



UNIVERSITY
OF OPOLE



Klaipeda
University



UCA

Universidad
de Cádiz

INTERNATIONAL SCIENTIFIC-PRACTICAL CONFERENCE
**“PHYSICAL ACTIVITY OF PREGNANT AND POSTPARTUM WOMEN: MYTHS, CHALLENGES,
AND OPPORTUNITIES”**
2022 June 21st-22nd

Conference language: English.

Conference dedicated to: physicians (all qualifications), general practice nurses, midwives, physiotherapists, masseurs, and other healthcare professionals.

CONFERENCE PROGRAMME

2022 June 21st

Herkaus Manto str. 90, Aula Magna conference hall (PC „Studlendas, 1st floor)

9:30-10:00	Registration
10:00-10:05	Conference opening
10:05-10:20	The importance of cooperation between midwives and physiotherapists for the physical well-being of pregnant and post-pregnant women. Dr. Aelita Skarbalienė, Klaipeda University, Lithuania
10:20-10:40	The benefits of physical activity during pregnancy. Ph.D. student Rasa Liutikienė, Klaipeda University, Lithuania
10:40-11:00	Physical activity and exercise during pregnancy: recommendations, contraindications, warning signs and the exercises to avoid – a literature review. Dr. Agata Mroczek, Dr. Antonina Kaczorowska, University of Opole, Poland
11:00-11:15	COFFEE BREAK
11:15-11:35	Significance of physical activity in the postpartum period. Viktorija Kerienė, Klaipeda University, Lithuania
11:35-11:55	Polish National Chamber of Physiotherapists’ recommendation for physical activity of women during pregnancy and postpartum. Dr. Tomasz Halski, Dr. Martyna Kasper-Jędrzejewska, Dr. Anna Jenczura, University of Opole, Poland
11:55-12:30	LUNCH BREAK
12:30-12:45	International learning experiences in raising the qualifications of health professionals. Kristina Lekutienė, Klaipeda University, Lithuania
12:45-13:05	Effectiveness of the pelvic floor muscle training programs during pregnancy, from the evidence to the clinical practice. A review from the reviews. Dr. Verónica Pérez-Cabezas, University of Cadiz, Spain



13:05-13:25	Effectiveness of the pelvic floor muscle training programs after childbirth, from the evidence to the clinical practice. A review from the reviews. Dr. Gloria González-Medina, University of Cadiz, <i>Spain</i>
13:25-13:45	Manual therapy for women with pregnancy related low back pain and/or pelvic girdle pain: preliminary literature review. Dr. Martyna Kasper-Jędrzejewska, Dr. Grzegorz Jędrzejewski, University of Opole, <i>Poland</i>
13:45-14:00	COFFEE BREAK
14:00-14:20	Influence of nutrition of pregnant women on the health of the child (fetal programming). Dr. Magdalena Golachowska, University of Opole, <i>Poland</i>
14:20-14:40	Diastasis recti abdominis during pregnancy and after childbirth: risk factors, consequences, and treatment methods. Dr. Antonina Kaczorowska, Dr. Agata Mroczek, University of Opole, <i>Poland</i>
14:40-15:00	The current state of medical services in Poland for pregnant and postpartum. Dr. Anna Jenczura, University of Opole, <i>Poland</i>
15:00-15:40	Questions and discussion

CONFERENCE PROGRAMME

2022 June 22nd

Universiteto alėja 19, Physiotherapy auditorium (Klaipeda University Business Incubator)

9:30-10:00	Registration
10:00-11:00	Pelvic floor muscle training programs during pregnancy, from the beginning to the delivery. Dr. Alejandro Galán-Mercant, University of Cadiz, <i>Spain</i>
11:00-11:15	COFFEE BREAK
11:15-12:15	Examples of physical activity in pregnant and postpartum women. Lithuanian experience. Akvilė Sendriūtė, Klaipeda University, <i>Lithuania</i>
12:15-12:30	COFFEE BREAK
12:30-13:30	Examples of physical activity in pregnant and postpartum women. Polish experience. Dr. Agata Mroczek, University of Opole, <i>Poland</i>
13:30-14:00	Questions and discussion

Pre-registration is required. [CLICK HERE](#)

Participation in the conference is FREE OF CHARGE. Conference participants will have the opportunity to receive an 8-hour training certificate approved by the Ministry of Health of the Republic of Lithuania.

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