

**SEMINAR: ADVANCES IN PELVIC FLOOR PHYSIOTHERAPY WITH KARI BO.**

Directed to: physiotherapists.

Number of hours: 1 hours.

Venue: Centro Médico Teknon. Sala Tenet.

Date: 28th August 2013

**Summary**

Asociación Continencia and Teknon Foundation organized a seminar about advances in pelvic floor physiotherapy.

The physiotherapist, clinical research and professor Kari Bo talked about Kegel exercises and "alternative exercises" for stress urinary incontinence in women.

Throughout the seminar, Kari Bo highlighted the importance of research and randomized controlled trials to determine the effectiveness of different types of exercises and treatments in order to offer to our patients treatments based on scientific evidence.

At the end of the seminar Mrs Kari Bo answered all the questions from the participants and the evaluation sheets were filled by them.

Audience: 17 physiotherapists.