

Course Title: **Physiotherapy in Urology, Gynecology, and Obstetrics**

Schedule: 12-day courses –

Part A September 17-20, 2026

Part B - October 12-15, 2026

Part C – will be published

Total length of course: 3 blocks of 4 days each

Guarantors and lecturers of course

Professional Guarantor of course: Prof. et doc. PhDr. Magdaléna Hagovská, PhD., MPH

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[Pelvic Fyzio](#)

Lecturer: Mgr. Zuzana Woleková

Certified physiotherapist pelvic floor physiotherapist, author of the holistic postpartum rehabilitation system POSTNATAL, and founder of GYNFYZIO concept of physiotherapy in urology, gynecology and obstetrics, Bratislava, www.gynfyzio.sk

Lecturer: Bc. Martina Hojčková

Certified pelvic floor physiotherapist, GYNFYZIO physiocenter in urology, gynecology and obstetrics, www.gynfyzio.sk

Professional advise and lector: MUDr. Barbara Čambalová - gynecologist - obstetrician *Bory Hospital*, Bratislava, Slovakia. Subspecialisation in the field of sexuology.

Course contents:

PART A, 09/2026		
Day 1		
9:00 – 9:30	Orientation and introductions, creating a safe space for intimate work	(Woleková, Hojčková)
9:30 – 10:00	History of urogynecological physiotherapy and key figures. Evaluation of the effectiveness of gynecological-urological physiotherapy methods based on EBM (Evidence-Based Medicine)	Online lecture (Prof. Hagovská)
10:00 – 13:00	Anatomy, physiology, and pathophysiology of the genitourinary system, interconnections with functional disorders of the musculoskeletal system. Specifics of male and female anatomy and physiology.	Interactive lecture (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Demonstration – Comprehensive pelvic floor muscle examination per vaginam – inspection, palpation, functional tests, PERFECT scale.	Practical demonstration (Woleková)
16:00 – 18:00	The most common urogynecological pathologies (SUI, OAB, POP), their diagnosis and connection with physiotherapy practice.	Lecture (Woleková, Hojčková)

<u>Day 2</u>		
9:00 – 11:00	Comprehensive pelvic floor muscle examination per vaginam – inspection, palpation, functional tests, PERFECT scale.	Hands-on participant practice, documentation in protocol (Woleková, Hojčková)
11:00 – 13:00	Pelvic floor muscle examination using ultrasound	Hands-on participant practice (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Discussion on comprehensive pelvic floor examination per vaginam, comparison and review of findings.	Discussion (Woleková, Hojčková)
16:00 – 18:00	Repetition of comprehensive examination considering findings and new insights from the discussion.	Hands-on participant practice, documentation in protocol (Woleková, Hojčková)
<u>Day 3</u>		
9:00 – 10:00	Comprehensive patient examination from the perspective of diagnosing and treating functional disorders including pelvic floor assessment.	Case study (Woleková)
10:00 – 11:00	Patient discussion.	Group Discussion (Woleková)
11:00 – 12:00	Comprehensive patient examination from the perspective of diagnosing and treating functional disorders including pelvic floor assessment.	Case study (Hojčková)
12:00 – 13:00	Patient discussion.	Group Discussion (Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Introduction to pelvic floor treatment – techniques, involved structures, most commonly treated pathologies (scars, trigger points). Manual treatment of the uterus per vaginam.	Lecture (Woleková, Hojčková)
16:00 – 18:00	Practical training – pelvic floor treatment.	Hands-on participant practice (Woleková, Hojčková)
<u>Day 4</u>		
9:00 – 12:00	Pelvic floor stimulation – electrostimulation, electromagnetic stimulation, reflex stimulation, biofeedback (Perifit, Femfit).	Lectures + practical demonstrations + participant practice (Woleková, Hojčková)
12:00 – 13:00	Exercise equipment, theory of Pelvic Floor Muscle Training (PFMT)	Lecture (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 17:00	PFMT – practical exercise session	Practical activity (Hojčková)

After the first block, course participants are required to prepare a case study and meet in small groups based on their place of residence for supervision. A WhatsApp group will be created where participants are invited to share their observations and request supervision and guidance from the instructors.

PART B, 10/2026

Day 1

9:00 – 11:00	Case study review – supervisions	Supervision session (Woleková, Hojčková)
11:00 – 13:00	Medical treatment of the most common urogynecological pathologies (SUI, OAB, POP). Incontinence in athletes, seniors, neurogenic incontinence, and pelvic organ prolapse. An overview of pharmacological and surgical treatment options and their integration with physiotherapy practice.	Lecture (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Systematic physiotherapy approach to the above-mentioned diagnoses. Manual therapy. Exercises.	Lectures + practical demonstrations + participant practice (Woleková, Hojčková)
16:00 – 18:00	Overview of current research (SUI, OAB, POP, athletes, seniors, devices – Femfit, imaging techniques – 3D ultrasound). Physiotherapy for pelvic floor dysfunctions in men – diagnosis, assessment, treatment, and research findings.	Lecture (Woleková, Hojčková)
<u>Day 2</u>		
9:00 – 10:00	Pregnancy – physiology, complications, and changes in the body's biomechanics, feet during pregnancy, pelvic floor in pregnancy.	Lecture (Woleková, Hojčková)
10:00 – 13:00	Selected functional disorders during pregnancy – comprehensive diagnostics and therapy (kinesiotaping, belly wrapping, manual techniques, integration exercises, exercise with equipment).	Lectures + practical demonstrations + participant practice (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Diastasis recti during and after pregnancy – development, etiology, examination, ultrasound, measurement.	Lecture (Woleková, Hojčková)
16:00 – 18:00	Diastasis recti during and after pregnancy – treatment, exercise.	Hands-on participant practice (Woleková, Hojčková)
<u>Day 3</u>		
9:00 – 11:00	Examination and treatment of the pelvic floor muscles, coccyx, hip joints, and sacroiliac joint per rectum.	Lecture (Woleková, Hojčková)
11:00 – 13:00	Training in per rectum examination and treatment.	Participant practice (Woleková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 16:00	Pain syndromes during and after pregnancy – Pelvic Girdle Pain, Lower Back Pain	Lectures + demonstrations + exercises (Woleková, Hojčková)
16:00 – 18:00	Examination and treatment of the birth canal and preparation for childbirth. Biomechanics and physiology of childbirth explained, pelvic movements, and the baby's progression through the birth canal. Positioning during labor and delivery. Vaginal steaming, essential oils, other equipment.	Prednášky + praktické ukážky (Woleková, Hojčková)

Day 4		
9:00 – 10:00	Childbirth and postpartum – physiology and changes in the body's biomechanics. Most common complications – birth injuries, operative deliveries (CS, VE, forceps, episiotomy), avulsion injuries, pelvic organ prolapse, rectal dysfunctions.	Lectures (Woleková, Hojčková)
10:00 – 12:00	Postpartum trauma or other psychological disorders – how to distinguish them, communication, role of physiotherapy in their treatment.	Lecture, discussion, demonstrations (Woleková)
12:00 – 13:00	Physiotherapy during the postpartum period (puerperium).	Lecture, demonstrations (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 17:00	Specifics of physiotherapy and systematic work with women after childbirth (post-puerperium and beyond) – comprehensive physiotherapy. Step-by-step treatment of pelvic floor scars. Step-by-step treatment of cesarean section scars.	Lectures + demonstrations + participant practice (Woleková, Hojčková)

PART C, 01/2027		
Day 1		
9:00 – 11:00	Case study review – supervision session	Supervision session (Woleková, Hojčková)
11:00 – 13:00	Hypertonicity of pelvic floor muscles. Types of hypertonus. Vaginismus, vulvodynia, dyspareunia, painful menstruation. Chronic pelvic pain.	Interactive lecture (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 18:00	Regulation of the nervous system of both therapist and patient. Communication in urogynecological physiotherapy. Ethical issues in urogynecological physiotherapy.	Lectures + practical demonstrations + participant training (Woleková)
Day 2		
9:00 – 11:00	Endometriosis, cysts, polycystic ovaries, and abdominal adhesions from a medical perspective. Oncological diseases of the pelvis. Gender-specific aspects of these conditions. Surgical and pharmacological treatment options and their connection to physiotherapy practice.	Lecture (Woleková, Hojčková)
11:00 – 13:00	A systematic approach to physiotherapy for the above-mentioned diagnoses. Manual therapy. Exercise.	Lectures + practical demonstrations + participant training (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 15:00	Specifics of pelvic floor physiotherapy in men.	Lecture (Woleková)
15:00 – 16:00	Specifics of physiotherapy in menopause.	Lecture (Woleková, Hojčková)

16:00 – 18:00	Relaxation techniques.	Practical demonstrations + participant practice (Woleková, Hojčková)
<u>Day 3</u>		
9:00 – 13:00	Review and application of learned methods in practice. Work in small groups: comprehensive examination and therapy. Defining physiotherapy goals, plans, and procedures. The activity is supervised by instructors and may include group discussion.	Practical activity, supervision session, discussion (Woleková, Hojčková)
13:00 – 14:00	LUNCH BREAK	
14:00 – 18:00	Discussion about patient cases and alternative approaches in urogynecological physiotherapy. Reflection on individual patients. Mutual inspiration, support, discussion, and enrichment through each therapist's unique perspective.	Open discussion (Woleková, Hojčková)
<u>Day 4</u>		
9:00 – 14:00	Final exam – participants answer questions, may consult with each other and use literature. Group review of test answers – each participant corrects their own mistakes. Reflection and summary of key challenges.	Practical activity, discussion (Woleková, Hojčková)
14:00 – 15:00	LUNCH BREAK	
15:00 – 17:00	Group review of test answers – each participant corrects their own mistakes. Reflection and summary of key challenges. Ceremonial certificate presentation.	(Woleková)