



2025 Inova Female Cadaveric Pelvic Floor Anatomy and Rehabilitative Ultrasound Symposium

Date: April 17-19th, 2026

Program

Date/Time	Location	Date/Time	Location	Date/time	Location
Day #1 Friday, 4/17/26		Day #2 Saturday, 4/18/26		Day #3 Sunday, 4/19/26	
Am Session : Physician Conference Center Inova Fairfax Hospital: <u>Add: 3300 Gallows Road,</u> Falls Church, Fairfax, 22042		All Day: Inova Physical Therapy Center <u>Address:</u> 7619 Little River Turnpike, Suite 1000, Annandale, VA. 22003		All day: Inova Physical Therapy Center <u>Address:</u> 7619 Little River Turnpike, Suite 1000, Annandale, VA. 22003	
<u>PM Session; ASTEC</u>					
730	Registration				
0800	Introduction, Goals, Objectives	0800	Ultrasound in Physical Therapy, reliability, and Validity, clinical applications in a pelvic health practice	0800	Lecture: TPUS of the female pelvis, anterior and middle compartments
0815	Pelvic floor anatomy	0830	Lecture: Ultrasound instrumentation, image generation, and interpretation, measurements, and annotations	0900	TPUS Demonstration, anterior and middle compartments
0845	Pelvic Organ Prolapse and SUI	9:30	Lab I: Knobology Image creation presets, probe manipulation, image optimization, measurements	9:30	Lab IV: TPUS Evaluation of the anterior and middle compartments, motor training, and pressure management
	Pelvic Organ Prolapse and SUI	10:30	Lecture: TAUS for pelvic contents and PFM, morphology, dysfunction,	10:45	Lecture: TPUS for the posterior compartment
1115	Evidence-based approach to Obstetric Trauma and Postpartum Urogynecology	11:30	TAUS demonstration Pelvic Anatomy PFM funneling Bladder volumes	11:30	TPUS Demonstration, posterior compartment
1200	Lunch	1200	Lunch	1200	Lab V: TPUS Evaluation of the

					posterior compartment, voluntary and involuntary motor control
The group move to ASTEC	ASTEC: <i>Advanced Surgical Technology and Education Center (ASTEC)</i>	13:00	Lab II: TAUS Pelvic contents, motor control of PFM, pressure, management, post-void residual.	1300	Adjourn
1300	Anatomy Lab: Station 1				
1400	Anatomy Lab: Station 2	14:30	Lecture: Abdominal Wall anatomy and applications for pressure management		
1500	Break	1530	US Demonstration: Anterior and lateral abdominal wall, clinical applications for pressure management		
15:10	Free time in the Lab	1600	Lab III: Imaging the abdominal wall for pressure management		
1600	Question and answer	1700	Q&A		
1630	Adjourn	1730	Adjourn		
1830	Group Dinner				

**Event: Inova Female Cadaveric Pelvic Floor Anatomy and Rehabilitative
Ultrasound Symposium**

Date: 4/17-19, 2026

Core Faculty:



S. Abbas Shobeiri, MD, MBA, is the Inova Health System Director of Pelvic Floor Program, a Professor of Medical Education, and an affiliate Biomedical Engineering faculty at George Mason University. Dr. Shobeiri is an international authority in pelvic floor ultrasonography, medical device development, and robotics. He obtained his Bachelor's degree from the University of Washington, Medical Doctorate from Tufts University, and MBA from Brandeis University. He completed his residency and fellowship at Tulane and Louisiana State University.

He pioneered the discipline of Endovaginal Pelvic Floor Ultrasonography and believes this skill should be a core competency for urogynecologists. Dr. Shobeiri is the director of an IUGA/ICS-sponsored fellowship program and the director of the Inova-GMU Collaborative Ultrasound of Pelvic Floor Investigation and Translation (UPFIT) group.

Dr. Shobeiri has received numerous Research and Educational awards, including the American Professors of Gynecology and Obstetrics Golden Apple award. He is a frequently invited national and international speaker. He has served on the national and international societies' Research, Program, Scientific, grant, and writing committees. He has authored >200 articles in scientific journals and chapters for textbooks standard to medical device development, imaging, and robotics. He is the editor of the 3rd edition of the textbook "Practical Pelvic Floor Ultrasonography" (2025), "The New Science of Medicine and Management" (2023), and "The Innovation and Evolution of Medical Devices" (2018),

His local strategic priorities are to further Inova Health System's mission of delivering the best possible healthcare to the population it serves through research, education, and patient advocacy. His national and international strategic and scientific priorities are establishing standards in the evaluation and management of patients with pelvic floor injury after childbirth.



Ramona Horton, PT, DPT, MPT

Ramona C. Horton, MPT, DPT, completed her graduate training in the US Army–Baylor University Program in Physical Therapy in San Antonio, TX. She exited the army at the rank of Captain. She applied her experience with the military orthopedic population in the civilian sector as she developed a growing interest in pelvic dysfunction. A desire to expand her knowledge of evidence-based practice and research was the impetus to further her academic pursuits, receiving a post-professional Doctorate in Physical Therapy from A.T. Still University in Mesa, AZ. In 2020, Ramona received the prestigious Academy of Pelvic Health Elizabeth Noble Award for her contributions to the field of pelvic health.

Ramona is the lead therapist for her clinic's pelvic dysfunction program in Medford, OR. Her practice focuses on treating men, women, and children with urological, gynecological, and colorectal issues. Ramona has completed advanced studies in manual therapy, emphasizing spinal manipulation and visceral and fascial mobilization. She developed and instructed the visceral and fascial mobilization courses for the Herman & Wallace Pelvic Rehabilitation Institute. She presents frequently at local, national, and international venues on women's health, pelvic floor dysfunction, and manual therapy.

Proctors:



Pany Nazari, DPT

Dr. Pany Nazari received her BS degree in 1994 from Howard University in Washington, D.C., and her doctorate degree in 2016 from Northeastern University in Boston, MA. For the first decade of her career she focused on mastering the assessment and treatment of a variety of orthopedic issues, with a focus on the spine, sacro-iliac joint, and pelvis. Since 2005, Pany has dedicated her educational and clinical concentration on pelvic floor rehabilitation. Her passion is to use various forms of biofeedback in conjunction with manual therapy along with a strong emphasis on patient education to facilitate optimal function for individuals.



Laura Berg, BS, RDMS, RVT

Laura Berg is an experienced OB-GYN Research Sonographer at Inova Fairfax Hospital. She holds a bachelor of science degree in biology from the University of Maryland and a certificate in Diagnostic Medical Sonography from the Johns Hopkins Hospital. She is registered in multiple specialties, including abdomen, vascular, OB-GYN and fetal echocardiography.

Laura's career began at Sibley Memorial Hospital, where she spent eight years as an essential member of the maternal fetal medicine team, performing detailed ultrasound imaging for expectant mothers.

In 2022, Laura joined the OB-GYN Research Department at Inova Fairfax Hospital, where she now conducts ultrasounds for studies aimed at advancing women's healthcare. She provides invaluable support to the urogynecology fellows by offering guidance in pelvic floor ultrasound imaging techniques and interpretation. As a mother herself, Laura personally understands the impact of pelvic floor conditions and is dedicated to improving the quality of life for her patients.



Stephanie McKenna, DPT

Dr. McKenna received her bachelor's degree with top honors in exercise science from Florida State University in 2012, where she competed as a collegiate swimmer. She then received her Doctor of Physical Therapy from Mercer University in 2018 and has worked for Inova since 2019. Dr. McKenna is passionate about treating and helping all individuals with pelvic floor and orthopedic dysfunction, with a particular interest in pre/postpartum and pelvic pain conditions. Stephanie is now a leader in the pelvic floor physical therapy specialty section among Inova and aims to advance the profession and inspire excellence in all clinicians.



Jill Pace, PT, DPT

Jill received her Bachelor's Degree in Biomedical Sciences as well as her Doctorate of Physical Therapy from Marquette University. She has been with Inova for almost 10 years. She is passionate about treating pelvic floor patients and helping people lead healthier lives and return to the activities they love. Jill is a clinic director for Inova and is a leader of the Pelvic Floor Physical Therapy Program at Inova.



Emi Alcoba, MD

Dr. Alcoba is a fellowship trained academic Urogynecologist with certification in Sexual Health. She completed her Urogynecology fellowship at Hospital Universitario Austral in Buenos Aires, Argentina followed by a postgraduate certification in Sexual Health at Universidad de Favaloro. Dr. Alcoba is Co-director of CALE-Urogine, a platform connecting and educating Latin American doctors in Urogynecology. She is a research fellow in pelvic floor ultrasound with a particular interest in postpartum urogynecology at the Inova Health System, Virginia, USA.

Locations:

Inova Annandale Clinic
IPTC Annandale is 7619 Little River Turnpike Suite 1000, Annandale, VA.
22003
and
Inova Advanced Surgical Technology and Education Center (ASTEC)
Inova Fairfax Medical Campus 3300 Gallows Road, Falls Church, VA
22042

Anticipated Attendance: - Goal 35 PT's

TASKS:

Susan Van Glanden: [Attendee registration link](#)

Stephanie McKenna: [CME / CEU](#)

Inova and Prometheus: [Marketing Materials](#)

Prometheus Marketing Assistance in distributing information on the course via email blasts, social media, and patient-related events, sponsor by Ramona Horton and Pany Nazari

Taeun: [ASTEC Registration for 4/25/2025](#)

Taeun to arrange Lunch and breakfast:

Friday Breakfast and lunch,
Saturday breakfast/lunch,
Sunday Breakfast (Friday PM: Faculty dinner)
Dietary restrictions / Gluten Free options / Vegetarian

Jill Pace, DPT, to reserve the space for Saturday and Sunday, 4/17-19, 2026

Shobeiri:

Marketing Registration form

Cost: **\$950***

Contact info for The Prometheus Group:

The Prometheus Group
1 Washington St, Ste 3171
Dover NH 03820
www.theprogrp.com
603-749-0733, 800-442-2325
Fax: 603-749-0511
Richard Poore, President, dpoore@theprogrp.com
Heidi Gagnon, Director of Marketing, hgagnon@theprogrp.com

Prometheus intends to provide:

Pathway® Lumbopelvic Rehabilitation Ultrasound Units (1 per 3ppl) for use during labs /10-15 systems

All consumables related to the Ultrasound labs (gel, probe covers, sani wipes)

(2) Pathway® Lumbopelvic Ultrasound Demo Units with temporary access to the EchoGen Ultrasound Training Portal.

Course Description:

Inova Female Pelvic Floor Cadaveric Anatomy and Ultrasound Symposium is a 2.5-day course focusing on the skills necessary to treat women with pelvic health dysfunction. This on-site symposium will cover anatomy with emphasis on the pelvic floor, the physiology of micturition, and dysfunctions of the lower urinary tract and pelvic muscles. The audience should be familiar with female patient history taking, pelvic floor examination, and testing and treatment interventions for pelvic floor muscle conditions. Urogynecologic surgeries, medication, prevention of pelvic floor dysfunction, and documentation will also be discussed. The focus of the practice labs will be on external and internal pelvic floor ultrasound examinations. The student-to-teacher ratio will be set to ensure adequate supervision during the labs.

This continuing education seminar will provide instruction in generating and interpreting rehabilitative ultrasound images related to the pelvic floor. The day one comprises lectures by physician/s followed by cadaveric dissections in the afternoon. Both lecture and lab material will be presented that will allow the participant to immediately incorporate the use of rehabilitative ultrasound imaging into their evaluation and treatment plans for patients with diagnoses including lumbopelvic pain and instability, pelvic organ prolapse, and urinary incontinence.

The course comprises lectures and labs that present both ideal and abnormal responses of real-time imaging of the transverse abdominals, rectus abdominis, deep multifidus, levator ani, bladder, bladder neck, urethra, and vagina during contraction and Valsalva. Imaging methods used during labs include transabdominal and transperineal/translabial viewing methods. Prior experience with perineal and vaginal assessments is required to take the course. During labs, participants can practice using machines provided by our co-sponsor, **The Prometheus Group**.

Prerequisites

This course is for pelvic floor therapists. Pelvic floor physical therapists whose practice focuses on female patients with a background in orthopedic/musculoskeletal coursework in their curriculum before attending the course. This course is NOT for physicians, mid-level providers or sonographers. Pelvic Health Training (4-day course) and one year of experience are preferred. This is an intermediate-level rehabilitative ultrasound imaging course intended for therapists with sound knowledge of training techniques for the local stabilizing muscles of the pelvic floor, transverse abdominals, and deep multifidus muscles and experience with internal vaginal exams. Prior coursework regarding the local stabilizing pelvic floor muscles is encouraged if not required.

Assignments

Pre-readings will be provided electronically to course participants for completion before the

course. Electronic lecture handouts will be provided. After completing the survey, the attendee will receive a Course Completion Certificate. A printed lab manual will be provided on-site.

Lab Participation & Consent

Participants are expected to stay through the entire course; please make your travel plans accordingly. Deduction of contact hours and ineligibility to participate will occur for participants who leave the course early. Participants will be working in groups of 2-6 during Ultrasound labs. This course includes extensive labs with intra-vaginal & intra-rectal assessment & examination. The **Consent & Release Form** must be filled out and turned in to the organizer on Day 1 of the course (this form is provided on-site). If the course participant does not turn in the completed form on Day 1, she will not be permitted to take the course. All participants must participate in labs as both “therapist” & “patient.” **Participants who cannot participate as lab subjects must provide their own lab partners.** Failure to participate as a lab subject or provide a required lab partner, if needed, will result in course completion and forfeiture of registration costs. If you are unsure whether you need a medical model or are unfamiliar with obtaining one, please read **Medical Models for Internal Pelvic Assessment.pdf**. Participants that **MUST** provide their lab partners include (but are not limited to):

- ALL Male participants
- Pregnant women (except with written physician permission for FULL participation)
- Active vaginal infections
- Active STD or herpes lesions
- Active bladder or rectal infections
- Severe pelvic/vaginal/rectal pain that inhibits examination.
- Lack of prior vaginal exam by a physician
- Active OB/GYN cancer