

Scientific Program: 6<sup>th</sup> Annual WCAPP Meeting / IPPS Annual Meeting  
Cartagena, Colombia / October 16-19, 2024



# 6th World Congress on Abdomino-Pelvic Pain

*Cartagena, Colombia*

October 16-19, 2024

Learn and Fun in the Sun



**Wednesday, October 16<sup>th</sup> 2024**

**Concurrent Sessions: 7:00 AM – 5:00 PM**

**The Clinical Foundations Course for Chronic Pelvic Pain:** This course begins by laying the groundwork for understanding the five main systems involved in chronic pelvic pain: 1) gynecology, 2) urology, 3) gastroenterology, 4) neuromusculoskeletal, and 5) psychoneuroimmunology, otherwise known as the mind-body connection. This is followed by an expert panel discussion for complex cases. We hope you take advantage of this incredible, comprehensive, intradisciplinary course created for all healthcare providers.

07:30 - 07:45 am	Welcome	
07:45 - 08:00 am	Persistent Pelvic Pain 101	Jorge Carrillo, MD
08:00 - 08:30 am	Pain Pathophysiology Unraveled	Janelle Moulder, MD
08:30 - 08:55 am	History Taking Simplified	Jorge Carrillo, MD
08:55 - 09:30 am	Physical Exam (anatomy and exam)	Corey Hazama, DPT
09:30 - 09:50 am	Psychosocial Assessment	Alexandra Milspaw, PhD
10:20 - 10:50 am	Gynecology – Dysmenorrhea, Endometriosis, PCS	Jorge Carrillo, MD
10:50 - 11:10 am	Urology	Mark Dassel, MD
11:10 - 11:30 am	Gastrointestinal	Janelle Moulder, MD
11:30 - 11:50 am	Neuralgias	Jorge Carrillo, MD
11:50 am - 12:10 pm	Sexual Pain	Mark Dassel, MD
12:10 - 12:30 pm	Expanding Frontiers in Pelvic pain	Janelle Moulder, MD
12:30 - 2:00 pm	Lunch Break	
02:00 - 02:15 pm	The A Team	Alexandra Milspaw, PhD
02:15 - 02:35 pm	MSK Therapies	Corey Hazama, DPT
02:35 - 03:00 pm	Medical and Interventional Therapies	J. Carillo, MD/ M. Dassel, MD
03:00 - 03:40 pm	Behavioral Approaches in Persistent Pelvic Pain	Alexandra Milspaw, PhD
03:45 - 04:50 pm	Interactive session: CASES	
04:50 – 05:00 pm	Wrap-up / Q&A	

**Clinical Symposia:** IPPS will accept submitted clinical symposia applications and the leading 4-5 symposia will run concurrently with the Fundamentals Course. The target audience will be intermediate and advanced clinical professionals across disciplines in the following areas but not limited to:

- *Visceral pain syndromes (e.g. IC, IBS, Endometriosis, dysmenorrhea)*
- *Neuropathies and neuralgias;*
- *Novel pain treatments, neuromodulation, photobiomodulation, electrostimulation*
- *Myofascial pelvic pain or dysfunction*
- *Vulvar / Vaginal pain syndromes*
- *Sexual dysfunction*
- *Psychosocial pain mechanisms*
- *Resilience Integrative health therapies for pain*
- *Transgender health Innovative treatments for pain*

[Submit a symposium!](#)

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**Thursday, October 17<sup>th</sup> 2024**

06:00 - 06:45 am	Yoga (Separate Registration Required)
07:30 - 07:40 am	Welcome, Announcement, Introduction
07:40 - 08:00 am	IPPS Presidential Address
08:00 - 08:45 am	James E. Carter Memorial Award Lecture
08:45 - 9:00 am	Q&A
09:00 - 09:30 am	Exhibits / Abstract Viewing
09:30 - 09:40 am	Scientific Session Introduction
09:40 - 10:40 am	Perioperative Pain Management for the Patient with Persistent Pelvic Pain
10:40 - 11:00 am	Q&A
11:00 - 11:30 am	Exhibits / Abstract Viewing
11:30 am – 12:00 pm	Abstract Presentations
12:00 - 12:30 pm	International Ambassador Presentation
12:30 - 01:30 pm	Lunch / Committee Meetings
01:30 - 01:40 pm	Neurologic / Pain Mechanisms Introduction
01:40 - 2:40 pm	Scientific Session: Neurologic / Pain Mechanisms
02:40 - 3:00 pm	Q & A
03:00 - 03:15 pm	Exhibits / Abstract Viewing
03:15 - 03:45 pm	Opening Ceremony / IPPS Chair Address
03:45 - 04:30 pm	Paul Perry Memorial Award Lecture
04:30 - 04:45 pm	Wrap-up / Q & A

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**Friday, October 18<sup>th</sup> 2024**

06:00 - 06:45 am	Yoga (Separate Registration Required)
07:30 07:40 am	Welcome, Announcement, Introduction
07:40 - 08:25 am	Indications of Botulinum Toxin Injections in Chronic Pelvic Pain and Endometriosis
08:25 - 08:40 am	Q & A
08:40 - 09:50 am	Endometriosis
09:50 - 10:10 am	Panel Discussion
10:10 - 10:30 am	Exhibits / Abstract Viewing
10:30 – 11:00 am	Abstract Presentations
11:00 - 11:30 am	Tuning in and Tuning out Pain: Exploring the power of music therapy
11:30 am - 12:40 pm	Lunch / Roundtables with Experts (separate registration required) <ul style="list-style-type: none"><li>• Office Procedures for Pain</li><li>• Musculoskeletal Considerations</li><li>• History and Physical Exam</li><li>• US and Endometriosis</li><li>• Botox Procedures for CPP</li><li>• Pudendal Neuralgia</li><li>• Bladder Pain Syndrome</li><li>• Physical therapy in post-delivery chronic pain</li><li>• Pain and Endometriosis</li><li>• Pain Mechanisms</li><li>• Fear/Pain</li><li>• Assembling an interdisciplinary Team</li></ul>
12:40 - 10:50 pm	Introduction
12:50 - 01:35 pm	Plenary Session
01:35 -01:50 pm	Q & A
01:50 - 3:00 pm	Musculoskeletal Considerations
03:00 pm - 03:15 pm	Q & A
03:15 pm - 03:30 pm	Exhibits / Abstract Viewing
03:30 pm - 04:45 pm	Interactive Activity
04:45 - 05:15 pm	IPPS Business Meeting
7:00 PM	Fundraiser Activity

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**Saturday, October 19<sup>th</sup> 2024**

**Concurrent Sessions: 7:00 – 11:00 AM**

**Treating the Whole Person: A Masterclass on Health Psychology Interventions for Chronic Pelvic Pain:** This educational and experiential course includes a comprehensive overview of chronic pelvic and sexual pain anatomy, physiology, and its connection with brain health and associated mental health symptoms and diagnoses. Formal and informal assessments, behavioral strategies, therapeutic interventions, and how to work with a “stuck” client” will all be reviewed. The course will conclude with demonstrations and open discussion. If your work includes clients with chronic pain, chronic illness, anxiety and obsessive-compulsive disorders, depression, and/or sexual dysfunction, this course will offer insight into how it’s all connected, and participants will leave feeling a confident renewal in assessment and treatment approaches.

*Instructors: Corey Hazama, DPT, Alexandra Milspaw, PhD, Laura Payne, PhD*

07:00 - 07:35 am	Introduction and CPP 101
07:35 - 08:20 am	CPP Assessment: Formal and Informal Assessment Tools
08:20 - 09:00 am	Pain Science Education & Nervous System Regulation Exercises
09:00 - 09:15 am	Break / Q&A
09:15 - 10:30 am	Case Study and Demonstration
10:30 - 11:00 am	Open Discussion and Q&A

**Conservative Management for Addressing Musculoskeletal Impairments in Pelvic Pain: Elevating your comprehensive Physiotherapy Core Skills (Separate registration required)**

*Instructors: Karen Brandon, DPT & Heather Jeffcoat, DPT*

Physiotherapists/PT’s who see patients with persistent or chronic pelvic pain must know what elements of their condition will respond to PT treatment, and therefore must be able to independently assess for musculoskeletal and myo-fascial etiologies and address the impairments with treatment techniques that are evidence-based. Pelvic Health Physical Therapy involves comprehensive assessment of the body not just internal assessment of the pelvic floor. Therefore it is critical that those seeing patients with pelvic pain know how to assess and treat external structures and know when to include intra-vaginal or intra-rectal assessment. In addition, the physiotherapist should be able to give home instructions and recommendations that enhance the progress of functional goals.

By the end of this course the participant will be able to: 1) Outline the most common musculoskeletal impairments that exist in all systems that cross the pelvis and how screen or assess them 2) Recognize red and yellow flags for medical screening and triage of abdomino-pelvic pain 3) Compile useful resources of patient education for self care to progress goals of rehabilitation 4) List treatment techniques including manual therapies most commonly used for pelvic pain

07:00 - 07:30 am	Intro to Pelvic Health Physical Therapy in Pelvic Pain Conditions
07:30 - 08:00 am	Subjective and Functional Intake and Planning your Physical Exam
08:00 - 08:30 am	Medical Screening with Abdomino-Pelvic Pain
08:30 - 08:45 am	Break + Q and A
08:45 - 09:30 am	Review of MSK Systems: Spine /Pelvic Girdle/ Hip, External perineal assessment/self-assess and functional screening
09:30 - 10:00 am	Review of Overlapping systems: Neurological , Visceral (Uro, GI)
10:00 - 10:30 am	Treatment techniques with follow up home program recommendations
10:30 - 11:00 am	Case review (from pre-reading worksheet) reviewed