



UNIVERSITY OF ST. AUGUSTINE

FOR HEALTH SCIENCES

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Pregnancy and Physical Therapy Continuing Education Seminar Offered by Women’s Health Expert

Dr. Cynthia E. Neville will lead a three-day seminar for physical therapists that provides comprehensive practical knowledge about the evaluation and treatment of pregnant and postpartum patients

St. Augustine, Florida—March 25, 2015—Back pain is one of the most common reasons people consult with a physical therapist, and many women experience back and pelvic girdle joint pain in pregnancy. Physical therapists are the provider of choice to evaluate and treat women with back and pelvic joint pain during pregnancy and postpartum because of their extensive training, skill and expertise in rehabilitation of the musculoskeletal system.

Many physical therapists need additional training in this important specialty area of women’s health, which is why the University of St. Augustine for Health Sciences is offering a new, three-day continuing education seminar, “Women’s Health: Physical Therapy in Pregnancy and Postpartum.” The seminar features evidence-based content, hands-on training in examination and treatment techniques, and it promotes the use of the most reliable tests, measures and interventions.

The first seminar is April 17-19 in St. Augustine. For more information or to register, go to cpe.usa.edu.



The continuing professional education seminar is presented by Cynthia E. Neville, PT, DPT, WCS, a Women’s Health Certified Specialist and an internationally recognized educator and speaker whose work focuses on women’s health rehabilitation. Her outpatient clinical practice, SmartBody Physical Therapy in Jacksonville, Florida, primarily serves women with musculoskeletal impairments during pregnancy and pelvic floor disorders. She has authored and co-authored several research articles about women’s health rehabilitation and presented research at international meetings.

The seminar will cover a range of topics that relate to the musculoskeletal health of pregnant women and those who have recently given birth. Low back and pelvic girdle pain, in particular, are believed by many to be a normal side effect of pregnancy; it affects up to 50% of women. Left untreated, these

conditions can lead to disability. Physical therapists are uniquely qualified to treat these impairments, restore normal functioning to the pelvic girdle and help women be active and pain free during pregnancy.

Seminar attendees will receive psychomotor training in examination and treatment techniques, which will prepare them for the immediate clinical application of their skills and knowledge. A study and discussion of exercise in pregnancy and pregnant athletes, and an investigation into the causes and health issues associated with high-risk pregnancy and birth-related injuries will complement the training.

Learn more about the seminar and Dr. Neville in this short video: <https://youtu.be/Qj2r6u2jRHs>.

The seminar is available to physical therapists and physical therapist assistants. Those interested in the clinical specialty area of women's health are encouraged to attend. Tuition for the 21-hour live seminar is \$595. Attendees are eligible to receive 2.1 continuing education units (CEU). To register or request more information, please contact Ouida Howell at 800-241-1024, ext. 1266.

The University of St. Augustine is accredited as an Authorized Provider by the International Association for Continuing Education and Training.

About Us

The University of St. Augustine for Health Sciences (USA) is a graduate institution that emphasizes health science education through innovative quality classroom and distance education. Founded in 1979, USA has locations in San Marcos, California; St. Augustine, Florida; and Austin, Texas. USA offers degree programs in physical therapy, occupational therapy, athletic training, education, health science and orthopaedic assistant, as well as residency, fellowship and continuing education programs. It is a member of *Laureate International Universities*, a network of more than 80 institutions in 29 countries and one of the most significant global higher education providers for health sciences. For more information, visit www.usa.edu.

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