

Learning Objectives

- Apply current evidence to the diagnostic workup and management of common female pelvic floor conditions.
- Describe emerging conceptual frameworks in pelvic floor health and their clinical implications.
- Select evidence-based, multidisciplinary treatment strategies appropriate to individual patient.

Preliminary Program

DAY 1

Friday, May 1, 2026

	12 th Floor - Room 12102 Desmarais Building	12 th Floor - Room 12110 Desmarais Building	Room 3105 Desmarais Building
7:00 AM	7:00-8:00 AM – REGISTRATION		
8:00 AM	8:00-11:00 AM WORKSHOP 1 (CME) Essential Pelvic Health Skills for Family Physicians, Physiotherapists & Nurses: Managing GSM, SUI, POP & Pessaries M. McGrath, RN, NCA D. Pascali, MD P. Razaeifar, MD C. Bolt, RN, NCA C. Côté-Laroche, MD M.J. Forget, PT N. Sullivan, RN, NCA	8:00-11:00 AM WORKSHOP 2 (CME) CSPM Physiotherapy Forum L. McLean, PhD S. Vesting, PhD N. Beamish, PhD M.-È. Bérubé, PhD A. Sim, MPT, PhD Student S. Bernard, PT, PhD	8:00-11:00 AM WORKSHOP 3 (CME) Your Ideas and Innovations - Protecting Your Intellectual Property through the Patent Process S. Farrell, MD C. Bown, PhD
11:00 AM	11:00 AM – 12:00 PM - LUNCH		
12:00 PM	12:00-3:00 PM WORKSHOP 4 (CME) Implementation of a Low Fidelity Simulation Curriculum for Vaginal Surgery R. Geoffrion, MD M. Larouche, MD	12:00-3:00 PM WORKSHOP 5 (CME) Caring for the Neovagina: Multidisciplinary Management of Post-Vaginoplasty Concerns in Pelvic Health Practice A. Millman, MD Y. Wilk-Goldscher, MD O. Drodge, PT, PhD Student E. Potter, NP	
3:00 PM	3:30-5:30 PM - BREAK		
3:30 PM			3:30-5:30 PM WORKSHOP 6 (Not CME Accredited) Industry Sponsored Event
5:30 PM	5:30-6:30 PM - BREAK		
6:30 PM	6:30-10 PM – CSPM Social — ByWard Market		

DAY 2

Saturday, May 2, 2026

	Room 1160 Desmarais Building	Room 1130 Desmarais Building	Room 1110 Desmarais Building
7:00 AM	7:00-8:00 AM - REGISTRATION & CONTINENTAL BREAKFAST		
8:00 AM	8:00-8:15 AM WELCOME ADDRESS D. Pascali, MD		
8:15 AM	8:15-9:15 AM KEYNOTE SimTrek: A New Frontier A. Garber, MD K. Bonhomme, MD		
9:15 AM	9:15-9:30 AM - Transition to Next Sessions		
9:30 AM	9:30-10:30 AM SESSION 1 - ROOM 1160 All About Metoidioplasty: The Who, What, Where, When, and Why of Masculinizing Genital Surgery Using Local Tissue A. Millman, MD Y. Wilk-Goldscher O. Drodge, PT, PhD Student	9:30-10:30 AM SESSION 2 – ROOM 1130 Post Radiation Pelvic Health Symptoms and Management S. Zayed, MD S. Bernard, PT, PhD	9:30-10:30 AM SESSION 3 – ROOM 1110 Recurrent UTI and BPS D. Hickling, MD K. Cochrane, PT
10:30 AM	10:30-11:00 AM - BREAK		
11:00 AM	11:00 AM – 12:00 PM ABSTRACT PRESENTATIONS		
12:00 PM	12:00-1:00 PM - LUNCH		
1:00 PM	1:00-1:45 PM Implications of Pelvic Floor Loading in PFD L. Mclean, PhD		
1:45 PM	1:45-3:00 PM ABSTRACT PRESENTATIONS		
3:00 PM	3:00-3:30 PM - BREAK		
3:30 PM	3:30-4:30 PM PANEL Trauma-Informed Pelvic Health Care and Sexual and Reproductive Health Trauma: Centred on Care for Women Living with FGM/C in Canada J. Stairs, MD		

	P. Rezaiefar, MD B. Vissandjée, PhD		
4:30 PM	4:30–5:15 PM ABSTRACT PRESENTATIONS		
5:15 PM	5:15–7:15 PM NETWORKING RECEPTION Foyer, Desmarais Building		

DAY 3
Sunday, May 3, 2026

	Room 1160 Desmarais Building	Room 131 Lees Campus
7:00 AM	7:00–8:00 AM - CONTINENTAL BREAKFAST	
8:00 AM	8:00–9:30 AM CSPM ANNUAL MEMBERS MEETING	
9:30 AM	9:30–10:30 AM KEYNOTE AI Won't Replace Urogynecologists — But It Will Change How You Practice M. Walker, MD	
10:30 AM	10:30–11:00 AM - BREAK	
11:00 AM	11:00 – 12:00 AM DEBATE SUI Showdown: Mesh, Muscle, or Mechanical? M. Sanaee A. Clancy	
12:00 AM	12:00 PM – 12:45 PM ABSTRACT PRESENTATIONS	
12:45 PM	12:45–1:15 PM EXCELLENCE AWARDS BEST ABSTRACT AWARD	
1:15 PM	1:15–1:30 PM CLOSING CEREMONY L. McLean, PhD M. Sanaee, MD	
1:30 PM	1:30–2:00 PM - LUNCH	
2:00 PM	2:00–5:00 PM WORKSHOP 7 (CME) Teaching Motor Skills to Learners, From Simulation Development to the Clinical Setting K. Bonhomme, MD T. Dumont, MD T. Flaxman, PhD A. Garber, MD F. Rose, BSc	
2:30 PM		2:30–5:30 PM WORKSHOP 8 (CME) Location: Lees Campus: 200 Lees Ave, Ottawa, ON K1N 6N5 Ultrasound Imaging of the Structure and Function of the Female Pelvic Floor Muscles L. McLean, PhD A. Sim, MPT, PhD Student.

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