

UNIVERSITY DIPLOMA IN PERINEAL REHABILITATION

Main Language of Instruction:French ☒ English ☐ Arabic ☐**Campus Where the Program Is Offered:** CSM**OBJECTIVE**

This University Diploma aims to train healthcare professionals to assess, prevent, identify, and manage pelvic floor dysfunctions through a multidisciplinary, evidence-based approach.

PROGRAM LEARNING OUTCOMES (COMPETENCIES)

- Demonstrate knowledge of the anatomical, physiological, and pathophysiological foundations of the pelvic floor system.
- Perform clinical and functional evaluation of pelvic floor disorders.
- Develop a preventive and therapeutic approach to pelvic floor rehabilitation adapted to different clinical situations.

ADMISSION REQUIREMENTS

- Midwifery diploma or Bachelor in Midwifery
- Physiotherapy diploma or Bachelor in Physiotherapy

PROGRAM REQUIREMENTS**15 Credits: Required Courses (15 credits)****Required Courses (15 Cr.)**

Anatomy and Physiology of the Pelvic Floor (2 Cr.). Clinical Training in Pelvic Floor Rehabilitation (2 Cr.). Evaluation of Pelvic Floor Function (2 Cr.). Pathophysiology and Semiology of Pelvic Floor Disorders (2 Cr.). Pelvic Floor Rehabilitation and Therapeutic Strategies (3 Cr.). Postural Approaches in Pelvic Floor Rehabilitation (2 Cr.). Pregnancy, Childbirth and Pelvic Floor Trauma (1 Cr.). Sexual Health and Pelvic Floor Function (1 Cr.).

COURSE DESCRIPTION

034APHPP1	Anatomy and Physiology of the Pelvic Floor	2 Cr.
This course provides the anatomical and physiological foundations of the pelvic floor and the urinary, digestive, and genital systems. It addresses the mechanisms underlying normal pelvic floor function.		
039SCRPP2	Clinical Training in Pelvic Floor Rehabilitation	2 Cr.
Clinical training in pelvic floor rehabilitation units, promoting the integration of assessment, diagnosis, rehabilitation, and multidisciplinary collaboration approaches in real-life situations.		
039EVAPP2	Evaluation of Pelvic Floor Function	2 Cr.
This course aims to develop the skills required for the clinical and functional assessment of the pelvic floor. It includes training in clinical examinations, measurement techniques, and imaging tools used to guide diagnosis and therapeutic follow-up.		

034PSTPP1	Pathophysiology and Semiology of Pelvic Floor Disorders	2 Cr.
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This course focuses on the pathophysiological mechanisms, risk factors, and clinical manifestations of the main pelvic floor disorders.

039RESTP2	Pelvic Floor Rehabilitation and Therapeutic Strategies	3 Cr.
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This course is dedicated to the various multidisciplinary therapeutic approaches to pelvic floor rehabilitation adapted to different pathologies.

034POPEP1	Postural Approaches in Pelvic Floor Rehabilitation	2 Cr.
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This course explores the interactions between posture, movement, and pelvic floor function. It covers principles of motor learning, maternal postures during pregnancy and childbirth, and preventive and muscle-strengthening approaches aimed at preserving pelvic floor integrity.

034GATPP1	Pregnancy, Childbirth and Pelvic Floor Trauma	1 Cr.
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This course addresses the anatomical and functional changes associated with pregnancy and childbirth, as well as the mechanisms of perineal trauma and their impact on the pelvic floor.

034SXPEP1	Sexual Health and Pelvic Floor Function	1 Cr.
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This course provides an understanding of the links between pelvic floor function, female sexuality, and associated psychological dimensions. It addresses sexual physiology, sexual dysfunctions, and their relationship with pelvic floor disorders.