



IN PARTNERSHIP WITH



# PROTECTING THE FEMALE PELVIC FLOOR 2.0

OCTOBER 15-16, 2025  
DAY 1 DIDACTICS  
DAY 2 WORKSHOP

MAKATI DIAMOND  
RESIDENCES



Optimizing Pelvic Floor Health In The Asia Pacific  
Region During Childbirth And Beyond

DAY 1	SESSION	LECTURE
8:30 AM – 9:45 AM	Pregnancy and Pelvic Floor Changes	Anatomical and physiologic changes of the pelvic floor during pregnancy  Pelvic floor dysfunction during pregnancy: Diagnosis and Management  Strategies in reducing trauma to the perineum before and during childbirth  SNACK SYMPOSIUM
10:00 AM to 12:00 PM	Delivery-related injuries and postpartum recovery	Perineal tears: Prevention, Recognition, and Management  Pelvic organ prolapse after vaginal delivery: early versus late manifestations  Sexual dysfunction after childbirth: causes and management  LUNCH
1:00 to 2:30 PM	Specialty topics	Conservative management options for pelvic floor dysfunction in reproductive age women  Antenatal and postpartum urinary incontinence  Postpartum fecal incontinence: long-term management strategies  Importance of interdisciplinary approach to pelvic floor care  SNACK SYMPOSIUM
2:50 to 3:30 PM	Panel Discussion	Postpartum complications and rehabilitation