

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 1st March

Online Live Sessions

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

NEW YORK Sat 7th Mar: 4pm - 8pm
LONDON Sat 7th Mar: 9pm - 1am

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

NEW YORK Sun 22nd Mar: 4am - 8am
LONDON Sun 22nd Mar: 8am - 12pm

Recording uploaded to WHTA on Demand
on 31st 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 26th April

Online Live Sessions

Option 1 Sun 3rd May: 8am - 12pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sat 2nd May: 6pm - 10pm

LONDON Sat 2nd May: 11pm - 3am

Option 2 Sun 17th May: 5pm - 9pm (Syd, AUS TIME)

time zone conversions....

NEW YORK Sun 17th May: 3am - 7am

LONDON Sun 17th May: 8am - 12pm

Recording uploaded to WHTA on Demand
on 31st 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 2nd 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 31st 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 8th 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 5th 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 6th June

Online Live Sessions

Option 1 SYD, AUS Sat 13th June: 8am - 2pm

time zone conversions....

NEW YORK Fri 12th June: 6pm - midnight

LONDON Fri 12th June: 11pm - 5am

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

time zone conversions....

NEW YORK Sun 17th June: 3am - 9am

LONDON Sun 17th 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 AUD \$495	Save \$80!	- <u>recorded vers.</u> reg price \$575
JUN 15hrs	L3 PF in Ex, Sport & Musc AUD\$495	Save \$80!	- <u>recorded vers.</u> 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

