

SOMMER WEBINARE 2025

1 - Urogyn-OP - Was steht in der neuen (unpublished) Leitlinie? - PD Dr. med. Kaven Baessler

2 - Beckenboden und Sport - PhD Carol Baldini

3 - Chronischer Beckenbodenschmerz - PhD Małgorzata 'Gosia' Starzec-Proserpio



3 X ABENDS UM 20 UHR

- 1. OPERATIONEN - 25. AUGUST 2025
- 2. SPORT UND BB - 4. SEPTEMBER 2025
- 3. CHRONISCHER SCHMERZ - 8. SEPTEMBER 2025

KOSTEN:

EINZELBUCHUNG 60 EURO

GLEICHZEITIGE BUCHUNG 2 WEBINARE 110 EURO

GLEICHZEITIGE BUCHUNG 3 WEBINARE 155 EURO

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www.physiotherapie-junginger.de

3 Spezialistinnen und ihre Forschungsinhalte sowie Expertise auf deren Gebieten - Kurz zusammengefasst in einem einstündigen Webinar mit der Möglichkeit der Diskussion im Anschluss.

Die federführende Autorin der deutsch-schweizer-österreichischen AWMF-Leitlinie "Genitaldeszensus" und Cochrane-Publikationen über POP, die brasilianische Wissenschaftlerin vom MFM LAB der Universität Ottawa, die polnische Wissenschaftlerin der Universität Sherbrook in Canada...

BEDINGUNGEN- VORAUSSETZUNGEN

Berufszugehörigkeit:

PhysiotherapeutIn, ÄrztIn, Hebamme, etc. (bei Erstbuchung einer Fortbildung des Junginger-Baessler-Konzepts ist eine Urkunde vorzulegen).

BESCHREIBUNGEN DER 3 WEBINARE

1 - Informationen zu gängigen Operationen bei Genitaleszensus und Inkontinenz

PD Dr. med. Kaven Baessler

Gängige Operationen für POP und Indikationen

Evidenzlage (AWMF Leitlinie (Prä-Publikation (!) und Cochrane-Reviews)

Beratung und Aufklärung - "shared-decision-making" mit Patientin Vorteile/

Nachteile gängiger Operationen

Aufgearbeitet für niedergelassene GynäkologInnen und spezialisierte PhysiotherapeutInnen und interessierte Hebammen



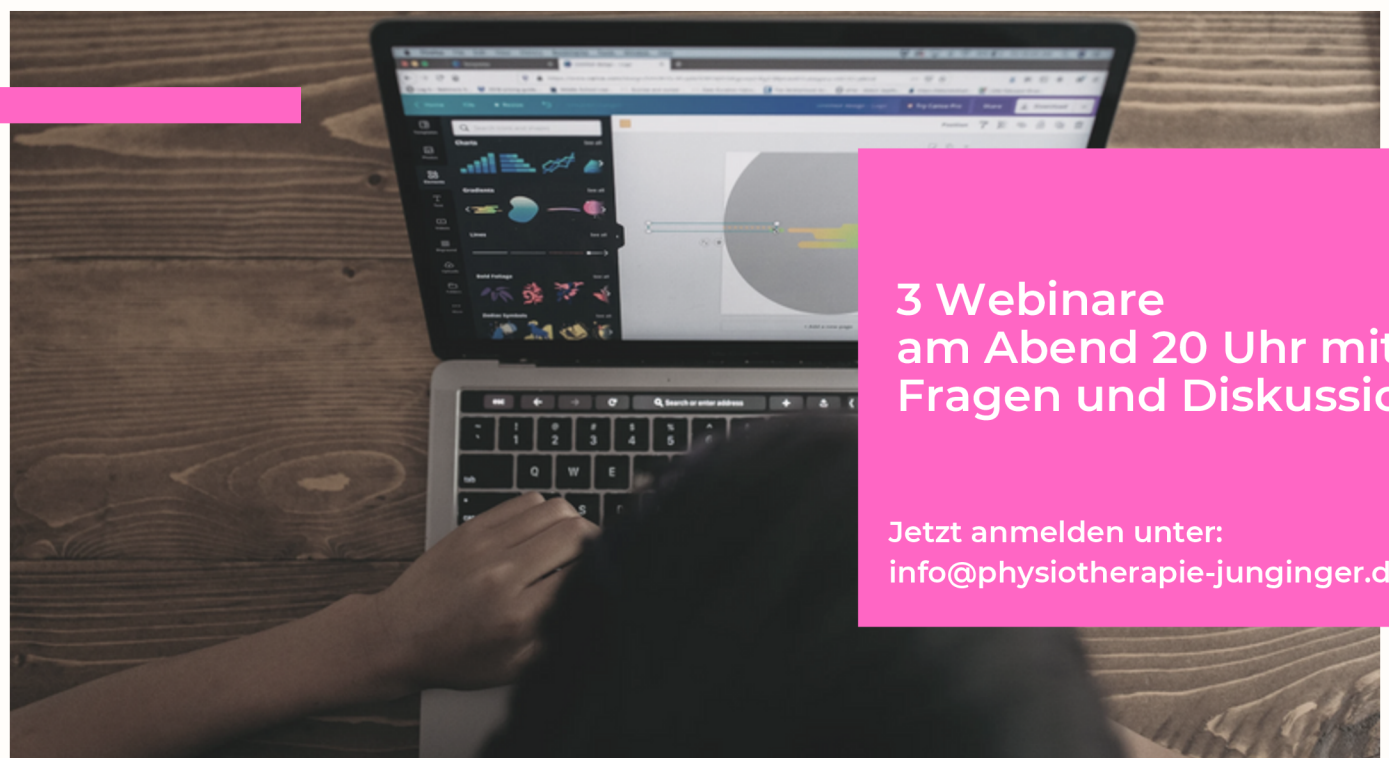
**3 Webinare
am Abend 20 Uhr mit
Fragen und Diskussion**

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2 - Beyond Common Sense: What Does the Evidence Really Say About Physical Activity and the Pelvic Floor?

Carol Baldini, PT, PhD

This webinar will address urinary incontinence in physically active women and athletes, exploring how different sports modalities impact the pelvic floor. We will present the key physiological mechanisms involved, including intra-abdominal pressure and ground reaction forces. The session will critically review the current evidence and discuss the functional and psychosocial impact of these symptoms. We will also provide tools for health professionals and coaches to identify signs early and support athletes without compromising sports performance.



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3 - What works in chronic pelvic pain management?

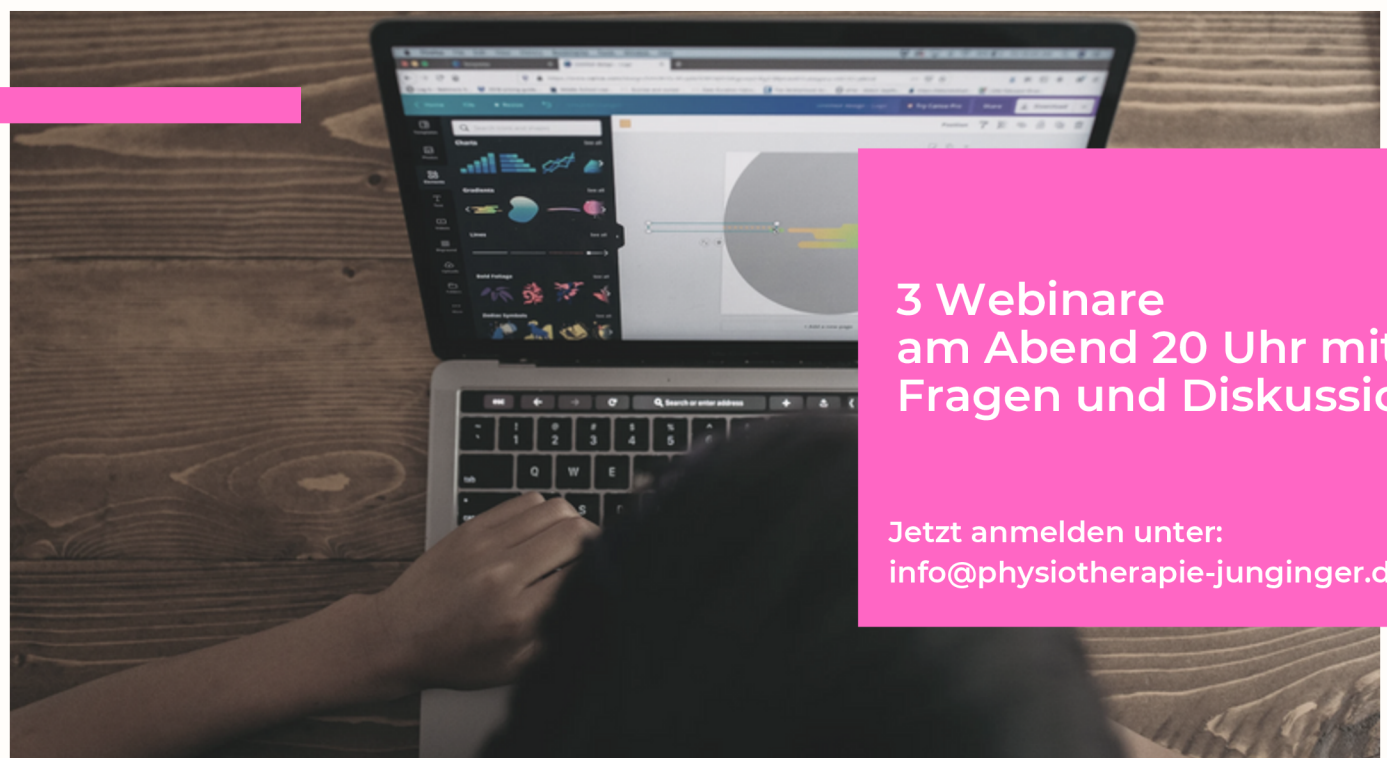
Małgorzata 'Gosia' Starzec-Proserpio, PT, PhD

Chronic pelvic pain is complex - and so is the research behind its treatment. This lecture will help you cut through the noise and focus on what truly works. Together, we will explore the most up-to-date evidence on the effectiveness of conservative therapies for managing chronic pelvic pain in women.

We will:

- Examine the evidence-based practice model and how to apply it meaningfully in pelvic pain care;
- Unpack key findings from recent studies, including the latest systematic review and meta-analysis (Starzec-Proserpio et al., 2025);
- Translate research into practice - discussing what the data really mean and how they can inform our clinical decisions;
- Take a closer look at the components of multimodal physiotherapy and how to tailor this approach to the individual needs of each patient.

If you want to provide care that is both evidence-informed and person-centered, this lecture is for you.



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DOZENTINNEN

PD DR. MED. KAVEN BAESSLER

Fachärztin für Gynäkologie und Geburtshilfe, zertifizierte Urogynäkologin (RANZAG)



Zertifizierte Urogynäkologin - Diploma in Urogynaecology (Royal Australian & New Zealand College of Obstetricians and Gynaecologists, Fachärztin für Gynäkologie und Geburtshilfe, Habilitation zum Thema Beckenboden-Symptome als Erlebnisqualität in der Therapie von Beckenboden-Funktionen
Tätigkeiten: Oberärztin, Leiterin des Kontinenz- und Beckenbodenzentrums am Franziskus-Krankenhaus und am Josephs-Krankenhaus, Berlin; Dozentin an der Medizinischen Fakultät der Universität Charité, Berlin; Editor-in-Chief des International Urogynecology Journal (IUJ); Editorin und Autorin diverser Fachbücher und Publikationen in wissenschaftlichen Journals; Federführende Autorin der Leitlinie „Weiblicher Deszensus genitalis, Diagnostik und Therapie".
Seit 2004 Autorin von Cochrane Systematic Reviews and Metaanalysen zum Thema: Operationen von POP +/- Harninkontinenz sowie Federführende Autorin der Leitlinie der AWMF zum Thema "Diagnosis and Therapy of Female Pelvic Organ Prolapse. Guideline of the DGGG, SGGG and OEGGG (S2e-Level, AWMF Registry Number 015/006, April 2016) - Update 2025 (under review)

DR. CAROLINE BALDINI PRUDENCIO, PHD

Postdoctoral Researcher am MFM - "Motor function measurement" Lab von Linda McLean, University of Ottawa, Canada



Carol is a Brazilian physiotherapist who graduated from São Paulo State University (UNESP), Brazil, in 2012. She holds a Master's degree (2017) and a PhD (2021) in Tocogynecology, during which I investigated the role of diabetes in pelvic floor function during pregnancy.

Carol has completed a 6-month research period at The University of Queensland in Australia (2019-20) with Prof. Paul Hodges.

Additionally, she served as a postdoctoral research fellow at UNESP (2021-23), including a research stint at PUC-Chile. Carol worked as a temporary professor in the physiotherapy bachelor's programs at both UNESP and UFSCar universities in Brazil.

Actually, Carol is a postdoctoral fellow, working on a project focused on innovative treatments for managing persistent pain in women with endometriosis using transcranial magnetic stimulation. She has extensive clinical and research experience, as well as a strong interest in pelvic floor assessment across various dysfunctions and throughout different stages of women's lives. Carol (as she prefers to be called) is an extroverted and communicative person who loves traveling, dancing, exercising, cooking, and sharing experiences.

DOZENTINNEN

DR. MAŁGORZATA 'GOSIA' STARZEC-PROSERPI, PHD

Postdoctoral Researcher at the Pelvic Health Research Laboratory von Melanie Morin; Centre Hospitalier Universitaire de Sherbrooke, Canada



Małgorzata 'Gosia' Starzec-Proserpio, PT, PhD, is a women's health physiotherapist, researcher, and educator with international experience gained in Poland, the Czech Republic, Norway, Spain, and Canada. In 2022, after working in leading women's health and sexology centers in Poland, she joined the Pelvic Health Research Laboratory, led by Professor Mélanie Morin at the Research Center of the Centre Hospitalier Universitaire de Sherbrooke, where she conducts her postdoctoral fellowship focusing on pelvic pain. Since the beginning of her career, she has been dedicated to improving perineal and pelvic health for women. She is deeply interested in bridging the gap between research and practice, making science more appealing, accessible, and "user-friendly."