

**Title**

**Pelvic floor physiotherapy assessment and management of genitourinary conditions for peri and post-menopausal patients.**

**Overview**

A practical webinar for general practitioners presented by pelvic floor physiotherapists Lauren Clarke and Jane Brownhill.

Genitourinary symptoms often commence or worsen throughout the peri and post-menopausal life stages and can continue to progress with age. There are several safe and effective treatments which can help these patients who are experiencing vulval, vaginal and urinary symptoms.

This session will cover:

- Physical changes associated with the peri and post-menopausal life stages.
- Associated pelvic floor dysfunction.
- Physiotherapy assessment and management of these symptoms.
- The role physiotherapy may have in broader health impact and education for this population.

**Learning Outcomes**

By the end of this activity, participants will be able to:

1. List the symptoms of genitourinary syndrome of menopause (GSM).
2. Summarise evidence-based advice and practical strategies for pelvic floor dysfunction.
3. Explain the benefits of an individualised pelvic floor physiotherapy program for peri and post-menopausal patients experiencing symptoms of GSM.

**RACGP**

One CPD Educational Activity hour.

**Registration**

[Register online here](#) for this virtual event or scan the QR code to register.

- First name and last name.
- Practice name, suburb and postcode.
- Email address (to which your individual registration confirmation and Zoom link will be sent).
- RACGP number (if applicable).
- Occupation.

You will receive email confirmation and a link to join the Zoom meeting. Please check your Junk or Spam if you don't receive it in your Inbox.

**Date:**

Wednesday 13 May 2026

**Time:**

7.00pm-8.15pm

**Where:**

Online via Zoom

**Program:**

7.00-8.00pm presentation  
8.00-8.15pm Q&A

**RSVP:**

Online registration via the link provided.

Limited places available.

**Enquiries:**

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[Scan QR code to register](#)