

Editorial

The 2019 World Confederation for Physiotherapy Congress was held in Geneva, Switzerland, on 10–13 May. Hosted by Physioswiss, the Swiss physiotherapy association, it welcomed over 5000 physiotherapists from all over the globe. Both of us were lucky enough to be able to attend, and meet our international colleagues.

Many specialist courses were held on the day before Congress, including one on pelvic health, and prominent speakers from all over the world were featured. This was an incredibly enriching experience that involved the sharing of ideas, and the discussion of clinical and scientific advances. By its very nature, attendance builds the confidence of clinicians and researchers alike: open and inquisitive minds are vital to the development of the profession. A report by our own Shirley Bustard in the “Notes and News” section will give you a flavour of the event, and we hope, encourage more POGP members to become future attendees (see pp. 69–70).

We have been lucky to regularly host our own POGP Conference in the UK, and are delighted to welcome Debbie Plowman as the next chairman of the National Conference Organizing Committee. She will lead the team as they prepare for Conference in 2020. It is vital to our organization that we have platforms to share ideas; for example, meeting at Conference and publishing articles in this journal.

In this edition, we are fortunate to be able to print papers by three of the speakers from the 2018 Conference in Cardiff. Although it has been a year since this event took place, we think that you will agree that these papers are still current and very pertinent to practice today.

Chris Mercer (pp. 45–50) discusses differential diagnosis and pelvic masqueraders. This will certainly ring bells with anyone who works alone in primary care, or as a pelvic health specialist in a multidisciplinary musculoskeletal team. We are often the first port of call for any case in which there is a query regarding a potential but unclear red flag. Chris provides some pointers to help us clinically reason and clarify presentations that are often confusing.

Kiron and Nadia Bhal (pp. 36–44) revisit the mesh debate, offering an insight into how the current situation developed as the “pause” on

procedures involving mesh continues. In addition, we have shared how mesh surgery is affecting physiotherapists from around the world in a networking report from the International Organization of Physical Therapists in Pelvic and Women’s Health (see pp. 59–62).

We are also excited to share a comprehensive review by Amanda Savage of the plethora of neuromuscular electrical stimulation devices that are available on the open market (pp. 16–26). This provides clinicians with an overview of the products that can be loaned to patients or demonstrated within a department. Amanda’s review will also be helpful when advising patients who may choose to purchase their own device for home use.

You may remember that we mentioned in our last editorial that we are hoping to encourage alternative means of publishing novel ideas. In order to illustrate the type of submission that we would like to attract, we have published an instructive infographic about saddle issues in female cyclists created by Bianca Broadbent (outside back cover). This came to light after an article by Hannah Dines (2019), an adaptive athlete with severe perineal trauma from her bike saddle, was highlighted on the POGP’s members-only Facebook page (www.facebook.com/groups/1652693234997631/). The question of how we, as pelvic health physiotherapists, could best advise these female athletes was debated. Bianca’s concise infographic illustrates what should ideally be a multidisciplinary pathway for cyclists. We hope that this medium may prove to be a powerful way for others to publish their own messages and ideas.

A Dame Josephine Barnes Bursary of up to £500 enables members of POGP to attend courses, develop research, and travel abroad to promote pelvic and women’s health. Please take the time to read the latest reports by winners of the Bursary in “Notes and news” (pp. 69–72). If you are inspired by these colleagues whose professional and personal lives have been enriched by the award, then make sure that your applications reach the chair of the trustees by either 1 January or 1 June 2020 (POGP 2019).

An insight into your clinical work can be invaluable to others. There are many of you whose

projects, audits, research, ideas or service developments can help to educate and enrich your colleagues. In the absence of any meeting this year, POGP has launched a poster competition that will be judged in the same way as it would for Conference (Crotty 2018). The winners will receive a cash prize, and those meeting publication standards will be published in the next edition of the journal.

We encourage you to write down your thoughts as you read this issue, and reflect on some of your own or others' practices. Share your ideas, expand on these thoughts and use the opportunities created by POGP to grow further!

Gillian Campbell & Biljana Kennaway

References

- Crotty K. (2018) Guidelines for preparing a poster for presentation at the POGP Annual Conference. *Journal of Pelvic, Obstetric and Gynaecological Physiotherapy* **123** (Autumn), 47–49.
- Dines H. (2019) “*I Had a Huge Swelling*”: *Why My Life as a Female Cyclist Led to Vulva Surgery*. [WWW document.] URL <https://www.theguardian.com/lifeandstyle/2019/mar/26/hannah-dines-saddle-research-pain-swelling-female-cyclists>
- Pelvic, Obstetric and Gynaecological Physiotherapy (POGP) (2019) *Dame Josephine Barnes Bursary*. [WWW document.] URL <https://pogp.csp.org.uk/content/pogp-bursaries-and-awards#Dame>

Copy deadlines

Copy for the Spring and Autumn 2020 editions of the journal (Nos 126 and 127) must be submitted to the editor by **14 October 2019** and **14 March 2020**, respectively. Please note that academic and clinical articles must be received well before the deadline since time must be allowed so that these can be peer-reviewed. Manuscripts should be presented double-spaced with a wide margin, and adhere to the author's guidelines found on pp. 77–79 and on the POGP website (<http://pogp.csp.org.uk/documents/acpwh-journal-writing-guidelines>). Articles for consideration should be sent to Dr Gillian Campbell, Ashbourne Physiotherapy and Sports Injuries Centre, 1 Spire House, Waterside Business Park, Ashbourne DE6 1DG, UK.