



KA203 - Strategic Partnerships for higher education
 Project no. **2020-1-PL01-KA203-081905**

Title of the project: *Innovative education for students of medical and health sciences, resulting to better adapt the didactic offer to the health needs of pregnant and post-pregnant women (INSTEpp)*

E2 — Multiplier Event: II conference - summarizing the developed results of the project

Title: II INTERNATIONAL SCIENTIFIC-PRACTICAL CONFERENCE “Physiotherapy during pregnancy, labor, and the postpartum period: Recommendations, Challenges, and Opportunities”
 University of Opole (Poland), 2023.07.06 — 2023.07.07

Conference programme

Day 1 -2023.07.06 Place of the meeting: Faculty of Health Sciences. University of Opole, Katowicka 68 Str, 45-060 Opole (Poland), Aula A2.

9:30-10:00	Registration
10:00-10:05	Conference opening
10:05-10:25	The most important aspects of the role of a physiotherapist and midwife with a pregnant and postpartum woman as the effects of the intellectual work of the project team. Agata Mroczek, University of Opole, Poland
10:25-10:55	Cooperation and communication in an interdisciplinary team for the best pregnancy and postpartum outcomes. MsC Kristina Lekutiene, Klaipeda University, Lithuania
10:55-11:10	Coffee break
11:10-11:35	The role of fascia following pregnancy and delivery. PhD Grzegorz Jędrzejewski, University of Opole, Poland
11:35-12:00	Manual Therapy in Birth preparation. PhD Martyna Kasper-Jędrzejewska, University of Opole, Poland
12:00-12:25	Physiotherapy of the caesarean section scar. PhD Antonina Kaczorowska University of Opole, Poland
12:25-13:25	Lunch break
13:25-13:50	Physical Activity and Exercise During Pregnancy and the Postpartum Period. PhD Agata Mroczek University of Opole, Poland
13:50-14:15	Approach from the evidence of the effectiveness of the pelvic floor muscle training programs during pregnancy. PhD Verónica Pérez Cabezas
14:15-14:40	Approach from the evidence of the effectiveness of the pelvic floor muscle training programs during postpartum period. PhD Gloria González Medina
14:40-14:55	Coffee break
14:55-15:20	Pregnancy stress and anxiety. Ruta Lunskyte, Klaipeda University, Lithuania
15:20-15:45	Prerequisites for the choice of methods of pain relief during childbirth. PhD Aelita Bredelyte, Klaipeda University, Lithuania
15:45-16:10	Nutrition in pregnancy – recommendations. PhD Magdalena Golachowska, University of Opole, Poland
16:10-16:30	Questions and discussion



Day 2 — 2023.07.07 Place of the meeting: Faculty of Health Sciences. University of Opole, Katowicka 68 Str, 45-060 Opole (Poland), Classroom: O37, O30.

9:30-10:00	Registration
10:00-10:45	Pelvic Floor Muscle Training Program during Pregnancy. Practical implications during the three trimesters of pregnancy. PhD Alejandro Galán Mercant
10:45-11:00	Coffee break
11:00-11:45	Exercise after pregnancy - smovey® workout. MsC Iwona Dobrowolska, PhD Agata Mroczek
11:45-12:00	Coffee break
12:00-12:45	Awareness through movement. Somatic lesson "Free-breathing" based on the Feldenkrais method. Andrej Popov
12:45-13:45	Lunch break
13:45-14:00	Questions and discussion

Participation in the conference is FREE OF CHARGE.

Pre-registration is required.

To register click here: https://docs.google.com/forms/d/e/1FAIpQLSeDJnasp_H2VOgVzqqMrxcpgVpMe8n-jaFSRJUKQXpP4z2unQ/viewform?pli=1