

**NEW** year long program structure

# WHTA 2026 PF Research Update

## FEMALE PELVIC FLOOR



# OVERVIEW - 2026 RES. UPDATE

## MAIN PROGRAM - total 16hrs education 4 x 4hr sessions spread across the year

<b>MAR</b>	PF Pain Disorders Update	- 4hrs
<b>MAY</b>	POP & SUI Update	- 4hrs
<b>AUG</b>	PF in Exerc. & Sport Update	- 4hrs
<b>NOV</b>	OAB & Nocturia Update	- 4hrs

- full **e-handout** provided for each topic for participant download
- two **live online** options for each topic (usually on 2nd and 3rd Sunday of each month) to accommodate different time-zones (Aus/UK/USA)
- **recording** of live sessions then uploaded to WHTA on Demand on last day of month

## ADDITIONAL SESSION (optional - additional fee)

<b>JUN</b>	6h session covering
	• 3hrs advanced pessary management
	• 3 hrs pessary research update

# S1 DETAIL - MARCH 2026

## UPDATE ON PF PAIN DISORDERS

4 hour research update on topics such as GSM, BPS, endometriosis, provoked vestibulodynia, vaginismus, PF neuralgias etc

**Handout** available online 1<sup>st</sup> March

### **Online Live Sessions**

**Option 1 Sun 8<sup>th</sup> Mar: 8am - 12pm (Syd, AUS TIME)**  
time zone conversions....

NEW YORK Sat 7<sup>th</sup> Mar: 4pm - 8pm  
LONDON Sat 7<sup>th</sup> Mar: 9pm - 1am

**Option 2 Sun 22<sup>nd</sup> Mar: 7pm - 11pm (Syd, AUS TIME)**  
time zone conversions....

NEW YORK Sun 22<sup>nd</sup> Mar: 4am - 8am  
LONDON Sun 22<sup>nd</sup> Mar: 8am - 12pm

**Recording** uploaded to WHTA on Demand  
on 31<sup>st</sup> March 2026

# S2 DETAIL - MAY 2026

## UPDATE ON POP & SUI

4 hour research update on the latest assessment and treatment options for prolapse & SUI (not incl pessaries\*)  
\*note: physiotherapists wanting an update on pessary management need to enrol in the additional session in June

**Handout** available online 26<sup>th</sup> April

### **Online Live Sessions**

**Option 1 Sun 3<sup>rd</sup> May: 8am - 12pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sat 2<sup>nd</sup> May: 6pm - 10pm

LONDON Sat 2<sup>nd</sup> May: 11pm - 3am

**Option 2 Sun 17<sup>th</sup> May: 5pm - 9pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sun 17<sup>th</sup> May: 3am - 7am

LONDON Sun 17<sup>th</sup> May: 8am - 12pm

**Recording** uploaded to WHTA on Demand  
on 31<sup>st</sup> May 2026

# S3 DETAIL - AUG 2026

## UPDATE ON PF IN EXERC. & SPORT

4 hour research update on the latest information on the role of the pelvic floor in exercise and sport, as well as implications of exercise and sport on the pelvic floor

**Handout** available online 2<sup>nd</sup> Aug

### **Online Live Sessions**

**Option 1 Sun 9th Aug: 8am - 12pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sat 8th Aug: 6pm - 10pm

LONDON Sat 8th Aug: 11pm - 3am

**Option 2 Sun 23rd Aug: 5pm - 9pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sun 23rd Aug: 3am - 7am

LONDON Sun 23rd Aug: 8am - 12pm

**Recording** uploaded to WHTA on Demand  
on 31<sup>st</sup> Aug 2026

# S4 DETAIL - NOV 2026

## UPDATE ON OAB AND NOCTURIA

4 hr research update on the latest anatomy, physiology, assessment and treatment options for patients suffering from OAB and / or nocturia

### Handout

available online 8<sup>th</sup> Nov

### Online Live Sessions

#### **Option 1 Sun 15th Nov 8am - 12pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sat 8th Aug: 4pm - 8pm

LONDON Sat 8th Aug: 9pm - 1am

#### **Option 2 Sun 29th Nov 7pm - 11pm (Syd, AUS TIME)**

time zone conversions....

NEW YORK Sun 23rd Aug: 3am - 7am

LONDON Sun 23rd Aug: 8am - 12pm

### Recording

uploaded to WHTA on Demand  
on 5<sup>th</sup> Dec 2026

# OPTIONAL SESSION - JUN 2026

## ADV PESSARY TRAINING & UPDATE

6 hour education session including

- 2 hours advanced pessary training (incl gellhorn)
- 4 hour research update on pessary management

note: participants who complete this training are eligible to attend Gellhorn practicals (labs) with Taryn across July to September

Handout

available online 6<sup>th</sup> June

### Online Live Sessions

**Option 1 SYD, AUS Sat 13<sup>th</sup> June: 8am - 2pm**

time zone conversions....

NEW YORK Fri 12<sup>th</sup> June: 6pm - midnight

LONDON Fri 12<sup>th</sup> June: 11pm - 5am

**Option 2 SYD, AUS Sun 14th June: 5pm - 11pm**

time zone conversions....

NEW YORK Sun 17<sup>th</sup> May: 3am - 9am

LONDON Sun 17<sup>th</sup> May: 8am - 2pm

Recording available from 30th June 2026



*Christmas  
Offers*

**SPECIAL DISCOUNTS**  
on the

**2026 PELVIC FLOOR  
RESEARCH UPDATE**

**2026 PESSARY  
RESEARCH UPDATE**

**OTHER COURSES**

for all Members  
who enrol

**BY DEC 31<sup>st</sup> 2025**



\*enrol by 31<sup>st</sup> Dec 2025

**ALL FOUR  
PRIMARY SESSIONS  
AUD \$440  
regular price \$595  
SAVE AUD\$155!**

# WHTA 2026 Research Update

**NEW** year long program

Four x 4hr primary sessions

+ 1 x 6hr optional session (pessaries)

all live online with a recording!

MAIN PROGRAM

**MAR**

PF Pain Disorders Update

**MAY**

POP & SUI Update

**AUG**

PF in Exerc. & Sport Update

**NOV**

OAB & Nocturia Update

*optional*

**JUN**

Adv Pessary Training & Update  
AUD \$165 SAVE \$55 (reg price \$220)



**more information: [www.whta-members.com](http://www.whta-members.com)**

# EXTRA

## *Christmas Offers*

**EXCLUSIVE to WHTA Members  
enrolling in the 2026 research update  
program before 31<sup>st</sup> Dec 2025**

**FEB**

**15hrs**

L3 Birth Choices course - recorded vers.  
**AUD \$440** **Save \$135!** reg price \$575

**JUN**

**15hrs**

L3 PF in Ex, Sport & Musc - recorded vers.  
**AUD\$440** **Save \$135!** reg price \$575

**OCT**

**4hrs**

**NEW**

L2 SR - Bladder Diary Analysis Workshop  
**AUD \$99** **Save \$36!** reg price \$135

**Don't miss out!**

**Register now**

**All Christmas offers end 31<sup>st</sup> Dec 2025  
Final Enrolments no later than 28<sup>th</sup> Feb 2026**

**[www.whta-members.com](http://www.whta-members.com)**

