



ABMMA
– ACADEMY OF BIOELECTRIC –
MERIDIAN MASSAGE AUSTRALIA

COURSE OUTLINE

Level 2 - BMT for Pelvic Health a course for Health Practitioners

This hands-on course is open to certified Level 2 BMT practitioners and qualified health practitioners wishing to broaden their scope of practice and understanding of this highly effective modality – Bioelectric Meridian Therapy (BMT).

LEARNING OUTCOMES

This course will equip you with a thorough understanding of the principles and concepts relating to the management of pelvic related conditions using ABMMA PRO BMT Device in the health care setting. Participants will come away from this course being confident in the use of the ABMMA PRO BMT Device. In this 1 day intensive course, you will gain:

- An understanding of common pelvic region issues that present in the clinic.
- Ability to recognise red flags, contraindications to pelvic treatment and develop suitable referral pathways.
- Understanding from a physiological perspective how the BMT device may contribute to therapy.
- Proficiency in using the BMT device for management of pelvic conditions.

COURSE ACCREDITATION CPD/CPE

Upon successful completion of this course, you can gain professional recognition points with:

- Massage & Myotherapy Australia
- ATMS
- IICT

If you are unsure if Bioelectric Meridian Therapy fits within your scope of practice, please consult your professional association.

COURSE INCLUSIONS

FULL ENROLMENT

If you enrol WITHOUT prior Level 1 BMT training, you will receive:

- ABMMA PRO BMT Device
- Accessories & A 250ml BMT Conductive Gel
- Certificate of Completion

TRAINING COURSE ONLY

If you enrol as a certified BMT practitioner, you will receive:

- Certificate of Completion





PRE-LEARNING ONLINE VIDEO CONTENT

INTRODUCTION TO BIOELECTRIC MERIDIAN THERAPY FOR THE PELVIC REGION

- The Pelvis Is a Complex Area
 1. Why So Complex?
 2. Why Do Pelvic Pain Issues Become So Chronic?
 3. The Importance Of Using a Bio-Psycho-Social Perspective In Managing Pelvic Issues
 4. Proximity Ethics
 5. Zoom In –Zoom Out Management -Is Imperative When Managing Pelvic Issues
- What Does Good Quality Research Tell Us About Managing Pelvic Issues?
 2. The problem with stand alone manual therapy
 3. The problem with ANY kind of stand alone therapy
 4. Placebo- The elephant in the room
 5. Moving away from treating “tissue” to treating people in pain or experiencing pelvic area dysfunction

THE IMPORTANCE OF DIFFERENTIAL DIAGNOSIS

- Incidence Of Pelvic Pathology
- RED FLAGS
 1. Checklist
 2. When not to proceed with therapy
 3. Referral pathways
- Should / Can We Separate Pelvic, Hip ,Thoracic and Low Back Issues?
 1. The lumbo-pelvic region is a jigsaw puzzle
 2. Thoracic, Lumbar and SIJ- quick tests for differentiation
 3. Hip- quick tests for differentiation
 4. Groin/Thigh
 5. Feet

COMMON PELVIC ISSUES SEEN IN THE CLINIC

1. Period Pain- What’s “Normal” & What’s Not
2. Endometriosis
3. Adenomyosis
4. PCOS
5. Constipation
6. Irritable Bowel Syndrome
7. Pelvic Floor Dysfunction- pain, hypertonicity, weakness, prolapse
8. Pudendal Nerve Issues
9. Central Sensitization

WHAT ARE WE ACTUALLY DOING WITH THE BMT DEVICE?

- Hands-On Effects
- Electrical Effects



ANATOMY & PHYSIOLOGY OF THE PELVIC REGION IS UNIQUE

- Relevant Anatomy- Physiology and Biomechanics
 1. Bones-Joints-Muscles
 2. “Zoom In” on Pelvic Floor
 3. Bladder-Bowel
 4. Lymphatic System
 5. Nerves of the Pelvis- Deep Motor & Cutaneous Nerves (To be covered individually in the practical)

FACE-TO-FACE SUPERVISED PRACTICAL

The supervised practical component of this course includes the BMT device use for the pelvic region, and Q&A on the pre-reading material.

- General techniques
- Specific Cutaneous Nerve Techniques
 1. Dorsal Rami of low back
 2. Superior & Medial Cluneal
 3. Iliohypogastric
 4. Trochanteric Rete
 5. Lateral Cutaneous of Thigh
 6. Genitofemoral
 7. Femoral
 8. Ilioinguinal
 9. Posterior Cutaneous of Thigh
 10. Obturator
 11. Pelvic Floor – Inferior Cluneal, Perineal, Coccygeal Plexus, Pudendal
 12. Hands on assessment

WHAT TO BRING

Students must bring their ABMMA PRO BMT device to the course. Devices are available for hire, this can be arranged by contacting your Course Coordinator.

COURSE BOOKINGS

To book this course, find upcoming dates and how to book at www.abmma.com.au.