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# Learning Objectives

MedBridge  
*Understanding Prolapse*  
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## Course Objectives

- Describe the relevant anatomy and function of the pelvic viscera and support systems
- Understand the risk factors for developing Pelvic Organ Prolapse
- Review the evidence base for treatment options, from conservative to surgical (suspension surgeries, hysterectomies)
- Appreciate the role of the pelvic rehab specialist in all of these clinical scenarios
- Discuss the pelvic health (urinary, sexual, colorectal) implications for the post hysterectomy patient

## Chapter 1: Anatomy and Definitions

The first chapter of this course reviews anatomy that is relevant to the discussion, and defines POP and its common causes.

## Chapter 2: Assessment for Prolapse

This chapter outlines the role of the pelvic rehabilitation specialist in assessment of prolapse.

## Chapter 3: Management of Prolapse

This chapter introduces the role of the pelvic rehabilitation specialist in the management of POP, including conservative approaches and considerations for referring to surgery and invasive intervention.

## Chapter 4: Pelvic Floor Rehabilitation

The final chapter of this course applies the management principles in the previous chapter within the context of pelvic floor rehabilitation, including the use of specific exercises, biofeedback, and other approaches.