

A remote-led onsite workshop makes pelvic-floor-protective lifting teachable, practical and scalable in rural Nepal

Helena Luginbuehl¹
Akina Shrestha²
Vica Marie Jelena Jonitz³

¹Bern University of Applied Sciences, School of Health Professions, Division of Physiotherapy, Bern, Switzerland

²Kathmandu University School of Medical Sciences, Dhulikhel Hospital, Kathmandu, Nepal

³Department of Health Psychology & Behavioral Medicine, Institute of Psychology, University of Bern, Bern, Switzerland

NEED

Heavy load carrying raises intra-abdominal pressure, leading to high prolapse risk.



AIM

To train health practitioners in teaching pelvic-floor protective lifting.

WORKSHOP PATHWAY

- 1 Remote specialist physiotherapist via Zoom with on-site support
- 2 Progressive practical training with everyday objects
- 3 Health practitioners disseminate skills



TECHNIQUE

Protective lifting combines pelvic floor muscle (PFM) co-contraction, controlled exhalation and progressive practice.

- 1 Pelvic floor muscle (PFM) awareness
- 2 PFM voluntary contraction and relaxation
 - a) Exhalation when lifting
 - b) PFM co-contraction when lifting
- 4 Both a) and b) together when lifting

OBSERVED OUTPUTS

Participants actively practiced and discussed each workshop step and its application.

FEEDBACK (at 2-month follow-up)

Workshop content was well understood and shared. Sensorimotor capacity was key to successfully learn PFM co-contraction.

