

# Voice, Diaphragm & Pelvic Floor

*Presented by*  
Ginger Garner PT DPT

Date:

March 28, 2025

3:00pm-5:00pm

Live In-Person

Hosted by: The Endometriosis Summit, Sallie Sarrel PT, DPT

**Course Description:** The respiratory diaphragm has long been linked to pelvic floor health and functioning, but the voice has not. That is now rapidly changing as research emerges to link all three diaphragms, not just physiologically, but from a neuropsychological lens as well. Phonation and vocalization are alternate but essential pathways to treating pelvic floor dysfunction and promoting pelvic floor health.

This course explores the foundational concepts needed to use vocal techniques to treat the pelvic floor and core.

In this course, participants will embark on a journey through the evolving landscape of pelvic floor health exploring critical aspects of using the voice and diaphragm as a therapeutic modality and understanding how to use vocal interventions to impact the pelvic floor, diaphragm and overall health and well-being.

Additionally, accessing the voice for the person with pelvic pain or endometriosis must be trauma-sensitive and trauma informed. This course will provide the learner with an evidence-based trauma-informed approach that will help you better manage pelvic pain and endometriosis cases who may have comorbidities such as a history of PTSD or other mental health issues, sexual abuse, and/or birth trauma. Join Dr. Ginger Garner, PT DPT to harness the power of the voice for pelvic health.

### **Learning Objectives:**

1. Identify red flags for vocal dysfunction that relate to common musculoskeletal dysfunctions in the throat, thorax, and pelvis.
2. List methods for prescribing polyvagal theory-based trauma informed care.
3. Discuss the evidence-base for improving voice control as it relates to the pelvic floor.
4. Practice therapies (Manual and Integrative) for three diaphragm intervention.

### **Course Outline**

**3:00pm** Foundations for Voice and Pelvic Floor Connection

**3:45pm** Interventional Strategy Demonstration for Voice to Pelvic Floor Connection

**4:30pm** Case Studies for Application including discussion on professional obstacles, sociocultural consideration and endometriosis specific challenges

**5:00pm** Adjourn

**Target Audience:** Licensed Physical Therapists

**Level:** Intermediate

### ***About the presenter:***

Dr. Ginger Garner, PT, MPT, DPT, ATC-Ret, DipACLM

Ginger is a doctor of physical therapy, board-certified in lifestyle medicine, and a practicing orthopedic and pelvic health specialist with post-doctoral training and/or certifications in MSK ultrasound imaging, dry needling, visceral and myofascial mobilization, as well as integrative medicine, including therapeutic yoga, Pilates, lifestyle medicine, and mindfulness. Dr. Garner completed her master and doctorate degrees at The University of North Carolina at Chapel Hill. She authored medical textbooks Medical Therapeutic Yoga, co-edited [Integrative and Lifestyle Medicine in Physical Therapy](#), and developed related certifications, including the first yoga therapy certification for medical providers worldwide. Based in Greensboro, NC, she owns [Garner Pelvic Health](#), hosts [The Vocal Pelvic Floor podcast](#), and is a thought leader and educator for continuing education organizations and universities worldwide. She holds leadership roles in APTA Academy of Pelvic Health and APTA Private Practice, APTA North Carolina, and the American College of Lifestyle Medicine. Her current work is focused on advocacy for improving access to integrative therapy and lumbopelvic ultrasound imaging, as

well as forwarding clinical practice and research in the voice to pelvic floor methodology, endometriosis, and menopause.

**Course Location: The course will take place in conjunction with The [Endometriosis Summit on March 28-30, 2025](#) in a separate room. Course is in person only and is located at 404 Celebration Place, Celebration FL 33009**

**Registration Fee:  
\$55.00**

How To Register:

Registration can only be accepted through our secure online website. <https://web.cvent.com/event/0a131e48-d7a5-4feb-9972-618d1b9d738f/summary>

Once registered and your tuition has cleared, you will receive a receipt of payment, and a confirmation letter.

Cancellation / Refund:  
There are no refunds

Continuing Education Credits: Florida CEU PENDING for Physical Therapists

*For More Information:* Please contact Sallie Sarrel PT DPT  
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