LAST MINUTE EDUCATION OPPORTUNITY

OAB Research Update 2026



It's not too late! Come along for the final 2026 Research Update live lecture: Session 4 - OAB

THIS NOVEMBER / DECEMBER 2026

With the 2026 Research Update coming to a close with a final session on the **latest research in OAB management**, we are offering an **exclusive opportunity** for pelvic health clinicians to have a taster for the series by joining us for our **final topic of the series**.

Whilst the Research Update is offered annually as a 4 part series, this exciting opportunity welcomes clinicians who have not previously attended the series, to have an opportunity to see the structure, education and value of the WHTA Research Update by simply attending the last session of the year.

Note: for those who attend this final session on OAB but then decide they would like to access the full 2026 Research Update with lifetime recording, an upgrade option will be available afterwards for +AUD $485 (~USD $332*).

WHTA
Women's Health Training Associates

one-time offer

AUD $110

~USD $76*

* Note: invoiced in AUD.
Conversion based on exchange rate at day of payment.

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Your questions answered...

When is the OAB Research Update Session running?

3 OPTIONS	Option 1	Option 2	Option 3
Sydney, AUS	Sunday 15 Nov 8am - 12pm	Sunday 22 Nov 7pm - 11pm	Sunday 6 Dec 8am - 12pm
TIME CONVERSIONS			
Los Angeles, USA	Saturday 14 Nov 1pm - 5pm	Sunday 22 Nov 12am - 4am	Saurday 5 Dec 1pm - 5pm
New York, USA	Saturday 14 Nov 4pm - 8pm	Sunday 22 Nov 3am - 7am	Saurday 5 Dec 4pm - 8pm
London, UK	Saturday 14 Nov 9pm - 1am	Sunday 22 Nov 8am - 12pm	Saurday 5 Dec 9pm - 1am

- Session 1: PF Pain Disorders
- Session 2: POP & SUI
- Session 3: PF in Exerc. & Sport
- Session 4: OAB

What is the WHTA Research Update Series?

- 4 sessions spaced throughout the year
- 20 hours of live lectures
- Lifetime access to all recordings
- Knowledge checks

Join us here live!

1 x 4hr live online session

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OAB Research Update 2026

Other FAQ

How do I enrol?

Please go to www.whta-members.com and click on the tab for "Last Minute Education Opportunity: OAB Research Update"

Please note: after you submit your enrolment form, you will receive an invoice from WHTA within 48 hours for you to pay.

After we receive payment, we will enrol you in the live online platform.

Will there be a recording for this session?

Whilst there is a 'lifetime access' recording available for all people who book and pay for the full 2026 Research Update (all 4 sessions), this special access enrolment to just the OAB Update is live attendance only. If participants go on to purchase the full 2026 Research Update, they will receive lifetime access to the recordings of all 4 sessions, and PDFs of all handouts.

Do I need to have completed other WHTA courses to attend?

No. Whilst the WHTA Research Update does assume people have completed the respective WHTA Level 3 course (L3 ADV PF - OAB for S4: OAB Update), any pelvic health clinician is welcome to attend. It is important to understand though, that the Research Update is not a course aimed at teaching clinicians about all of the main pelvic health conditions. It is designed specifically for clinicians who are already trained in pelvic health but want to find out the latest research that has been published in the field in the last two years.

I am a physical therapist in the United States, do I receive official continuing education units for this course?

This course is run out of Australia, and all attendees will receive a certificate of completion from WHTA listing the course title and hours. However, each clinician is responsible for submitting their own application to their relevant registration board to see if they can get official CEU.

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Other FAQ

What will this specific session cover? (OAB Research Update)

The session will be looking at the latest guidelines and research published on lifestyle advice (including the latest research on why caffeine affects some people more than others); the benefit of adding pelvic floor muscle training to bladder training; detailed review of what the research is now telling us on best practice protocols for transcutaneous electrical nerve stimulation; the latest research on the impact of both anticholinergics and beta 3 agonists on dementia; and how transcutaneous electrical nerve stimulation stacks up against pharmacotherapy in the management of OAB.

Will there be a handout provided of the presentation?

Yes, all people who enrol will receive a full PDF of all PowerPoint slides presented in the session, that they have permission to download and print.

I can't attend any of the live sessions, can I just receive the recording of the final OAB session?

No, this special opportunity to attend only one of the four sessions of the 2026 Research Update (rather than the usual compulsory attendance of all four sessions) is specifically being offered as live attendance only.

After the event, clinicians may choose to upgrade their enrolment to purchase the recording of the whole 2026 Research Update (in this circumstance, the fee for the single OAB session will be credited towards purchase of the full program):
Session 1: Pelvic Floor Pain Disorders
Session 2: POP & SUI
Session 3: Pelvic Floor in Exercise and Sport
Session 4: OAB

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