

***NEW*** year long program structure

# WHTA 2026 PF Research Update

FEMALE PELVIC FLOOR



# OVERVIEW - 2026 RES. UPDATE

**MAIN PROGRAM - 4 x 4hr sessions (total 16hrs)  
spread across the year... EARLY BIRD = AU\$539!**

**MAR** PF Pain Disorders Update - 4hrs

**MAY** POP & SUI Update - 4hrs

**AUG** PF in Exerc. & Sport Update - 4hrs

**NOV** 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 - early bird +AU\$198)**

- JUN** 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 13th Nov: 4pm - 8pm

LONDON Sat 13th Nov: 9pm - 1am

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

time zone conversions....

NEW YORK Sun 29th Nov: 3am - 7am

LONDON Sun 29th Nov: 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 14<sup>th</sup> June: 5pm - 11pm

time zone conversions....

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

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

**Recording** available from 30th June 2026

# **+ EARLY BIRD**

# ADD-ONS

**EXCLUSIVE PRICES to WHTA Members  
enrolling in the 2026 research update  
main program before 28th Feb 2026**

**FEB**

15hrs

L3 Birth Choices course - recorded vers.  
**AUD \$495 Save \$80!** reg price \$575

**JUN**

15hrs

L3 PF in Ex, Sport & Musc - recorded vers.  
**AUD \$495 Save \$80!** reg price \$575

**OCT**

4hrs

**NEW**

L2 SR - Bladder Diary Analysis Workshop  
**AUD \$110 Save \$25!** reg price \$135



**Don't miss out!**

**Register now**

**All Early Bird offers end 28th Feb 2026**

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



**WHTA**  
Women's Health  
Training Associates