

2026 Japan Lab Courses

2026/7/18 (土)

産前産後の理学療法			
Start	End	Hours	Topic
09:15 AM	09:30 AM		受付
09:30 AM	09:45 AM	0.25	イントロダクション
09:45 AM	11:00 AM	1.25	#1: 腰椎と骨盤帯の検査
11:00 AM	11:15 AM		休憩
11:15 AM	12:30 PM	1.25	#1: 腰椎と骨盤帯の検査
12:30 PM	01:30 PM		昼休憩
01:30 PM	2:30 PM	1.00	#2: 股関節の検査
02:30 PM	03:45 PM	1.25	#3: 胸椎と胸郭
03:45 PM	05:00 PM	1.25	#4: 局所筋の検査とトレーニング
05:00 PM	05:15 PM		休憩
05:15 PM	06:30 PM	1.25	#5: DRAに対する検査、治療、および運動介入
06:30 PM	07:00 PM	0.50	#6: 腰骨盤統合エクササイズ

2026/7/19 (日)

Start	End	Hours	Topic
08:15 AM	08:30 AM		受付
08:30 AM	09:00 AM	0.50	Day1の Q and A
09:00 AM	09:30 AM	0.50	#6 腰骨盤統合運動
09:30 AM	10:30 AM	1.00	#7: 産科癒痕の検査と治療
10:30 AM	10:45 AM		休憩
10:45 AM	12:00 PM	1.25	#8: 妊娠中および妊娠後のバイオメカニクス戦略
12:00 PM	12:15 PM	0.25	Q and A

※産前産後の理学療法はこちらで終了です

2026/7/19 (日)

骨盤底の理学療法			
Start	End	Hours	Topic
01:30 PM	01:45 PM		受付
01:45 PM	02:45 PM	1	イントロダクション
02:45 PM	04:45 PM	2	LAB: 整形外科的検査・評価および介入・治療
04:45 PM	05:00 PM	0.25	Q & A

2026/7/20 (月祝)

Start	End	Hours	Topic
08:15 AM	08:30 AM		受付
08:30 AM	11:00 AM	2.5	LAB: 外陰部検査と介入
11:00 AM	01:30 PM	2.5	LAB: 膣内検査と介入
01:30 PM	02:30 PM		昼休憩
02:30 PM	03:30 PM	1	ワークショップ
03:30 PM	04:30 PM	1	LAB:電気刺激療法/バイオフィードバック
04:30 PM	04:45 PM	0.25	Q & A

会場：日本印刷会館 2階会議室

住所：東京都中央区新富1丁目16番8号

2026 Japan Lab Courses

Saturday, July 18, 2026

OB AntePost Lab Course Begins

Start	End	Hours	Topic
09:15 AM	09:30 AM		REGISTRATION (15 MINUTES)
09:30 AM	09:45 AM	0.25	Introduction / Objectives
09:45 AM	11:00 AM	1.25	#1: Examination of Lumbar Spine and Pelvic Girdle
11:00 AM	11:15 AM		BREAK
11:15 AM	12:30 PM	1.25	#1: Examination of Lumbar Spine and Pelvic Girdle
12:30 PM	01:30 PM		LUNCH
01:30 PM	2:30 PM	1.00	#2: Examination of Hip
02:30 PM	03:45 PM	1.25	#3: Thoracic Spine and Ribcage
03:45 PM	05:00 PM	1.25	#4 Local Muscle Examination and Training
05:00 PM	05:15 PM		BREAK
05:15 PM	06:30 PM	1.25	#5 Examination, Treatment, and Exercise Interventions for DRA
06:30 PM	07:00 PM	0.50	#6 Lumbopelvic Integrated Exercise

Sunday, July 19, 2026

Start	End	Hours	Topic
08:15 AM	08:30 AM		REGISTRATION (15 MINUTES)
08:30 AM	09:00 AM	0.50	Q and A from Day1
09:00 AM	09:30 AM	0.50	#6 Lumbopelvic Integrated Exercise
09:30 AM	10:30 AM	1.00	#7 Obstetric Scar Examination and Treatment
10:30 AM	10:45 AM		Break
10:45 AM	12:00 PM	1.25	#8 Biomechanical Strategies During and After Pregnancy
12:00 PM	12:15 PM	0.25	Q and A

Sunday, July 19, 2026

PH1 Lab Course Begins

Start	End	Hours	Topic
01:30 PM	01:45 PM		REGISTRATION (15 MINUTES)
01:45 PM	02:45 PM	1	Welcome & introduction to lab
02:45 PM	04:45 PM	2	LAB: Orthopedic Examination and Intervention
04:45 PM	05:00 PM	0.25	Q & A

Monday, July 20, 2026

Start	End	Hours	Topic
08:15 AM	08:30 AM		REGISTRATION (15 MINUTES)
08:30 AM	11:00 AM	2.5	LAB: External Perineal Examination and Intervention
11:00 AM	01:30 PM	2.5	LAB: Intravaginal Examination and Intervention
01:30 PM	02:30 PM		LUNCH
02:30 PM	03:30 PM	1	Educational Activity
03:30 PM	04:30 PM	1	LAB: Estim/Biofeedback
04:30 PM	04:45 PM	0.25	Q & A

Venue: Japan Printing Hall, 2nd Floor Conference Room

Address: 1-16-8 Shintomi, Chuo-ku, Tokyo