, DPT



Presentation Description:

Constipation affects about 1 in 5 individuals in North America. It is responsible for over 2.5 million physician visits and \$820 million on over-the-counter laxatives each year. Constipation can affect many of our patients, including those that are less active or that are taking certain pain medications. As physical therapist, we can help our patients suffering from constipation.

Objectives:

1. Identify the key causes of constipation
2. Understand the pelvic floor's role in optimal defecation
3. Be able to educate patients on proper posture and breathing techniques to assist with optimal defecation
4. Be able to educate patients on the abdominal bowel massage technique

About the Speaker:

Emily Reul, PT, DPT is the owner of Wings Physiotherapy in Apple Valley, CA. She specializes in treating pelvic health disorders, including constipation. She also writes weekly evidence-based educational blogs for the non-profit organization myPFM. She graduated from Nova Southeastern University and is an active member in the Academy of Pelvic Health and California Physical Therapy Association.

THIS IS AN OPEN MEETING. ALL MEMBERS AND PROSPECTIVE MEMBERS ARE WELCOME TO ATTEND AT NO CHARGE – .15 (1.5 Hour) CEU pending approval

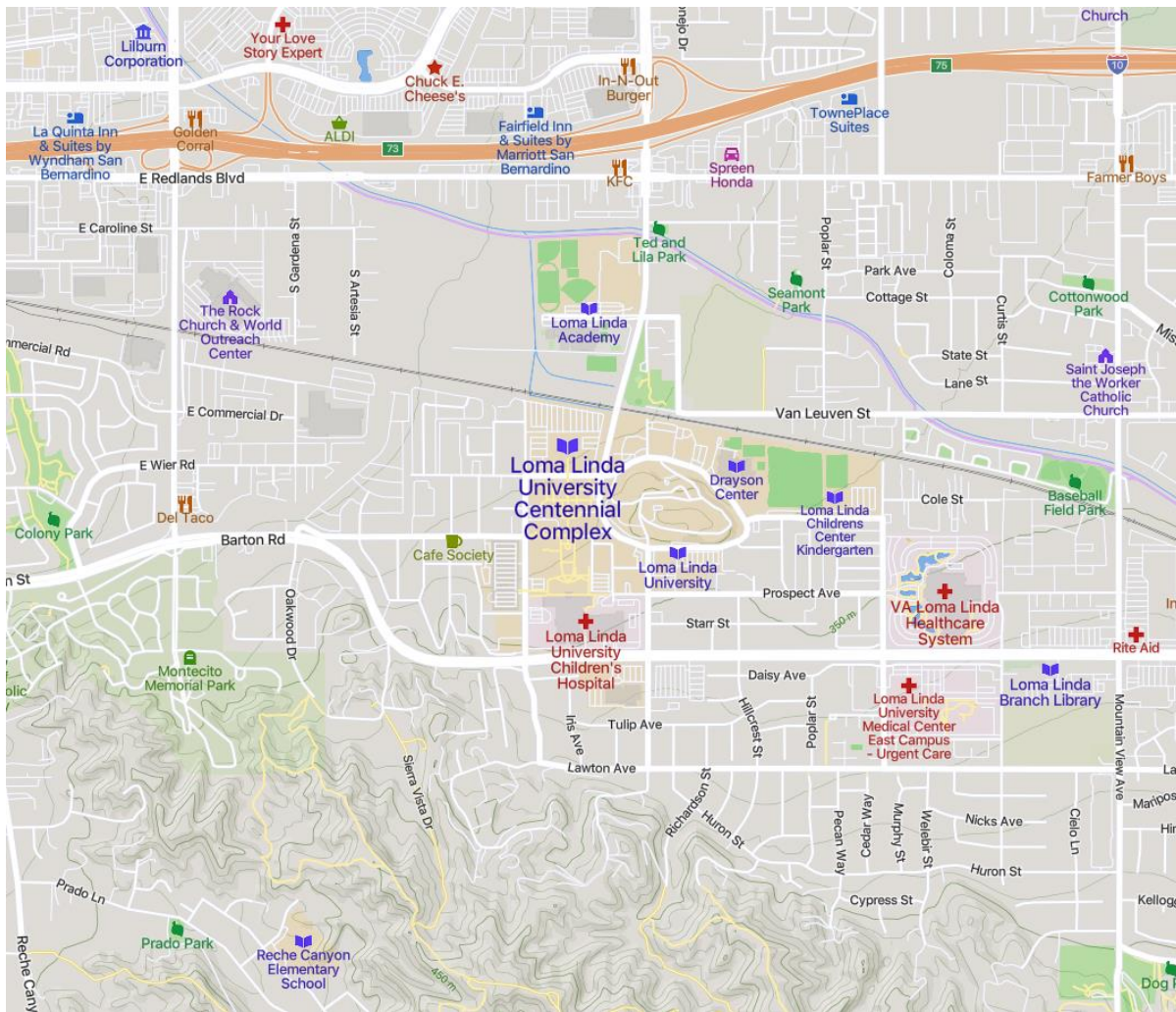
WHEN:

Thursday, April 27th, 2023
6:00 p.m. – 6:15 social
6:15 p.m. – 8:00 p.m. meeting

WHERE:

Damazo Amphitheater
Centennial Complex
Loma Linda University
24760 Stewart St.
Loma Linda, CA 92354

CEU's are pending approval and light refreshments will be provided.



Virtual meeting option available using the following Zoom link:

<https://lu.zoom.us/j/99033930379?pwd=WEVBZG9oREhzZFNEbE02R3BGVTRJUT09>