



International Organization of Physical Therapists in Women's Health

A sub-group of WCPT



PRESIDENT'S REPORT



Dear Colleagues and Friends,

I have such mixed emotions as I sit down to write my last president's message to you. I am sad to leave this wonderful position as your president and yet, I am so very pleased as I look back on what we have accomplished. I believe that together we have succeeded in making a reality my

vision of a viable, meaningful and vibrant international organization for physical therapists working in the field of women's health. It was in 1995 in Washington D.C. at the WCPT Congress there, that I began to discuss the possibility of forming a subgroup of the WCPT. I networked at the congress and later by mail with many of you and we launched IOPTWH in 1998. Then, in 1999 at the Yokohama Congress, we were formally recognized as the second subgroup of WCPT. It was quite a moment. Now, eight years later, we are getting ready for our meetings in Vancouver, BC, Canada and I am excited, but nostalgic and cannot believe how quickly the time has passed!

We have accomplished a great deal to date; this wonderful newsletter, our website and list-servs; our efforts at outreach; our great programming at WCPT congresses and in-between years (at Eynsham Hall in the UK in 2001 and Slovenia in 2005); and last but not least, the informal networking and cross-communication this organization has fostered. We are poised to do even more as we prepare to adopt a strategic plan in Vancouver that will take us at least 4-8 years into the future. I certainly intend to remain as a consultant to the new Executive to be elected at the IOPTWH general business meeting in Vancouver...it would be difficult to step away completely from an organization I hold very dear.

(Continued on page 2)

WHAT'S INSIDE...

Editor position available.....	3
Women's Health Scientific Programming at WCPT.....	4
Treasurer's Report.....	5
Book Review-Science of Orgasm.....	6
Upcoming Events and Announcements.....	8

(Continued from page 1)

If you are coming to Vancouver, please plan to attend the IOPTWH reception on Monday June 4th at the Fairmont Waterfront Hotel in the Cheakamus Room from 16:30-18:30. It is not too late to register for the Congress or the IOPTWH sponsored pre-congress seminar, "Prevention and Management of Osteoporotic Fractures" on June 2nd. Simply go to www.wcpt.org and register online! Delegates will soon receive an invitation to the IOPTWH General Business Meeting to be held on June 4th from 13:30-16:30 at the Fairmont Waterfront Hotel as well. We hope all member organizations will send at least one delegate to the meeting.

And one exciting note before I close: I will travel to Sao Paulo, Brazil, representing IOPTWH in May, helping to pave the way for them to join our organization as well as presenting a seminar on 'Obstetric Back and Pelvic Ring Pain.'

Finally, I want to say it has been a privilege and a joy to be your president for the past eight years. I have learned so much and met such wonderful friends around the world. I wish to thank the other members of the Executive Committee for their contributions: Kari Bø, outgoing Vice President; Gill Brook, outgoing Treasurer; Rebecca Stephenson, outgoing Secretary; and Meena Sran, outgoing Member-at-Large. We are fortunate that Rebecca, Gill and Meena have agreed to run for other positions on the Executive so we will not lose their experience as the Board transitions in June. I must also thank Shannon Michels for her work as our first Newsletter Editor. Shannon will step down after the Congress as well: Great work Shannon! Thanks, too, to Barbara Savi, our administrative Secretary in Massachusetts, USA. Barb is retiring from IOPTWH soon and we owe her a great deal of thanks for making us all look good!

So, as I wipe away my tears, I bid you adieu in my role as your president and hope you all find peace and joy in your future endeavors,

Fondly,
Jill Schiff Boissonault



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Call for
IOPTWH NEWSLETTER EDITOR
applicants

Shannon Michels, the current newsletter editor, is retiring from her position at the general business meeting in Vancouver in June, and we are seeking applicants to succeed her.

Please read this information, and circulate it as widely as possible amongst the members of your national group. Candidates must be members of a member organization of the IOPTWH.

If you are interested in applying, please contact me by email by **FRIDAY 4TH MAY** including a CV, and short statement (maximum 200 words) in support of your application.

The newsletter, which appears on the Organization's website and is also distributed in hard copy, comes out twice a year (spring and autumn/fall).

The role of the editor is to:

- solicit reports from executive committee officers and committee chairs;
- encourage submissions from member organizations;
- select articles for publication;
- research appropriate upcoming events;
- produce (or arrange production of) the newsletter bi-annually;
- liaise with IOPTWH administrative secretary on distribution, electronic and hard copy;
- provide an electronic copy for the website; and
- creatively move the newsletter forward as an information and communication tool.

A remuneration of £150 (GB pounds) is paid per issue, plus expenses (e.g. stationery, postage).

We are looking for a commitment of 4 years.

Shannon Michels (Shannon@rem.on.ca) is happy to answer any queries you have, and will support the successful applicant when they take over.

Yours sincerely

Gill Brook
IOPTWH treasurer and chair of the publications sub-committee



The scientific programming in the area of Women's Health is expected to be diverse and exciting. Following is an example of some of the presentations that will be made by members of IOPTWH. There will be many more in all forums of presentation; platform, poster and workshops.

- *TAKING A POSITION ON FEMALE GENITAL MUTILATION: THE IOPTWH CONDEMNS THE PRACTICE AND SUPPORTS ERADICATION EFFORTS.* Ruth Broom, IOPTWH, Auckland, New Zealand; Gill Brook, IOPTWH, Bradford, United Kingdom; Kari Bø, IOPTWH, Oslo, Norway.

The purpose of this paper is to take a position, as the International Organization of Physical Therapists in Women's Health (IOPTWH), against the practice of female genital mutilation (FGM) because of its harmful effects on the health of girls and women, and to add our name to the efforts of the World Health Organization (WHO) to eradicate the practice worldwide. Many of the health effects of FGM lie within the scope of practice of physical therapists in Women's Health.

Ruth Broom is the presenting author of this Special Interest Report under the Global Health Track at the WCPT Congress 2007. This paper has been accepted as a platform presentation.

- In addition, the WCPT Executive committee is putting forward, to the Vancouver General Meeting, a position statement on female genital mutilation, referencing a number of international organizations and statements and supporting IOPTWH's position. The IOPTWH position paper will accompany the statement as a background document. The Executive Committee is seeking the endorsement of delegates of these documents before submission to the WHO.
- Tuesday June, 5, 2007, IOPTWH will host a two hour workshop; first 45 minutes on our new strategic plan, then a class on pelvic floor rehabilitation with Kari BØ promoting evidence based strategies for group situations.
- Discussion Panel: Standards & Specialisation – How should we develop international/national standards for practice in speciality areas? Gill Brook, UK, IOPTWH
- PAIN RELIEF IN LABOUR BY TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION: A RANDOMIZED CONTROLLED TRIAL. Računica K; Ščepanović D; Premru-Sršen T*; Žgur L*; Department of Physiotherapy. University of Ljubljana. College of Health Studies. *Department of Obstetrics and Gynaecology. University Medical Centre Ljubljana. Ljubljana. Slovenia.
- DO CANADIAN PHYSIOTHERAPISTS IDENTIFY, ASSESS AND TREAT URINARY

(Continued on page 5)

(Continued from page 4)

INCONTINENCE AFTER STROKE? Chantele Dumoulin, Canada

- CHANGES IN LEVATOR ANI ANATOMICAL CONFIGURATION AFTER PHYSIOTHERAPY IN STRESS URINARY INCONTINENT WOMEN: AN MRI STUDY. Chantele Dumoulin, Canada
- A SURVEY OF UNITED STATES PHYSICAL THERAPY FACULTY ON ENTRY-LEVEL WOMEN'S HEALTH CURRICULAR CONTENT, Jill Boissonnault, USA
- RISK FACTORS FOR DIASTASIS OF THE RECTI ABDOMINIS G. Candido, T. Lo, P. A. Janssen

Please look for these and many more presentations at Congress and network with your fellow IOPTWH members.



IOPTWH TREASURER'S REPORT MARCH 2007

Following a quiet time, I anticipate a lot of activity during my final months as treasurer. The 2007 dues are beginning to arrive. Thank you to those member groups who have paid already and I look forward to hearing from the rest of you soon.

I have already secured some sponsorship for our study day in Vancouver, and anticipate interest from other companies over the forthcoming weeks.

Outgoings since I last reported have been on the website and administrative costs. Income has been from dues, bank interest and the delayed arrival of a sponsorship cheque for our 2005 study day in Slovenia.

Income and expenditure since 31st August 2006 are as follows:-

Income:	£473.03
Expenditure:	£689.24

Funds at 8 th February 2007:	£12,421.73
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Our accounts for the four years 2003-2006 have been prepared, checked and submitted to WCPT and I look forward to meeting some of you when I report at our general business meeting in June.

Gill Brook
Treasurer



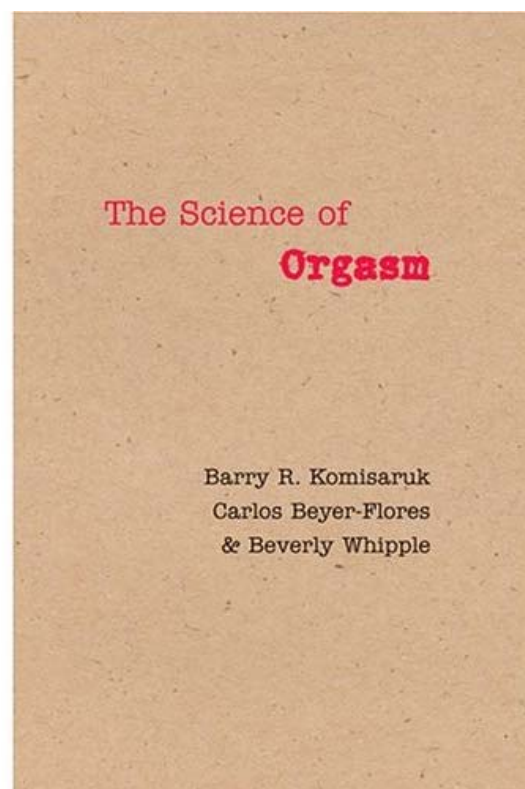
BOOK REVIEW: The Science of Orgasm

Reviewed by Talli Rosenbaum

What is an orgasm? If you have had the occasion to describe the sensation to a friend, or to explain its physiology to a patient, you may think that you already know. But after reading *The Science of Orgasm* by Barry Komisaruk, Carlos Beyer-Flores, and Beverly Whipple, you will rapidly discover how much more there is to know. Like me, you will most likely be captivated by the wealth of information provided, much of which is highly relevant to physiotherapists dealing with the intimate disorders of men and women.

This book is an excellent reference for practitioners who wish to acquire a better understanding of the physiology of sex. The phenomenon of orgasm is explored with reference to each bodily system and examines the specific the roles of hormones, nerves, neurotransmitters, blood vessels and the brain. A clear and jargon-free review of the basic physiology of the female sexual response and of male erection and ejaculation is presented. In addition, there are chapters that discuss how orgasms are affected by various diseases, illnesses, and the aging process. The authors clarify that the orgasmic response is not a reflex, but the outcome of a complex and interwoven network of sensory and motor systems working together. Several studies are cited that demonstrate the health benefits of orgasms, such as improvement in sleep patterns and decreases in stress. Of particular interest to physiotherapists is the assertion that vaginal stimulation and orgasms have a role in providing analgesia in conditions such as dysmennoreah and migraine headaches.

Though replete with anatomical and physiological information, this book presents far more than mere biological facts. The authors challenge the view, popularized by Elizabeth Lloyd (Lloyd, E.A.2005 *The Case of the Female Orgasm: Bias in the Science of Evolution*, Cambridge, MA: Harvard University Press) that female orgasm has no known biological function and is merely an evolutionary by-product of the male orgasm. While not purporting to understand exactly what biological function the female orgasm fulfills, the authors devote significant attention to the potential role of sexual arousal and orgasm in the process of fertilization. There is ample discussion of the psychosexual issues surrounding female orgasm and the authors maintain that for many women, reaching orgasm is not necessarily a criterion for a satisfying sexual experience. Likewise, reaching orgasm does not necessarily indicate that the experience has been a particularly satisfying one. Finally, after an in depth discussion of how each region in the brain contributes to orgasm, the authors explores the difficult to grasp element of consciousness as a possible additional dimension in understanding exactly how we perceive the differences between sensations such as pain and pleasure.



(Continued on page 7)

(Continued from page 6)

As a physiotherapist, I was particularly fascinated by the chapter entitled "atypical orgasms" which explores topics such as orgasms during epileptic seizures, orgasms resulting from neurosacral stimulators, whether male or female surgical subjects can experience orgasm, and the fascinating "non-genital orgasms" occurring at the nipple, nose or knee. Of particular importance to physiotherapists is the evidence presented of sexual arousal and orgasm in women after spinal cord injury. While we have always been aware of the roles of the pudendal, pelvic and hypo gastric nerves, authors Whipple and Komisaruk and their colleagues have discovered a sensory role for the vagus nerve, which bypasses the spinal cord, in vaginocervical stimulation, providing support that women after spinal cord injury can experience orgasm.

Little attention is paid to the role of the pelvic floor in sexual arousal and orgasm and only two studies are cited (Graber and Kline Graber, 1979 and Ladas, Whipple and Perry, 2005). The authors can not be faulted that a paucity of research has been conducted to elucidate the role of the pelvic floor in the sexual response. However, inasmuch as Kegel exercise has been a component of sex therapy treatment of pre-orgasmia for the past several decades, a more comprehensive review of the pelvic floor, including the specific roles of the bulbocavernosus, ischiocavernosus and levator ani would have been of interest. An additional area where more detailed discussion would have been valuable is in regard to the effects of multiparity, pelvic floor dysfunction, urogenital conditions and chronic pelvic pain on orgasm. While the chapter on diseases that affect orgasm briefly mentions voiding disorders such as overactive bladder and stress incontinence, only diabetes mellitus, multiple sclerosis and Parkinson's disease are discussed in detail. Given the co-morbidity between LUTS (lower urinary tract symptoms) and sexual dysfunction in men and women, in this particular area, I was left wanting more.

That being the definition of a good read, I highly recommend this book to my colleagues.

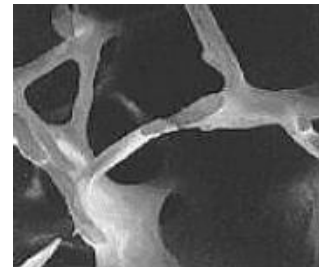
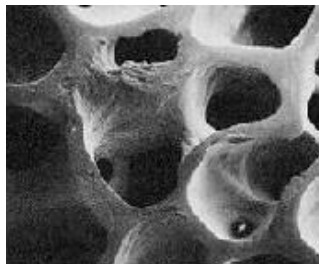
Respectfully submitted,

Talli Rosenbaum

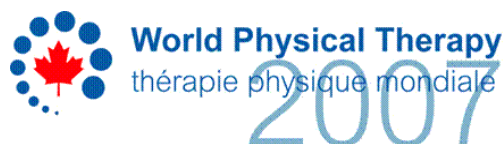


FINAL REMINDER!!!

PREVENTION AND MANAGEMENT OF OSTEOPOROTIC FRACTURES SATURDAY JUNE 2, 2007-WCPT CONGRESS



UPCOMING EVENTS



There is still time to register and be part of WCPT Congress in Vancouver, British Columbia, Canada. Visit www.wcpt.org to register for Congress, the IOPTWH pre-congress course **Prevention and Management of Osteoporotic Fractures**, as well as to sign up to participate in clinical/institution site tours and regional tours of the amazing Vancouver area.

Continenence Foundation of Australia's 16th Annual National Conference on Incontinence

Each year the Continenence Foundation of Australia's "main event", the National Conference on Incontinence, brings together top speakers from Australia and overseas. The Conference presents the "latest and best" for bladder and bowel control - its science, research, and continence-related products and services.

Surfers Paradise Marriott Hotel, Gold Coast, Queensland

31 October to 3 November 2007.

For more details go to www.continenence.org.au



The National Special Groups of the APA will each be hosting courses within the week and the Continenence and Women's Health Group Conference theme is

The Core, the Floor and the Cortex

October 7, 8, 2007

Presenters include Pauline Chiarelli, Paul Hodges, Peter O'Sullivan, Mary Galea, Helena Frawley, Donna Urquhart, Marg Sherburn, Judith Thompson, Dianna Edmunds, Melinda Cooper, BK Tan and Kathy Briffa

For more information go to http://www.apaconferenceweek07.asn.au/nsg/womens_program.htm

The postgraduate course at Curtin (Clinical Physiotherapy – with an emphasis on women's health) is underway again with the Pelvic Floor Musculoskeletal Rehabilitation 650 already commencing. For more information on dates of upcoming units please visit <http://physiotherapy.curtin.edu.au> and follow the links.